

## FOAM ROLLER HALF ROUND SHORT

**\$18.00**



**SKU: PSEH-12**



## PRODUCT DESCRIPTION

## PURPOSE AND BENEFITS

These Foam Rollers are made from premium quality EVA material, which has excellent memory characteristics meaning it will regain it's original shape after being compressed and it's extremely durable. The rounded corners ensure maximum comfort during use.

## FEATURES

- High quality premium EVA Foam Rollers rated as the best on the market due to their consistency and hardness
- Perfect for positioning, balance, postural and muscle re-education, spinal stabilization, body awareness and co-ordination and various ranging and strengthening activities
- Half round diameter is great for ankle stretching and knee rehabilitation
- Ideal for soft tissue work, stretching, massage, stability exercises, core strengthening, injury prevention, rehabilitation, Physiotherapy, Pilates and Yoga
- Can also be used as a rocker board
- Can be used with exercise ball, banding, tubing and weights
- Suitable for use with larger adults and children
- Broadens your exercise options