Products

Theracane

The Theracane is an easy to use, self-massage tool that releases deep, painful, knotted muscles!

By applying pressure to knots in the muscle, or “trigger points”, you can break up the tension and help the muscles to relax. The patented design of the TheraCane allows you to release even hard to reach muscles like the ones in the middle of your back!

Get your TheraCane today and treat yourself to some relief!

If you aren't sure how to use it, one of our Exercise Therapists would be more than happy to show you!