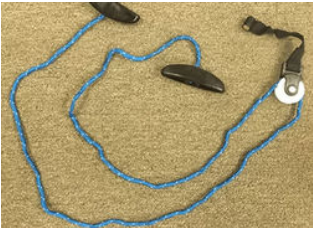




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If you have questions about which of the products below are best to help you, please contact us and we'll guide you to the correct products.



Over-the-door Shoulder Pulley

Easy to use, easy to adjust, GREAT for restoring shoulder mobility and reducing pain!

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Foam Rollers - Soft

Features a softer, comfortable compression for gentle relief on tight areas during self-massage rolling. It also provides support for lying supine and performing a variety of exercises.

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Foam Rollers - Standard

The standard density that foam roller users have come to expect provides efficient yet comfortable massage of tight muscles and trigger points.

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Elastogel Ice Packs with velcro wrap to secure - Medium/Large Knee/Low back

- Durable, can be used repeatedly
- Will not leak if punctured
- Stays soft/pliable, even at -20 degrees F
- Microwavable and latex-free

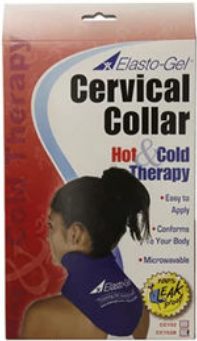
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Elastogel Ice Packs with velcro wrap to secure - Elbow, Wrist, Ankle, Small knee

- Durable, can be used repeatedly
- Will not leak if punctured
- Stays soft/pliable, even at -20 degrees F
- Microwavable and Latex-Free

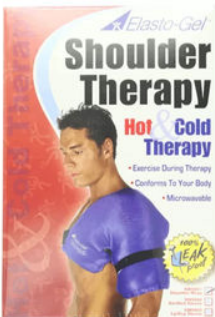
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Elastogel Ice Packs with velcro wrap to secure - Neck

- Adjustable side flaps and a detachable extension strap help secure the therapy wrap in place
- Large wrap holds 1 each 6 inch x 9 inch reusable cold pack
- Great use for shoulders, legs

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Elastogel Ice Packs with velcro wrap to secure - Full shoulder

- Durable, can be used repeatedly
- Will not leak if punctured
- Stays soft/pliable, even at -20 degrees F
- Microwavable and Latex-Free

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Standard Ice packs by Body Ice - 11" x 14" Standard

- Country Of Origin: United States
- Model Number: STI1D
- Item Package Dimension: 12.0" L x 9.0" W x 2.0" H
- Item Package Weight: 3.85 lb

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Standard Ice packs by Body Ice - 13" x 19" Oversize:

- Country Of Origin: United States
- Model Number: OVS11D
- Item Package Dimension: 12.0" L x 9.0" W x 2.0" H
- Item Package Weight: 6.8 lb

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Standard Ice packs by Body Ice - 22" Cervical (Neck)

- Country Of Origin: United States
- Model Number: CER11D
- Item Package Dimension: 11.0" L x 6.0" W x 2.0" H
- Item Package Weight: 2.65 lb

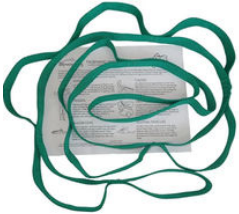
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Thermophore Electric Heating Pad

Nice large size at 14" x 27"; Excellent quality. Auto shut-off feature. Worth the money!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Stretch-out Strap

Very helpful for all sorts of flexibility and range of motion work!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Stretch-EZ strap

SPECIALLY designed for plantar fasciitis!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



CryoCup

Great for those areas that you can reach and can be directly iced.

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Theraband Flex Bar - Red (light to medium resistance)

- TheraBand FlexBar Red is ideal for those suffering from tennis elbow pain and looking to increase flexibility and range of motion.
- FlexBar is portable and convenient exercise, rehab, and injury prevention equipment, packaging includes detailed exercise instructions.

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Theraband Flex Bar - Red (light to medium resistance)

TheraBand FlexBar Green is ideal for those suffering from tennis elbow pain, looking to increase flexibility and range of motion, and to strengthen the elbow, wrist, forearm, and hand.



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Theraband Flex Bar - Blue (difficult)

Ridged design is easy to grip and twist, ideal for sports grip training for Crossfit, kayaking, rock climbing, weightlifting, rowing, gymnastics, martial arts and advanced racquet sports.



