



**MEDI-DYNE®**

**PRODUCTS THAT KEEP PEOPLE MOVING™**



**TULI'S® PROSTRETCH® CHO-PAT® 2TOMS®**



For over 25 years, Medi-Dyne has been committed to developing innovative products that “Keep People Moving” so they can pursue their passions freely.

Our proven brands, Tuli's®, 2Toms®, Cho-Pat® and ProStretch® are trusted by medical professionals in over 70 countries for their high quality and innovative solutions.

### **Mission Statement:**

A unified team committed to exceeding expectations and developing meaningful partnerships while bringing to market innovative product solutions that keep people moving.

### **Core Values:**

Respect All  
Have Integrity

Take Initiative  
Be Courageous

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**CP CHO-PAT®** ..... pg 23

**PROSTRETCH®** ..... pg 29





**TULI'S®**



Our Tuli's brand was developed by a leading podiatrist who patented our trademark multi-cell, multi-layer design that scientifically replicates the cellular pattern naturally found in your feet to maximize **shock absorption**. We use the longest-lasting and best-performing materials available to confidently back Tuli's with industry-leading warranties. Nothing works better or lasts longer than **Tuli's!**

**TULI'S®**

# So Soft<sup>®</sup> HEEL CUPS

Heel Pain | Achilles Tendonitis | Shin Splints

**Soft fabric and Heavy Duty GEL Heel Cups meet to create our most comfortable heel cup.**

Tuli's So Soft Heavy Duty Heel Cups are exclusively formulated to be lighter, softer and more resilient than other heel cups. Soft cloth material combined with softer heels means better shock absorption and increased comfort with or without socks.

**Soft Fabric Lining** - Reduces the occurrence of sweat and provides added comfort.

**Low Profile Back** - Fits more shoes styles.

**Multi-Cell, Multi-Layer Design** - Absorbs shock and returns energy for immediate relief.



Maximum Shock Absorption



So Soft Cloth Material



Low Profile Design



## Bio-Mechanically Designed

Tuli's multi-cell, multi-layer shock absorption design

## Low Profile Design

Allows for ease of wearing in almost any shoe



SKU	PRODUCT	SIZE
10207	TULI'S SO SOFT HEAVY DUTY HEEL CUPS	REGULAR
10208	TULI'S SO SOFT HEAVY DUTY HEEL CUPS	LARGE

# So Soft<sup>TM</sup> INSOLES

Sore Feet | Tired Feet | Aching Feet

**Soft fabric infused atop full length TuliGel<sup>TM</sup> insole to provide all day comfort for sore, tired feet.**

Tuli's So Soft Insoles are fabric-covered gel insoles that provide cushion from heel to toe. Tuli's incorporates a multi-cell design that absorbs shock and returns impact energy just like the system naturally found in your feet. This shock absorption and cushion provide relief from heel to toe for sore, tired feet. It's like having a personal shock-absorbing mat wherever you go!

