### massage balls and rollers

## NEW

#### Point Relief® massage bars

- massage and relax sore, knotted muscles
- use to increase blood flow
- massage balls rotate freely
- padded handles



30-1991	2.4" x 16.5" (6 x 42 cm)	3 balls	20.00
30-1992	3.5" x 16.9" (9 x 43 cm)	2 balls	22.50

# NEW

#### foot log roller massager



- helps relieve stress and tension
- use for plantar fascistis massage
- provides gentle massage to affected area
- includes 64-page manual

30-1970 foot log 25.00



#### **Tiger Tail massagers**

- firm design won't bend
- easy-to-use massage tool saves hands from fatigue
- cushioned, foam cover spins smoothly for consistant distribution of pressure
- works on all muscle groups: neck, shoulders, arms, upper/lower back, hamstrings, glutes, quads, calves, shins and feet
- easy to clean

14-1290	Tiger Tail, 18" L	35.00
14-1291	Tiger Tail, 22" L	40.00

#### foot massager



- roll sore, tired feet across massager for muscle relaxation and tension release
- spikey balls rotate freely within unit
- colors vary

30-1975 foot massager with 2 rotating massage balls 25.00

#### CanDo® massage balls and rollers

- massage balls and rollers help achieve muscle and tension release for all parts of the body
- "bumpy" textured surface promotes sensory stimulation and is perfect for manual dexterity exercises
- rollers are effective for feet and large areas

ball size		each		dozen	
2.8" 7 cm 3.2" 8 cm 3.6" 9 cm 4.0" 10 cm 6.0" 15 cm	green yellow red blue yellow	30-1995 30-1996 30-1997 30-1998 30-1999	2.00 3.00 4.00 5.00 7.50	30-1995-12 30-1996-12 30-1997-12 30-1998-12 30-1999-12	22.50 32.50 42.50 52.50 80.00
roller size 2.6" x 6.3"	blue	<b>pai</b> 30-1994	<b>r</b> 12.50	<b>12 pa</b> 30-1994-12	

