Products

Foam Roller

Foam rollers are a great way to release muscle tension and trigger points at home! It uses your bodyweight in order to relax the tense structures and alleviate your pain.

This roller is an awesome tool for not only rehabilitation, but also to prevent injuries from occurring by maintaining muscle balance!

In order to make sure that you are getting the most out of your foam roller, we recommend that you take an appointment with one of our Exercise Therapists. During the appointment they will go over proper foam rolling technique and provide you with a handout of different exercises you can do to help manage your pain.