**Soft Fabric Lining** - Covered in a soft cloth material making them comfortable for all-day wear.

**Slim Profile** - Thin enough to fit in any shoe.

**Tuli's Multi-Cell Design** - Absorbs shock and returns energy for immediate relief.



Comfortable Cloth Material



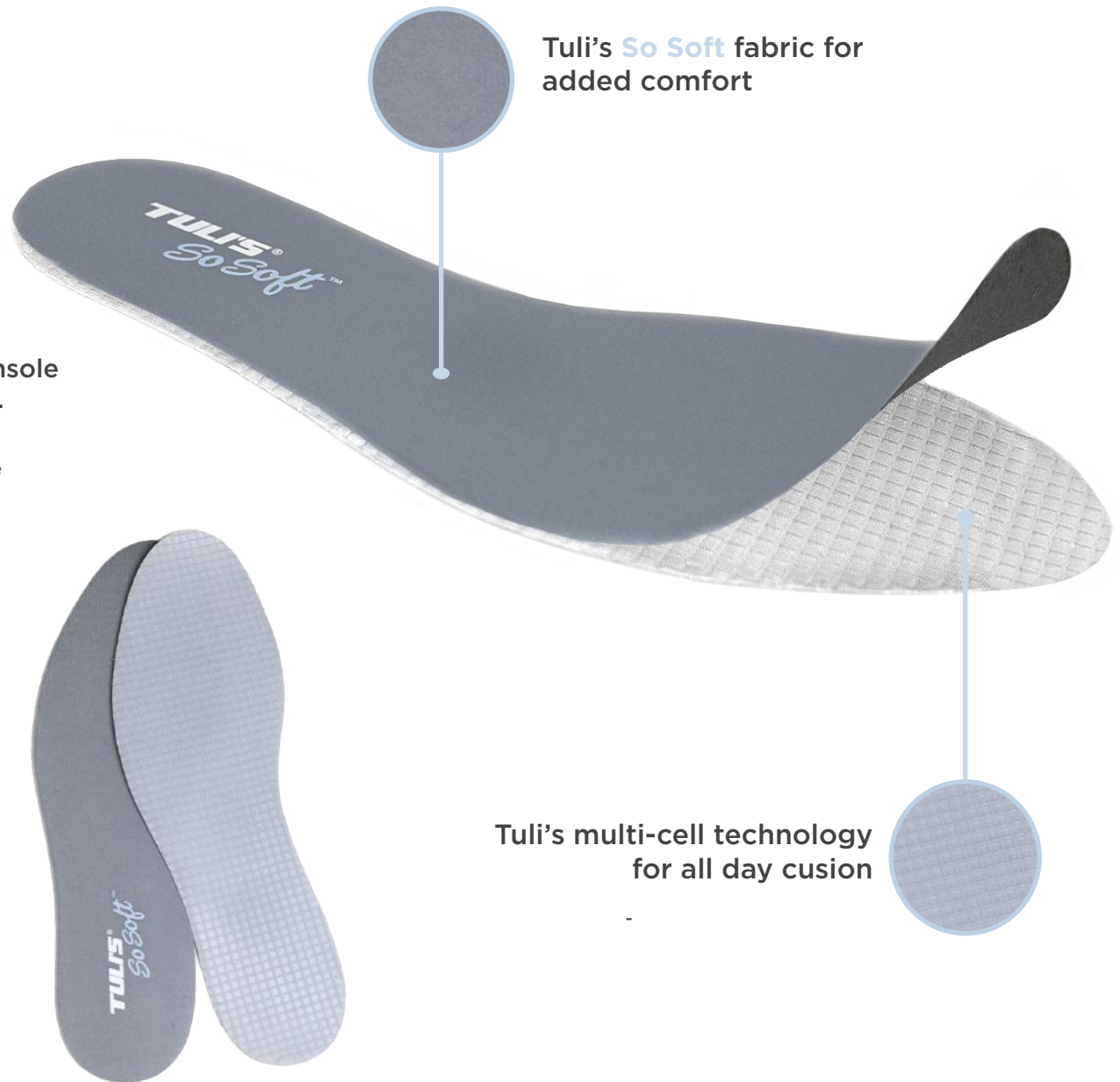
Shock Absorption Design



Easy Trim-to-Fit Sizing



SKU	PRODUCT	SIZE
10032	TULI'S SO SOFT INSOLES	ONE SIZE FITS ALL



Tuli's **So Soft** fabric for added comfort

Tuli's multi-cell technology for all day cushion

TOP

BOTTOM





## Classic Heel Cups™

Heel Pain | Achilles Tendonitis | Shin Splints

### Classic Heel Cups

Tuli's Heel Cups have a multi-cell, multi-layer design which absorbs shock and returns impact energy just like the system naturally found in your feet. Tuli's Classic Heel Cups provide immediate heel pain relief by cushioning the area of pain and elevating the heel bone. The cushion and elevation you get when you use Tuli's Classic Heel Cups takes the pressure off your Achilles tendon and allows you to regain your flexibility.



