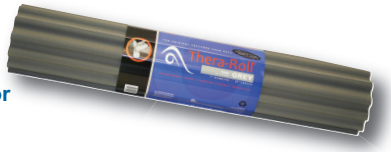
Thera-Roll® foam rollers

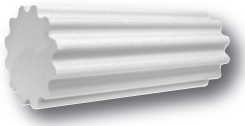
- use for massage and myofacial release
- foam rollers with integrated ridges
- ridges allow for enhanced ability to release knotted and tight muscle tissue
- available in multiple sizes and 3 color-coded levels of firmness



	dia. x L	firmness / color
30-2350	7" x 36"	soft / blue
30-2351	7" x 36"	firm / purple
30-2352	7" x 36"	x-firm / gray
30-2353	7" x 18"	soft / blue
30-2354	7" x 18"	firm / purple
30-2355	7" x 18"	x-firm / gray
30-2361	3½" x 12"	firm / purple
30-2362	3½" x 12"	x-firm / gray
30-2364	3" x 8"	firm / purple
30-2365	3" x 8"	x-firm / gray

CanDo® star foam roller

- durable white polyethylene foam
- longitudinal ribs give massage and enhance myofacial release
- gear-shape prevents unit from rolling around the floor



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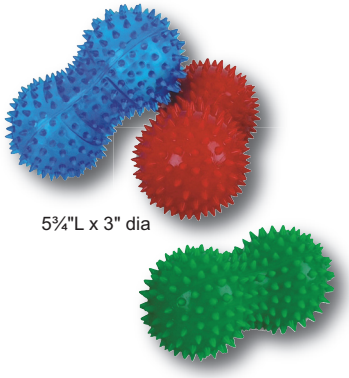
molded foam		extruded foam
30-2440	6"D x 12"L	30-2221 6"D x 12"L
30-2441	6"D x 18"L	30-2223 6"D x 18"L
30-2442	6"D x 24"L	30-2222 6"D x 24"L
30-2443	6"D x 30"L	30-2224 6"D x 30"L
30-2444	6"D x 36"L	30-2220 6"D x 36"L

peanut massager

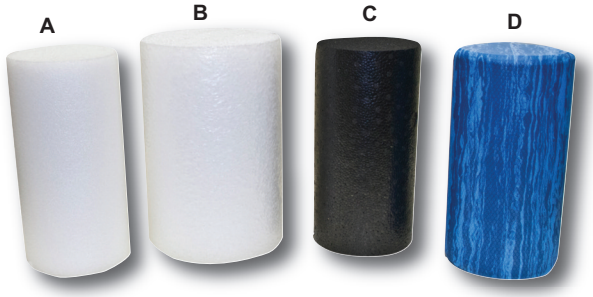
- effective massager for feet, back and large surfaces
- promotes sensory stimulation
- 5¾"L x 3" diameter
- colors vary



5¾"L x 3" dia

14-1760 peanut massager, 5¾″L x 3″ diameter

CanDo® foam rollers



- 6” PE rollers are medium firm, black rollers are extra firm, EVA rollers have soft feel; hollow core rollers are the economy choice
- 6" diameter roller is our most popular
- 8" Jumbo™ roller is extra firm

A	30-2101	6 x 12" PE foam
	30-2100	6 x 36" PE foam
B	30-2261	8 x 12" PE foam
	30-2260	8 x 36" PE foam
C	30-2281	6 x 12" black foam
	30-2280	6 x 36" black foam
D	30-2201	6 x 12" EVA foam
	30-2200	6 x 36" EVA foam
E	30-2496	6 x 15" hollow core
	30-2495	6 x 30" hollow core

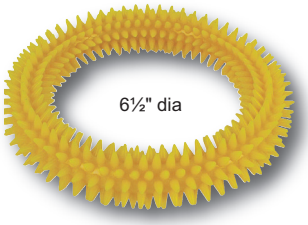
RumbleRoller®

- specially designed surface bumps are firm, but flexible, much like the thumbs of a massage therapist
- manipulates soft tissue
- 2 sizes with 2 different firmness levels

30-2370	6"D x 31"L	x-firm, black
30-2371	6"D x 31"L	medium-firm, blue
30-2372	5"D x 12"L	x-firm, black
30-2373	5"D x 12"L	medium-firm, blue

massage ring

- roll across sore, tired muscles
- provide sensory experience on hands, arms, feet, legs or back
- 6½" diameter



14-1750 massage ring, 6½″ diameter