

# PurAthletics Textured Foam Roller

Overall Product Score: 9.5 /10



*Highly recommended*

This compact and light weight foam roller has textured ridges for a deep massage. Very durable and a great size to travel with.

Recommended to consult your physician prior to use, especially if you have any existing joint or muscle injury.

Availability	Safety & Health	Quality
Overall score: <b>10 /10</b>	Overall score: <b>9 /10</b>	Overall score: <b>10 /10</b>
<p><b>Price:</b> \$39.88/ each</p> <p><b>Where to buy:</b> Wal-Mart Sears Best Buy Amazon.com</p>	<p><b>Must consult your physician or therapist prior to use.</b></p> <p>Foam rolling is also called myofascial release and it is designed to work out the “knots” in your muscles.</p> <p><b>Common mistakes:</b></p> <ol style="list-style-type: none"> <li>Do not roll directly where the pain is. It may increase inflammation and swelling. Best to roll a few inches away from sensitive area and then use large sweeping motions to cover the entire area.</li> <li>Avoid rolling too quickly. Use slower and concentrated motions</li> <li>Don't spend over 30 seconds on the one sensitive area.</li> <li>Do not use it on your lower back</li> </ol>	<p><b>Features:</b></p> <p><b>5.5 in. X 13 in</b></p> <p>Extremely durable, rugged surface</p> <p>Ridges across the roller for targeted massage</p> <p>Light-weight, hollow core</p>

Scores	Availability	Safety & Health	Quality
0 -5	Pricey, not found in most stores	Very unsafe to use	Poor design, not easy to use
6 - 7	Somewhat pricey, available in some stores	Safe but use with precaution	Decent design, somewhat comfortable. relatively easy to use
8 - 10	Reasonably priced, widely available	Safe to use	Good design, comfortable, great ease of use