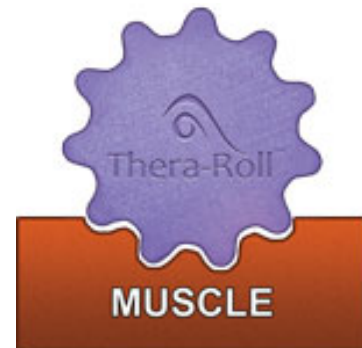


Thera Roll Product Review

At first glance the design and manufacture of the Thera Roll is streamlined and professional. The ribbed design is an interesting variation on the traditional foam roller. It ensures an edge to the compression forces generated by the user's body weight and Thera Roll placement. This means increased penetration of the soft tissue with less effort from the user.

It is light and portable providing a convenient solution to administering self massage techniques for the release and activation of soft tissue. The ribbed surface also increases traction between the site of application and the surface the Thera Roll is positioned on, which minimises the risk of 'sliding off' the area being targeted.

Whether addressing general soft tissue pain & stiffness, fascial restriction, active or latent myofascial trigger points or joint restriction, the Thera Roll is a potent user friendly clinic or studio tool.



Design Features

Ribbed Edges - For greater penetration and separation of soft tissue layers
Two Hardness Choices – Available in firm and hard foam. The hard foam

Anatomical and Physiological Benefits of Ribbed Design

- **Stability of application** - creates a stable surface (won't roll from underneath you) allowing the user maximum body leverage while targeting soft tissue
- **Compression force** - generates compression force through greater leverage and depth of application
- **Point pressure** - able to isolate areas of soft tissue exhibiting point tenderness and apply compressive force with precision
- **Ischemic variance** - by holding, compressing and rolling the soft tissue ischemic pressure is facilitated encouraging a fluid 'pumping action' within the soft tissue
- **Multiple soft tissue layers** – able to create pressure, tension and heat addressing all layers of soft tissue structure including skin, muscle, ligament, tendon and osseous structures while impacting superficial, intermediate and deep fascia
- **Myofascial separation** – contributes to separating muscles in their fascial compartment increasing muscle/fascia mobility optimising soft tissue function
- **Spinal Segment Contour** - ridges are spaced adequately to support mobilization of spinal segments both horizontally and vertically providing maximum comfort
- **Horizontal and vertical loading** – penetrates soft tissue both across and along
- **Proprioceptive feedback** – may be used for postural awareness supporting spinal curves
- **Movement prop** – can be used as a movement prop to support body position and postures (corrective exercise, yoga, pilates)

Suitable for

- Manual therapists
- Movement professionals
- Exercise enthusiasts particularly cyclists or triathletes
- Pain management

