

ACCELERATE YOUR
HEALING AFTER
AN INJURY
**COMPLETE AMAZON GEAR
GUIDE FOR REHAB**



WRITTEN BY:

LIZ DUDENHOFER
DOCTOR OF PHYSICAL THERAPY
PERSONAL TRAINER, COACH

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The links below are what we use in the clinic everyday. Because I am an Amazon Associate, I am disclosing that I earn a small percentage from the qualifying purchases.

Hey! I'm Liz Dudenhofer, Doctor of Physical Therapy, Personal Trainer, and Coach

I wrote this guidebook to simplify the recovery process.

I wanted to share which tools can help speed up recovery (and prevent future injuries)!

Even the same injury can look different on each person, so it's important to ask your healthcare provider for specific exercises. You can also email me (anytime!) if you'd like an exercise plan!

liz@lizdudenhofer.com

Doctor of Physical Therapy
Masters Degree: Gonzaga University
Bachelor's Degree: Communications

NSCA Personal Trainer/ Strength
and Conditioning Specialist
FMSc - Functional Movement
Specialist
WCA Certified Health Coach



Thank you for trusting me in your health,

Liz

SPINE



NECK/MID-BACK/LOWER BACK



Stretch strap



Thera cane



Lacrosse Ball



Small Ball



Exercise Ball



Foam Roller
Fancy
(but soft)



Foam Roller
Normal
(it works)

NECK/MID-BACK/LOWER BACK



CLX Band (2 pack)



