



"The M.E.L.T. Method™ (Myofascial Energetic Length Technique) is a proactive, self-treatment approach to maintaining a pain-free, active lifestyle by rehydrating the connective tissue. The OPTP PRO-ROLLER™ and SOFT PRO-ROLLER™ are the only rollers I recommend."

—Sue Hitzmann, MS, CST, NMT
presenter for IDEA, ECA and IHRSA
Somatic-Movement Educator
and Manual Therapist
Longevity Fitness, Inc.
www.meltmethod.com



**BEST
QUALITY**



**optp
exclusive**

- Designed for professional use
- Ideal for Pilates studios and clinics



OPTP PRO-ROLLER™

Guaranteed not to break down, OPTP's PRO series has no equal. Closed-cell, cross-linked foam technology is heat molded and able to withstand your biggest challenge. These colorful, attractive blue and green marbled rollers have a firm density and textured surface making them ideal for proprioceptive balance and stability exercises. The closed-cell foam structure increases sanitary conditions with convenient 'wipe down' cleaning between users.

- OPTP PRO-ROLLER™ 36" x 6" round: Blue Marble (#PFR36B)
- OPTP PRO-ROLLER™ 36" x 6" round: Green Marble (#PFR36)
- OPTP PRO-ROLLER™ 36" x 3" half-round: Green Marble (#PFH36)



**optp
exclusive**

OPTP PRO-ROLLER™ Soft

Soft, yet supportive, the OPTP PRO-ROLLER Soft is manufactured with the same closed-cell, cross-linked foam technology as the rest of the PRO series, but offers a softer, more comfortable surface. The stable, comfortable support is gentle on tight or rigid areas making this roller ideal for:

- Pilates positioning exercises
- Chronic pain sufferers
- Gentle massage rolling
- Osteoporosis patients

OPTP PRO-ROLLER™ Soft 36" x 6" round (#PSFR36)

- Designed for more stability and comfort
- Ideal for rehab and basic challenges