Fits Most Closed  
Shoe Styles



Shock Absorption Design



Latex Free



SKU	PRODUCT	SIZE
10010	TULI'S CLASSIC HEEL CUPS	REGULAR
10020	TULI'S CLASSIC HEEL CUPS	LARGE

**TULI'S**



## Classic GEL Heel Cups™

Heel Pain | Achilles Tendonitis | Shin Splints

### Classic GEL Heel Cups

Tuli's Heel Cups have a multi-cell, multi-layer design which absorbs shock and returns impact energy just like the system naturally found in your feet. Tuli's Classic Heel Cups provide immediate heel pain relief by cushioning the area of pain and elevating the heel bone. The cushion and elevation you get when you use Tuli's Classic Heel Cups takes the pressure off your Achilles tendon and allows you to regain your flexibility.



Fits Most Closed  
Shoe Styles



Shock Absorption Design



Latex Free



SKU	PRODUCT	SIZE
10215	TULI'S CLASSIC GEL HEEL CUPS	REGULAR
10216	TULI'S CLASSIC GEL HEEL CUPS	LARGE







**TULI'S®**



## Heavy Duty GEL Heel Cups™

Heel Pain | Sever's Disease | Achilles Tendonitis |  
Shin Splints

### Heavy Duty GEL Heel Cups

Tuli's Heavy Duty Heel Cups are twice as thick as Tuli's Classic Heel Cups™ and offer maximum performance and protection when you need it the most. They work best in athletic shoes, cleats, work boots and more spacious lace up shoes.



Maximum Shock Absorption



Work Best in Athletic shoes,  
Cleats, and Work Boots



Latex Free



SKU	PRODUCT	SIZE
10219	TULI'S HEAVY DUTY GEL HEEL CUPS	SMALL
10217	TULI'S HEAVY DUTY GEL HEEL CUPS	REGULAR
10218	TULI'S HEAVY DUTY GEL HEEL CUPS	LARGE



## Heavy Duty Heel Cups™

Heel Pain | Sever's Disease | Achilles Tendonitis |  
Shin Splints

### Heavy Duty Heel Cups

Tuli's Heavy Duty Heel Cups are twice as thick as Tuli's Classic Heel Cups™ and offer maximum performance and protection when you need it the most. They work best in athletic shoes, cleats, work boots and more spacious lace up shoes.



Maximum Shock Absorption



Work Best in Athletic shoes,  
Cleats, and Work Boots



Latex Free



SKU	PRODUCT	SIZE
10211	TULI'S HEAVY DUTY HEEL CUPS	SMALL
10212	TULI'S HEAVY DUTY HEEL CUPS	REGULAR
10214	TULI'S HEAVY DUTY HEEL CUPS	LARGE

**TULI'S**






Tuli's Cheetah Fitted - Youth

**Cheetah®**

Heel Pain | Sever's Disease | Plantar Fasciitis

Gymnasts and dancers of all levels, especially those suffering from Sever's Disease, have come to love the Tuli's Cheetah because of the shock-absorbing technology. Tuli's Cheetah delivers a dynamic combination of shock absorption from the incorporated heel cup and comfortable reinforcement from a light-weight neoprene sleeve.

-  Provides Support and Heel Cushion
-  Can be Worn Barefoot
-  Tuli's Multi-Cell Design

**MADE IN  
USA**  
★★★



SKU	PRODUCT	SIZE
10260	TULI'S CHEETAH WITH ADJUSTABLE STRAP	OSFA - ADULT
10220	TULI'S CHEETAH FITTED	XSMALL - YOUTH
10225	TULI'S CHEETAH FITTED	SMALL - YOUTH
10230	TULI'S CHEETAH FITTED	MEDIUM - YOUTH
10240	TULI'S CHEETAH FITTED	LARGE - YOUTH
10250	TULI'S CHEETAH FITTED	XLARGE - YOUTH



