

## Thera-Band® Foam Roller

by Hygenic Corporation



Our new complimentary module, available for our Online customers, includes Self-Myofascial Release (MFR) techniques and core stabilization exercises with a foam roller. Myofascial release is a technique for addressing tight muscles and connective tissue. Consistent utilization of the foam roller can lead to increased muscle flexibility and range of motion, and enhance tissue recovery and regeneration – without compromising performance.

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