

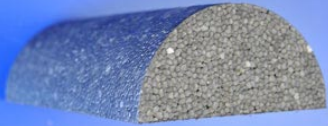



Self-Help Therapy Tools



These are my favorite therapy tools for “self help.” Some might argue they are pieces of “fitness” equipment. True—some are indeed in the fitness equipment category, but in this application, I’m strictly using and commenting on them as *therapy tools for healing purposes*—or for injury prevention.

I’m amazed at how well a simple and inexpensive therapy tool can be for healing an injury or relieving pain. While there will always be a need for clinical health in certain situations, some of the tools below have done more to heal a person than thousands of dollars and weeks or months clinical services—not once but *many* times for my clients, students, and fitness friends. I hope they will help you too. ***Enjoy—the simplicity of healing and health!***

Therapy Tool	Comments
	<p>Ankle Bands: (4 Resistance Levels) Simple tools for increasing hip stability which can decrease knee injuries.</p>
	<p>Biofoam Rollers-Full: (1'&3') Great for doing deeper “Miofascial” work on tight tissues. 1’ is fine for calves or travel use. 3’ is better for whole back and easier many positions that require extra positioning like hips, lats, etc.</p>
	<p>Biofoam Roll-1/2 Roll: (1’) Used for Z-Health Toe Pulls.</p>
	<p>Body Blade: (Core X, 3’4”) Nice for shoulder stability through vibration/oscillation training. This shorter length is easier to activate and transport, but they come in longer versions. The longer the blade, the harder to activate. Most have problems just activating the short version.</p>

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	<p>Cathe Weighted Ball: (2 lbs.) The “best” tool I have found for performing the Z-Health “Toe Pull” exercises. Also helpful for those in rehab for hand/wrist issues that cannot grip a dumbbell or standard weight. They are sand filled but have a nice soft outer vinyl covering. They won’t roll around on floor when doing the Toe Pulls like other air-filled balls, and they don’t hurt the tops of feet like harder fitness balls in the Toe Pull positions.</p>
	<p>D-Ball: (STD 5” Gripper-2lbs.) The perfect consistency for trigger point release for back muscles. While sand filled like the Cathe ball, the D-Ball has a much harder covering that presses harder into your back making it work much better. You can use the D-Ball standing against a wall while you roll it up and down sore spots, or lie flat on your back and roll over it on ground.</p>
	<p>Diver Weights: (Sea Pearls-4lbs.) An optimal tool for teaching the kettlebell “Turkish Get Up” exercise. The TGU is a corrective or rehabilitative type exercise. Setting people up with the actual iron kettlebell can be too threatening. By using the “soft” diver weight bag, you still get the feedback for keeping your weighted arm in vertical but without the threat of dropping a cannonball (KB) on your face. I have people place them flat on top of a closed fist as they keep the bag level and arm vertical. I’ve only found them retail @ Sport Chalet but not on their website.</p>
	<p>Dynamic Warm-Ups & Joint Mobility: I'm a firm believer in performing DAILY dynamic joint mobility exercises as part of your self-help therapy--it's absolutely THE BEST preventative measure you can use to keep moving well and aging well. While not actually a "tool," if you do daily joint mobility exercises, you might not even need the tools on this page!!! The same can be said about the <i>proper use</i> of kettlebells regarding enhancing function, mobility, plus stability all of which can decrease, or eliminate, the need for these tools.</p>
	<p>FlexBar: (4 Resistance Levels) Thick rubber cylinders used for increasing grip and forearm strength along with Tennis Elbow rehab.</p>
	<p>FootLog: <i>The “Holy Grail” of foot fixes!!!</i> If you have plantar fasciitis or problems with diabetic neuropathy in your feet, this tool is a MUST BUY! It works incredibly well for fixing PF—and fast, but it’s also good for anyone’s feet as the nerve stimulation is second to none for a</p>