Tuli's Cheetah With Adjustable Strap - Adult






Tuli's Cheetah Gen2 - Youth



**CHEETAH® GEN2™**

Heel Pain | Sever's Disease | Plantar Fasciitis

Tuli's Cheetah Gen2 Heel cup with Compression Sleeve is a dynamic combination of Tuli's Heel Cups' shock absorbing technology and the comfort and reinforcement of a lightweight neoprene sleeve, all in a uniform color. The patent-pending Cheetah Gen2 has a completely neutral and uniform color for the logo, sleeve, and heel cup, which is more visually appealing, for possible use during competitions. Ideal for gymnasts and dancers.

-  Uniform Neutral Color
-  Provides Support and Heel Cushion
-  Can be Worn Barefoot



SKU	PRODUCT	SIZE
20220	TULI'S CHEETAH GEN2	XSMALL - YOUTH
20225	TULI'S CHEETAH GEN2	SMALL - YOUTH
20230	TULI'S CHEETAH GEN2	MEDIUM - YOUTH
20240	TULI'S CHEETAH GEN2	LARGE - YOUTH





**TULI'S**   
**CHEETAH<sup>®</sup> GEN2<sup>™</sup>**



**TULI'S**



**THE X BRACE**

Plantar Fasciitis | Sever's Disease | Heel Pain |  
Flat Feet | Overpronation

The beauty and effectiveness of Tuli's The X Brace lies in its ease of use, simplistic design and its ability to address very complex issues with incredible success such as heel pain due to plantar fasciitis, Sever's disease and over-pronation. The unique "X" design of our patented foot brace provides support and reduces arch pressure very similar to how Low-Dye taping works but without all the expertise, time and tape necessary.

- Patented "X" Design
- Targeted Arch Support
- Low Profile Design

**MADE IN  
USA**  
★★★



### Features and Benefits:

#### Unique "X" Design

Provides targeted support and reduces arch pressure very similar to how Low-Dye taping works.

#### Low Profile Design

Socks, shoes or barefoot, no problem; literally wear The X Brace with anything.

#### Targeted Arch Support

Relieves stress on the Plantar Fascia.



**THE X BRACE**  
+ **PLUS**

Plantar Fasciitis | Sever's Disease | Heel Pain |  
Flat Feet | Overpronation

Providing the same support and comfort as the original The X Brace, The X Brace Plus encompasses an additional foot strap. These straps help provide proper positioning while eliminating slippage of the strap making it easier to wear in closed-heel shoes.

- Patented "X" Design
- Targeted Arch Support
- Secure Strap Design

**MADE IN  
USA**  
★★★



SKU	PRODUCT	SIZE
PAIR: XB900    SINGLE: XB930	TULI'S THE X BRACE	YOUTH
PAIR: XB901    SINGLE: XB931	TULI'S THE X BRACE	XSMALL
PAIR: XB902    SINGLE: XB932	TULI'S THE X BRACE	SMALL
PAIR: XB903    SINGLE: XB933	TULI'S THE X BRACE	MEDIUM
PAIR: XB904    SINGLE: XB934	TULI'S THE X BRACE	LARGE
PAIR: XB905    SINGLE: XB935	TULI'S THE X BRACE	XLARGE

SKU	PRODUCT	SIZE
PAIR: XB940	TULI'S THE X BRACE PLUS	YOUTH
PAIR: XB941	TULI'S THE X BRACE PLUS	XSMALL
PAIR: XB942	TULI'S THE X BRACE PLUS	SMALL
PAIR: XB943	TULI'S THE X BRACE PLUS	MEDIUM
PAIR: XB944	TULI'S THE X BRACE PLUS	LARGE
PAIR: XB945	TULI'S THE X BRACE PLUS	XLARGE

# PLANTAR FASCIITIS INSOLES™

## PREMIUM ARCH SUPPORT

Plantar Fasciitis | Heel Pain | Flat Feet

A full-length replacement insole designed specifically for plantar fasciitis. The insole provides cushioning and Tuli's multi-cell, multi-layer design supports the heel for immediate comfort. A strategically angled arch cradles and supports the foot and provides proper alignment. A metatarsal pad with Tuli's multi-cell design provides added comfort while a metatarsal arch provides additional support.

