



RUNNERS' & RACERS' TOP GEAR CHECKLIST

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



The Top Gear Recommendations to Keep Your Feet Pounding the Pavement (or the Trail)!

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

- 1. A Good Pair of Shoes!** When it comes to happy feet, a comfortable pair of shoes is essential! Asics, Brooks, Mizuno, & Saucony are my go-to's for athletic shoes. If you want to learn more about how to select good shoes for yourself, watch the "**How to Shoe**" Video (Find at <https://myrestorativept.com/video-library>).
- 2. Feetures Socks (\$9.95-\$29.99 per pair online).** These socks are magic. I used to wear them only for my athletic shoes/ running. Now, I wear them all the time. The subtle arch support in the sock itself prevents my plantar fascia from getting irritated, the fabric is wicking/ odor-decreasing, and the socks are virtually blister-proof. Due to the thin double-layering technology, any friction occurs between the layers of the socks rather than at the skin on your foot. Therefore, no blisters.
- 3. Foam Roller such as ProSource Fit 36" Foam Roll (\$19.99 online).** A foam roll is an incredibly versatile tool to address tightness that accumulates due to running throughout the lower body! For Tips & Ideas on How to Use it Go to the Gadgets & Gizmos Section of the Video Library!
- 4. Theraband Resistance Set (\$10.58 online).** Therabands are long, stretchy elastic bands with variable resistance that are useful to help strengthen and improve neuromuscular control around your hips, knees, and ankles that can decrease your risk of injury.
- 5. Friction-Free Apparel!** In my experience, the apparel that I have found at Lululemon & Athleta have best suited my needs. When it comes to running bottoms and sports bras especially, it is important that your everything stays where it belongs. Over long distance runs, the repetitive rubbing is killer. Find whatever apparel fits your body best and stick with it.

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

For videos visit <https://myrestorativept.com/video-library/>

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