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	<p>simple tool.</p>
	<p>Indian Clubs: Ancient fitness tools for Increasing wrist, elbow, shoulder mobility and strength.</p>
	<p>INDO Board: Originally a tool for skateboarding and surfing, the INDO is also a great tool for ankle rehab. Its unique design allows for great ankle mobility and stabilization training with low threat when used with the air disc under the top board—plus they are fun too! They also come with a roller, but I use the disc for ankle rehab applications.</p>
	<p>Kettlebells: While normally thought of as fitness tools, KBs are also great rehab and corrective purposes when used properly.</p>
	<p>Lacrosse Ball: Great for smaller areas needing trigger point release. Commonly found at sporting goods stores. They are larger than a golf ball but smaller than a baseball.</p>
	<p>MARV Handles: Specialized handles made by a physical therapist for the rehab of tennis elbow type conditions. The unique shape of the handles allow for "multiple vector" training angles. I've used them with numerous clients, and most get favorable results with elbow conditions.</p>
	<p>Neti Pot: This looks like a small tea pot that you use to "back flush" your sinus cavities--a strange sensation indeed! However, nearly everyone I know with allergy problems that uses it fixes their issues.</p>






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	<p>Physio Roll: These are oval-shaped stability balls also called "Peanut" balls. Their oblong shape makes them more stable than round balls and thus safer for certain populations. They are difficult to find now, so I don't have an active reference for purchase.</p>
	<p>ProStretch: The best tool I've found for deep stretching of calf and Achilles.</p>
	<p>Slide Pads: Simple idea and extremely effective for deep stretching. They allow you to "slide" into extended ranges of motion. They also allow you to get into positions that you could never get into without a sliding option. These can be helpful for certain problem areas that are hard to reach with standard stretching or when working alone without anyone to help position your body. To save money, the old fashioned "furniture slides" are basically the same thing for much cheaper. You can find the cheaper versions at Lowe's, etc. The official fitness versions are called "Valslides."</p>
	<p>Stability Ball: Great for spinal extension and shoulder extension. Many will lie on top of the ball "face up" the gently extend their spine backwards over the ball to stretch. You can add a shoulder stretch too by reaching arms out--they work even better for shoulders if you change arm positions like positions on a clock. The ball is unique in that it is off the floor which allows for more extension but while offering support.</p>
	<p>The Rotator: Unique looking manual stretch device created by two industrial mechanics. It works great to stretch your shoulder in positions impossible to reach by yourself. Leverage design makes it possible to add significant stretch resistance with very little manual pressure.</p>
	<p>The Stick: Great for trigger point release and general tissue maintenance. I use the 17" Travel Stick for calves and thighs.</p>

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 A green, C-shaped tool with several small protrusions along its length, used for trigger point release.	<p>Theracane: Another odd looking tool that works great for reaching areas previously impossible to reach by yourself. You can reach ANY spot on your body for precise and deep trigger point release--low back, mid back, between shoulder blades, glutes, or anywhere else. The leverage design makes it possible to apply significant pressure with very little force.</p>
 A pair of black and yellow suspension training straps with handles and a carabiner.	<p>TRX: Great for assisted stretching through dynamic movements especially in shoulders.</p>
 A white and pink Vibram Five Fingers shoe, designed for foot rehabilitation.	<p>Vibram Five Fingers: Yes--I know this is like a "shoe" of sorts, but they work great for rehab purposes when it comes to fixing your feet! Just wearing these alone can fix many strength and neurological problems in your feet which can then help you to walk and move better in general.</p>
 A coiled green fabric strap used for assisted stretching.	<p>Stretch Strap: Simple tool for assisted stretching of hamstrings, groin, etc. Commonly found at many sporting good stores or yoga studios—can also use yoga straps.</p>
 A green, arch-shaped device designed to be worn on the toes to help with spacing.	<p>Yoga Toes: Strange "toe spacing" devices that help pry your toes apart and restore natural spacing between the bones of your feet. They actually work quite well once you get them on your toes. Many shoes "compact the spacing" between your toes like high heels, western boots, etc. Your feet do not like cramped toes! Feet work much better when the toes can spread out and better stabilize the body above.</p>

* Ron Jones (8.30.10)

➤ **More? Visit my [Therapy Tools Web Page](#) for photos & directions! ☺**