### Features and Benefits:

**Medial and Metatarsal Arch Support** - Combined support for better relief and foot alignment.

**Angled Heel Cushion and Arch Cradle** - A 4-degree medial heel wedge encourages stability by preventing excessive over-pronation which can cause stress or inflammation on the plantar fascia.

**Ultra-Thin and Light** - Stronger and lighter material for enhanced comfort.



Stabilizes Arch



Provides Shock Absorption



Fits Most Shoe Styles



SKU	PRODUCT	SIZE
10091	TULI'S PLANTAR FASCIITIS INSOLES	SMALL
10092	TULI'S PLANTAR FASCIITIS INSOLES	MEDIUM
10093	TULI'S PLANTAR FASCIITIS INSOLES	LARGE
10094	TULI'S PLANTAR FASCIITIS INSOLES	XLARGE



### Ultra-Thin

Fits most shoe styles



### Arch Support

Superior medial arch support to help relieve plantar fasciitis and flat feet



### 4-Degree Angled Heel Support

Promotes good posture, and provides comfort with each step



**TULI'S®**



## RoadRunners® PREMIUM REPLACEMENT INSOLES

Sore Feet | Tired Feet | Aching Feet



Tuli's RoadRunners are full-length replacement insoles designed to improve performance and protect your feet and body from shock. Exclusive Energy Transformation Technology™ combines an innovative multi-cell structure with uniquely engineered materials to store and release impact energy. This combination helps reduce fatigue and prevent injury. Built-in arch stabilizers provide added support for greater stability.



Stay-Fresh Fabric



Perfect for Athletic Shoes



Superior Cushioning



SKU	PRODUCT	SIZE
10410	TULI'S ROADRUNNERS	SMALL
10420	TULI'S ROADRUNNERS	MEDIUM
10430	TULI'S ROADRUNNERS	LARGE
10440	TULI'S ROADRUNNERS	XLARGE



## Gaitors® 3/4 ARCH SUPPORTS

Heel Pain | Plantar Fasciitis | Fallen Arches  
Arch Support | Heel Spurs



Tuli's Gaitors deliver shock absorption, arch support and comfort without overcrowding your shoe. Each Tuli's Gaitor is anatomically shaped to support the medial arch and has a strategically placed heel spur relief zone and first metatarsal cutout for maximum comfort and relief. These features provide the benefits of a customized orthotic at a fraction of the cost.



Thin Support Layer



Fits Most Shoe Styles



Stay-Fresh Fabric



SKU	PRODUCT	SIZE
10510	TULI'S GAITORS	SMALL
10520	TULI'S GAITORS	MEDIUM
10530	TULI'S GAITORS	LARGE
10540	TULI'S GAITORS	XLARGE





## HammerRx® TOE STRAIGHTENER

Hammertoe Deformity | Toe Straightening

The Tuli's HammerRx toe straightener comfortably corrects and relieves minor cases of hammertoe. Designed by a world-renowned foot and ankle surgeon, the Tuli's HammerRx corrective support pulls the toe down to keep the toe extensor tendons straight, reducing hammertoe pain and irritation caused by shoes, corns, and calluses. HammerRx consists of a soft, thin, and flexible toe strap and sleeve. The toe strap strategically loops around the toe for comfortable support. Its stretchy material creates the tension needed for a comfortable straightening of the toe.



