

"The SMARTROLLER® offers another alternative in the use of foam rollers for balance, strengthening and body awareness as part of an overall fitness program. It is especially useful as an addition to The Meeks Method for the physical therapy management of the patient with osteoporosis, osteopenia, postural problems and compression fracture.

The more rounded side increases the pressure on the spinous processes thereby assisting in the unloading, lengthening and re-alignment of the vertebral bodies in preparation for strengthening of the most important spinal support muscle – the Erector Spinae. The flatter side offers a greater challenge to balance when lying on the roller, thereby stimulating the nervous system and postural support muscles.

I use my own SMARTROLLER several times a week in my own personal fitness program."

— Sara M. Meeks, PT, MS, GCS



Introducing The SMARTROLLER® – The "Two Rollers in One" Foam Roller

The SMARTROLLER® is a uniquely designed, extremely resilient, 'two-in-one' foam roller. This patented foam roller has one side that is flatter and one side that is rounder, making it one of the most versatile foam rollers available. The rounder side of the SMARTROLLER® increases roller movement, while the flatter side decreases movement.

Because the SMARTROLLER® is also made of closed-cell cross-linked molded foam technology, it's also one of the most durable foam rollers you can buy.

SMARTROLLER® (#SMR36) **\$32.95**



The SMARTROLLER® was originated by **Stacy Barrows**, a Registered Physical Therapist, Certified Feldenkrais® Practitioner (where foam rollers originated from), and PMA certified Pilates Instructor. She developed the SMARTROLLER® based on her years of clinical and practical experience with everyone from rehab patients and professional athletes to children and senior citizens.

Barrows is co-owner of Century City Physical Therapy, Inc., and has co-authored a study on Feldenkrais and Fibromyalgia, which received a Research Award from Mt. St. Mary's Graduate Physical Therapy Program.

Throughout her career, Barrows' passion has been to bridge the gap between the fitness and wellness communities and to make movement awareness and improvement everyday parts of people's lives. She is a mother, avid runner, competitive swimmer and lifelong learner.



new! The Grid™

The Grid™ is designed for individuals of all types – from long distance runners and endurance athletes to soccer moms and yoga enthusiasts. Whether you're looking to work your core, or need a deep massage for your lats, quads, lower back, or any other large muscle group, The Grid is perfect for you! At only 13" long with a 5" diameter. The Grid is compact enough to make an excellent travel companion. Supports up to 600 pounds.

The Grid™ – Black (#454B) **\$34.95**
 The Grid™ – Orange (#454O) **\$34.95**