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Theraband Physio Ball - Red 55 cm diameter

- Strengthens muscles, improves posture, balance, and core stability, helps prevent back and spine pain.
- 55cm diameter (22") is designed for individuals from 5'1" – 5'6" tall.



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Theraband Physio Ball - Green 65 cm diameter

- Strengthens muscles, improves posture, balance, and core stability, helps prevent back and spine pain
- 65cm diameter (26") is designed for individuals from 5'7" – 6'1" tall
- For men or women, stretch the limits of your physical fitness by integrating stability exercise into your workout or rehab routine and develop the core muscles for fall prevention.



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Theraband Physio Ball - Blue 75cm diameter

- Strengthens muscles, improves posture, balance, and core stability, helps prevent back and spine pain
- 75cm diameter (30") is designed for individuals from 6'2" – 6'8" tall
- For men or women, stretch the limits of your physical fitness by integrating stability exercise into your workout or rehab routine and develop the core muscles for fall prevention



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Therapy Ball Double Action Pump

Not many great pumps on the market. This one works and is cheap

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The Original McKenzie Super Roll

- Low-profile lumbar support with a beveled design
- Made of durable, high-quality foam and moisture-wicking mock mesh fabric
- Provides sitting support for chair backs and vehicle seats.

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McKenzie Slim Line Roll

- Slim profile low back support for elderly or petite people
- Constructed of high-quality foam with a removable, moisture-wicking polyester mock-mesh cover
- Features a built-in, adjustable latex strap.

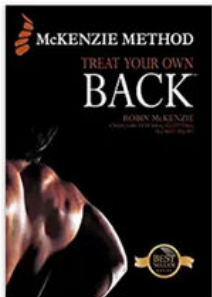
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Standard McKenzie Roll

Trusted and authentic: Original McKenzie Lumbar Roll for back pain relief; the top-selling lumbar cushions and recommended choice of physical therapists, chiropractors, and back pain professionals around the world.

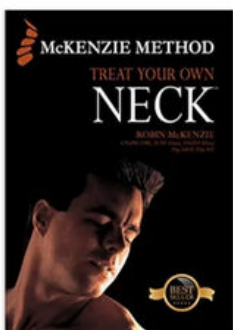
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McKenzie Treat Your Own Back book

Helping thousands of back pain sufferers worldwide, this book offers do-it-yourself relief of lower back pain through postural changes, ergonomics and simple exercises. It provides a clear understanding of the causes and treatments of persistent back pain.

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McKenzie Treat Your Own Neck book

For those with persistent neck pain, this book offers a step-by-step guide to self-treatment through awareness, education and easy-to-perform McKenzie Method® exercises.

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TheraCane

Great for deep pressure into those hard to reach muscles!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Therapeutic putty for hands!

Used for strengthening hands/finger and overall grip strength.

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Biofreeze - Roll-on

- Unique cooling menthol formula is backed by science and research-proven to deliver fast acting, long lasting and deep penetrating pain relief for sore muscles, backaches, sore joints, and arthritis
- Trusted by some of the world's best athletes and athletic trainers.

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Biofreeze - Spray

- Clinically Recommended: Trusted by pharmacists, physical therapists, chiropractors, massage therapists, podiatrists, and athletic trainers.
- Unique cooling menthol formula is backed by science and research-proven to deliver fast acting, long lasting and deep penetrating pain relief for sore muscles, backaches, sore joints, and arthritis.

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Biofreeze - Gel

- Unique cooling menthol formula is backed by science and research-proven to deliver fast acting, long lasting and deep penetrating pain relief for sore muscles, backaches, sore joints, and arthritis.
- Trusted by some of the world's best athletes and athletic trainers.
- 3 oz. gel tube is one of the most popular formats, well-suited for application on small and large muscle areas.

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Adjustable Ankle Weights

- Up to 10 lbs total!
- Great for keeping up with your home exercise program!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Inflatable Lumbar Travel Pillow

- Convenient and customizable.
- Easy to pack!

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Personal Home Tens Unit

Pain relief whenever you need it!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



High Quality Massage Gun

Affordable with multiple attachments for a wide variety of muscle groups!

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Grip Strength Training Kit

Versatile and affordable

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Super Feet (Green)

OTC orthotics for medium to high arches

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Super Feet (Blue)

OTC orthotics for low to medium arches

[CLICK HERE FOR MORE INFO OR TO ORDER](#)



Super Feet (Black)

Thin profile for tighter fitting/dress and athletic shoes

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