Adjustable and Versatile  
Toe Strap



Soft Cloth Material



Wear with Most Shoe Styles  
and Sandals



SKU	PRODUCT	SIZE
10680	TULI'S HAMMER RX	ONE SIZE FITS MOST



## Metatarsal Cushions™ BALL-OF-FOOT-PADS

Morton's Neuroma | Ball of Foot Pain |  
High-Heel and Dress Shoe Comfort

Tuli's Metatarsal Cushions offer maximum shock absorption for the balls of your feet with a combination of a multi-cell design and TuliGEL™ material. Because of their unique design, Tuli's Metatarsal Cushions lift out easily for use in multiple pairs of shoes. One-size-fits-all, easy trim-to-fit sizing takes away the guesswork of fitting your favorite shoe.



Comfortable TuliGEL™  
Material



Multi-Cell Shock  
Absorption Design



Easy Trim-to-Fit



SKU	PRODUCT	SIZE
10070	TULI'S METATARSAL CUSHIONS	ONE SIZE FITS ALL



## Dual Density™ GEL HEEL CUPS

Heel Spurs | Heel Pain

Heel spurs and plantar fasciitis are often confused, but we understand the difference. Tuli's Dual Density Heel Cups were developed for the true heel spur sufferer. With just one look, you can see the strategically placed blue shock-absorbing cushion inside a ring of soft, comfort-providing TuliGEL™ material. The ring acts as a cradle, distributing pressure to the outer edges of your heel - away from your injured area.



Dual Density Design



Cradles the Heel and  
Distributes Pressure



Multi-Cell Shock  
Absorption Design



SKU	PRODUCT	SIZE
10300	TULI'S DUAL DENSITY HEEL CUPS	REGULAR
10310	TULI'S DUAL DENSITY HEEL CUPS	LARGE

**TULI'S®**

# FOOT THERAPY WRAP

COLD / HOT

Plantar Fascia | Heels | Achilles | Toes

Tuli's Foot Therapy Wrap is your ultimate solution for soothing comfort and relief. Whether you're recovering from a long day on your feet or seeking relief from painful conditions including plantar fasciitis, our innovative therapy wrap is here to help.

## Features and Benefits:

**Versatile Relief** - Experience the dual power of hot and cold therapy in one convenient wrap.

**Targeted Comfort** - Designed specifically for unique contours of the foot, our wrap provides targeted relief to arches, heels, Achilles and toes.

**Premium Quality** - Crafted from high-quality materials. The soft fabric exterior ensures a comfortable fit, while the inner gel pack delivers consistent temperature therapy. Whether you're an athlete or just on your feet all day, the Tuli's Foot Therapy Wrap is your go-to choice for home, work or on the go.