LOOP bands



SI Stabilization Belt



Chirp wheel

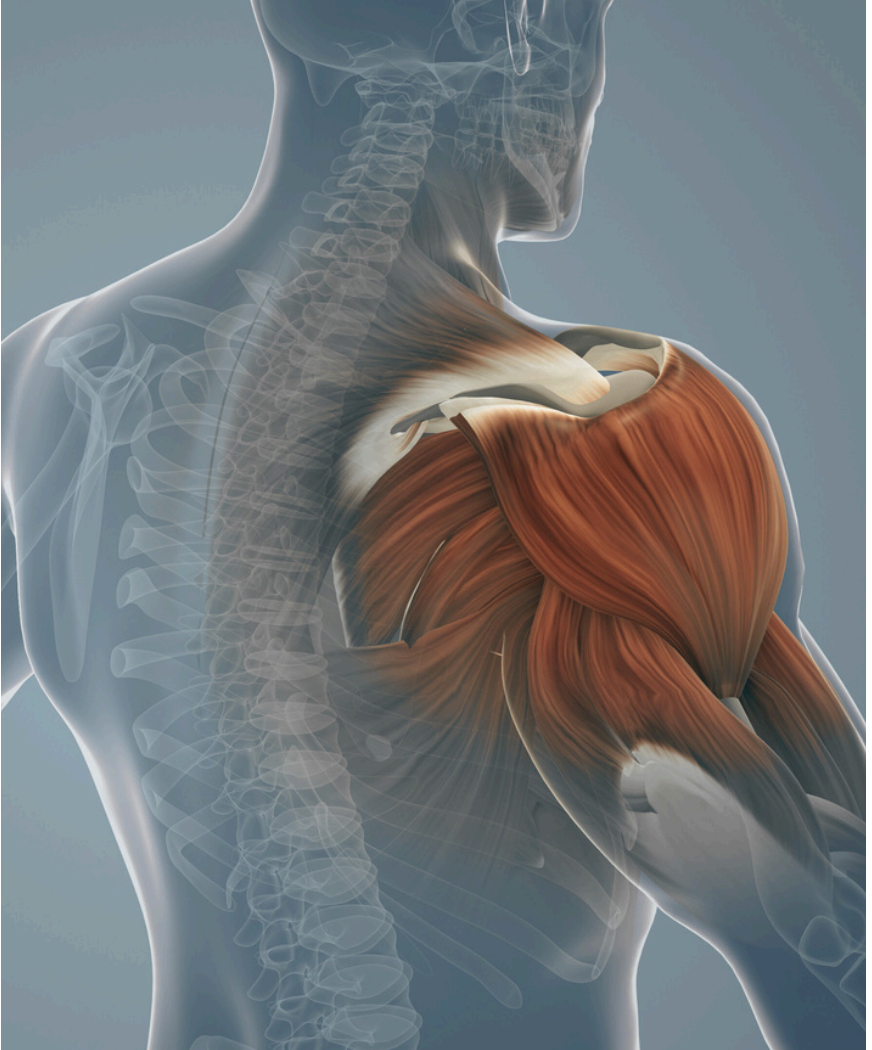


XL Ice Pack



Ice Pack

SHOULDER



SHOULDER



Stretch strap



Thera cane



Lacrosse Ball



Small Ball



Exercise Ball



Chirp wheel



Foam Roller
Fancy
(but soft)



Foam Roller
Normal
(it works)

SHOULDER



CLX Band



LOOP bands



Bands



Shoulder Pulley



Sling



Chirp wheel



XL Ice Pack



Ice Pack

WRIST/HAND



WRIST/HAND



Wrist Brace



Thumb Protector



Thumb OA



Putty (can also use stress ball)

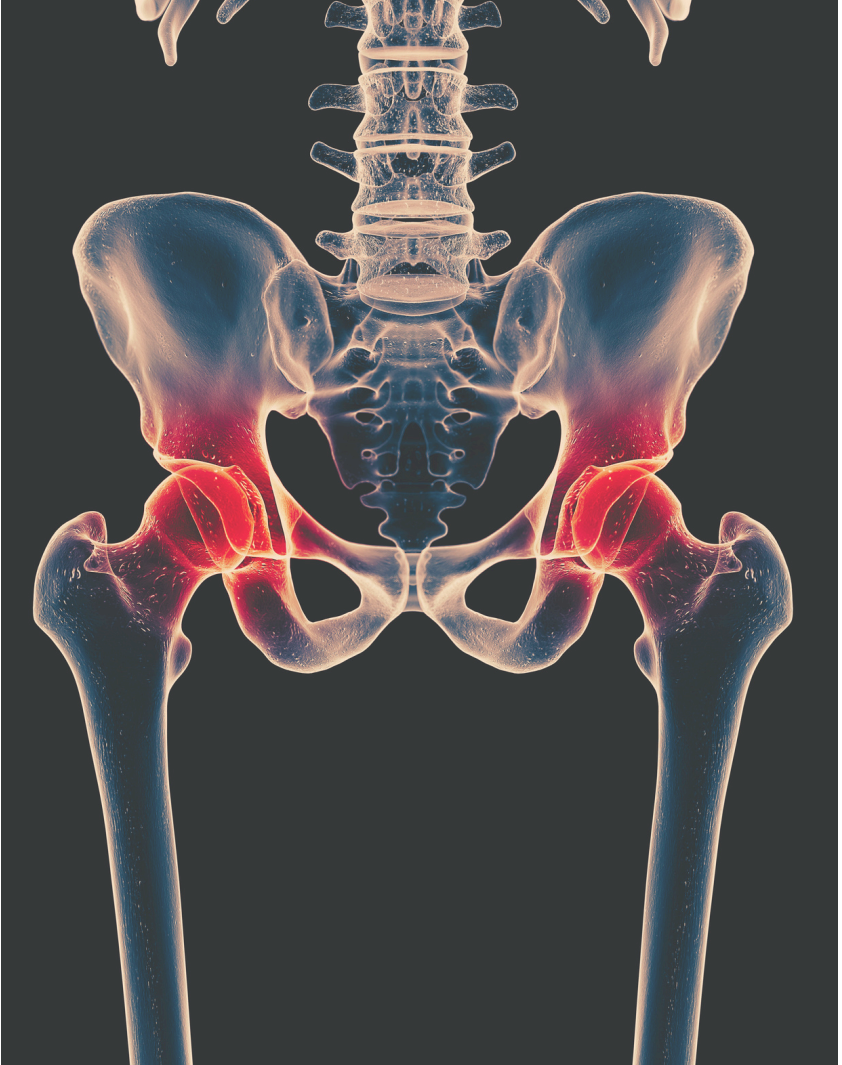


Ice Cup



Ice Pack

HIP



HIP



Stretch strap



Lacrosse Ball



LOOP bands



CLX Band



Foam Pad



XL Ice Pack



Foam Roller Fancy
(but soft).



