

### THE ORIGINAL TEXTURED FOAM ROLL



Our patent-pending textured (ribbed / ridged) design mobilizes soft tissue to enable deeper access to muscles so you can more precisely target sore and knotted tissue.

Compared to traditional smooth rollers, our original patent pending (ridged/ribbed) design prevents excess sliding so you have more control of the roller position to achieve effective tissue release.

Made in the USA from very high quality, long lasting, and easy to clean foam.

Additional instructions and suggested soft tissue release techniques are available at the Thera-Roll® website at [www.thera-roll.com](http://www.thera-roll.com).



#### BLUE Soft

Gentle release of tender muscles designed for beginners or those recovering from injury. Recommended for those under age 15.

**AVAILABLE SIZES:**  
 - 7" x 18" Foam Roll  
 - 7" x 36" Foam Roll

**Effective for release of the following muscles:**

- Quadriceps
- Hamstrings
- Rhomboids
- Mid / Low Back
- Glutes / Piriformis
- Hip Rotators
- Hamstrings
- IT Band
- Calf
- Shins



#### PURPLE Firm

Deep release of sore and tired muscles designed for fitness enthusiasts.

**AVAILABLE SIZES:**  
 - 3" x 8" Foam Roll  
 - 7" x 18" Foam Roll  
 - 7" x 36" Foam Roll

**Effective for release of the following muscles:**

- Quadriceps
- Hamstrings
- Rhomboids
- Rotator Cuff
- Glutes / Piriformis
- IT Band
- Achilles Tendon
- Calf / Feet
- Head / Neck



#### GREY Hard

Deep release of sore and fatigued muscles designed for competitive athletes.

**AVAILABLE SIZES:**  
 - 3" x 8" Foam Roll  
 - 7" x 18" Foam Roll  
 - 7" x 36" Foam Roll

**Effective for release of the following muscles:**

- Quadriceps
- Hamstrings
- Rhomboids
- Upper Trapezius
- Forearm
- Rotator Cuff
- Glutes / Piriformis
- Calf / Feet
- Head / Neck

Invented, designed and clinically tested by Licensed Physical Therapists.

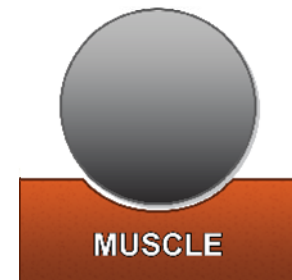
### The Thera-Roll® Difference.

**Traditional** (smooth) foam rollers only compress muscle fibers.

The **Thera-Roll®** patent pending textured (ribbed / ridged) design penetrates and releases tense muscle fibers to decrease pain and stiffness.



Thera-Roll®



Traditional

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