



SIGNATURE PHYSICAL THERAPY TOOLS CHECKLIST

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



The Top 5 Physical Therapy Tools for Any Health & Fitness Enthusiast!

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

- 1. Foam Roller such as ProSource Fit 36" Foam Roll (\$9.99 online).** A foam roll is an incredibly versatile tool to address tightness through the spine, upper, and lower body! For Tips & Ideas on How to Use it Go the Gadgets & Gizmos Section of the Video Library!
- 2. 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.
- 3. Thera Cane (\$29.95 online).** The Thera Cane is a great tool to address tightness around your neck, upper back, and shoulders that is difficult for you to reach with your hands.
- 4. Rubz Ball (\$5.99 online).** This ball is highly effective at releasing restrictions through small, hard to reach areas. Try it out on the arch of your foot!
- 5. Core Products Soft Comfort Hot and Cold Pack, 10" x 13". (\$12.69 online).** Perhaps the last hot/ cold pack you will ever need. It can go in the freezer to be cold or in the microwave to be hot. It is a soft, blue suede material so it doesn't sweat like other packs do. I've had mine for 7 years and it's showing no signs of wear!

Prices Checked at Time of Writing. Links Available on Website.

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