Foam Roller Normal
(it works).

KNEE



KNEE



Stretch strap



Exercise Ball



Patella Tendinitis
Brace



Small Ball



Patellar
Tracking Brace



MCL Brace
Choices

KNEE



CLX Band



LOOP bands



Foam Roller Fancy
(but soft)



Foam Pad



Ice Cup



Ice Pack

ANKLE



ANKLE



**Lace Up Ankle
Brace**



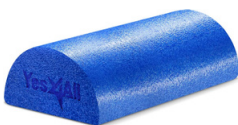
**Compression
Socks
Options**



**Thin Foot
Insoles**



**Bottom of
Foot Roll**



Half Foam Roll



**Calf/foot
Stretch**



**Heel Lift
(adjustable).**



Foam Pad

ANKLE



BOSU
Balance



Rockerboard
Balance



Wobble Board
Balance



CLX Bands

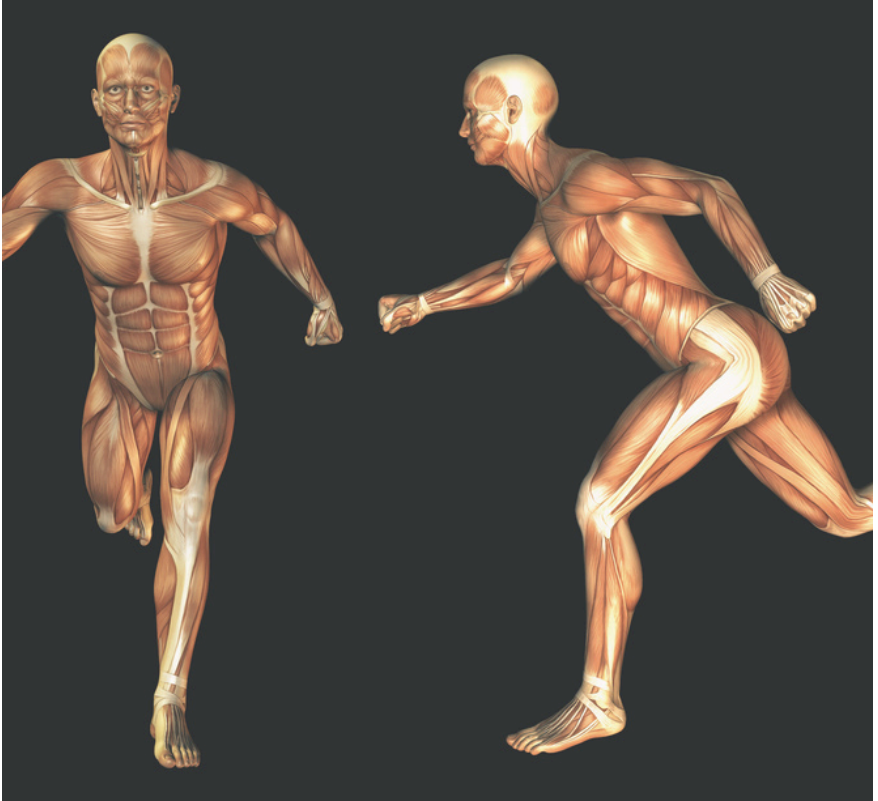


XL Ice Pack



Ice Pack

MISC



MISC



Stretch strap



Massage Gun



Travel Massage Gun



CLX Bands



KT Tape



Cupping Set



XL Ice Pack



Ice Pack



Rockerboard Balance