



KNEE PHYSICAL THERAPY TOOLS CHECKLIST

Part of the My Restorative Physical Therapy Physical Therapy Tools Check List Series



The Top 5 Physical Therapy Tools for Healthy Knees!

Checklist built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Myofascial Rolling Pin such as the Tiger Tail (\$29.95 online, 18").** A rolling pin is a great tool to decrease tension and tightness through the quadriceps/ ITB (IT band) that pulls on the knee cap. A standard rolling pin from the kitchen will do, but if you like gadgets & gizmos, the Tiger Tail is my go-to recommendation.
- 2. Foam Roller such as ProSource Fit 36" Foam Roll (\$9.99 online).** A foam roll also can help decrease tightness through the quadriceps & IT band that increases knee stress. For Tips & Ideas on How to Use it Go to the Gadgets & Gizmos Section of the Video Library!
- 3. BOSU Balance Trainer (\$99.99 online).** When it comes to improving stabilization through any part of your leg or your core, nothing beats the BOSU trainer. This ball can be used with both the black and the blue sides up, making it a very versatile piece of equipment. So many ways to use it! **NOTE: This piece of equipment challenges balance. Therefore, if you have balance deficits, please consult with your Physical Therapist on how you can use this safely!**
- 4. Kinesiotex Gold Tape (\$12.40 per roll).** The knee is by far the joint that I use Kinesiotape on the most. Check out the 3 Top Kinesiotaping Techniques for the Knee & Foot in the "Gadgets & Gizmos" Section of the Video Library!
- 5. Theraband Resistance Set (\$13.58 online).** Therabands are long, stretchy elastic bands with variable resistance that are useful to help strengthen and improve neuromuscular control throughout the body. I especially love using bands to help progress the difficulty level of Side Stepping and Monster Walks.

Prices Checked at Time of Writing.

Product Links Available: myrestorativept.com/gadgets-gizmos

Videos Available at: myrestorativept.com/video-library/

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