



# SHOULDER PHYSICAL THERAPY TOOLS CHECKLIST

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



## The Top 5 Physical Therapy Tools for the Shoulder!

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

- 1. Theraband Resistance Set (\$10.48 online).** Therabands are long, stretchy elastic bands with variable resistance that are useful to help strengthen and improve neuromuscular control throughout the body. For the shoulder, Theraband is great to work on shoulder blade stabilization with rows and lat pulldowns and rotator cuff strength with internal and external rotations.
- 2. Foam Roller such as ProSource Fit 36" Foam Roll (\$9.99 online).** A foam roll is a great tool to improve your posture and stretch out your shoulders. For Tips & Ideas on How to Use it Go to the Gadgets & Gizmos Section of the Video Library!
- 3. Theracane (\$29.95 online).** This tool is excellent for reaching those knots that arise at the top of your shoulder, posterior shoulder, or around your shoulder blade due to your rotator cuff irritation. Alleviate your knots and tightness with the Theracane.
- 4. Kinesiotex Gold Tape (\$12.09 per roll).** Kinesiotape also has great applications for the shoulder! They can be tricky to apply to yourself, but alleviating biceps and rotator cuff irritation and upper trap (neck) tightness that is related to shoulder dysfunction are all possible. Video demonstration of these techniques COMING SOON!
- 5. Body Blade Classic Kit (\$94.67 online).** I love this perturbation tool to restore neuromuscular control and stability to the scapula (shoulder blade) and shoulder!

**Prices Checked at Time of Writing.**

**Product Links Available:** [myrestorativept.com/gadgets-gizmos](https://myrestorativept.com/gadgets-gizmos)

**Videos Available at:** [myrestorativept.com/video-library/](https://myrestorativept.com/video-library/)