Comfortable Targeted Therapy



Versatile Relief



One Size Fits Most



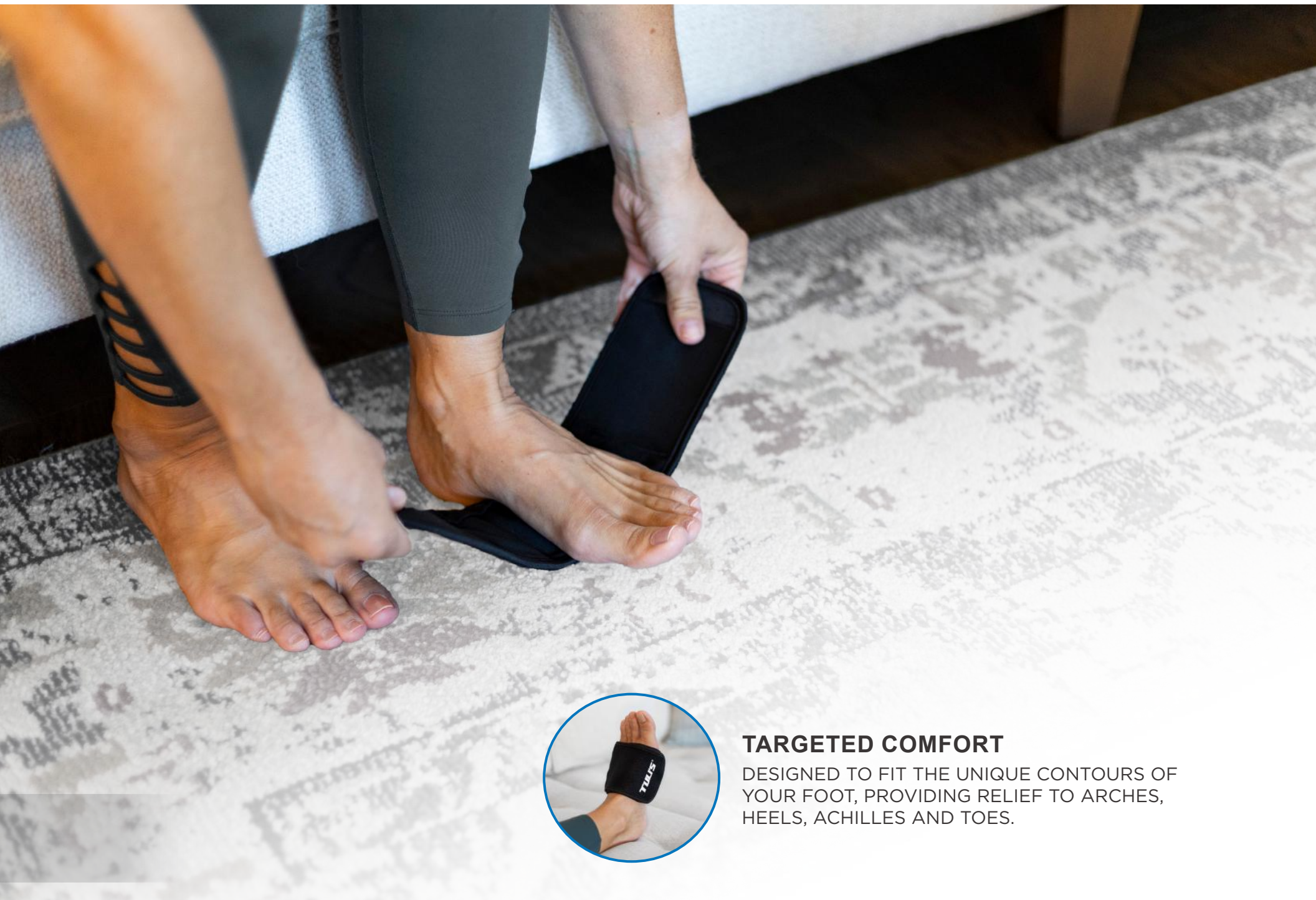
INCLUDES 2 GEL PACKS



**For Hot Therapy:** Heat pack in the microwave for up to 15 seconds.

**For Cold Therapy:** Chill for at least 2 hours or overnight

SKU	PRODUCT	SIZE
10120	TULI'S FOOT THERAPY WRAP	OSFM



## **TARGETED COMFORT**

DESIGNED TO FIT THE UNIQUE CONTOURS OF YOUR FOOT, PROVIDING RELIEF TO ARCHES, HEELS, ACHILLES AND TOES.



**TULI'S**

## SoftMOVES™

ADJUSTABLE TOE SEPARATOR

Plantar Fasciitis | Neuromas | Hammer Toes  
| Foot Fatigue | Bunions

Tuli's Soft Moves Adjustable Toe Separators provide customizable comfort and gentle alignment with a patent-pending adjustable design made from soft, medical-grade silicone gel. Available in blue, white, and pink, they help relieve pain from bunions, plantar fasciitis, hammertoes, and more while promoting circulation and relaxation.

### Features and Benefits:

**Adjustable V-Shape Design** – Allows for customizable toe separation to suit individual needs.

**Medical-Grade Silicone Gel** – Soft, flexible and gentle on the skin for maximum comfort

**Customizable Comfort** – Adjustable spacing ensures a personalized fit for different foot shapes and sizes.

**Supports Recovery** – Great for post-workout relief or after prolonged standing, walking or dancing.



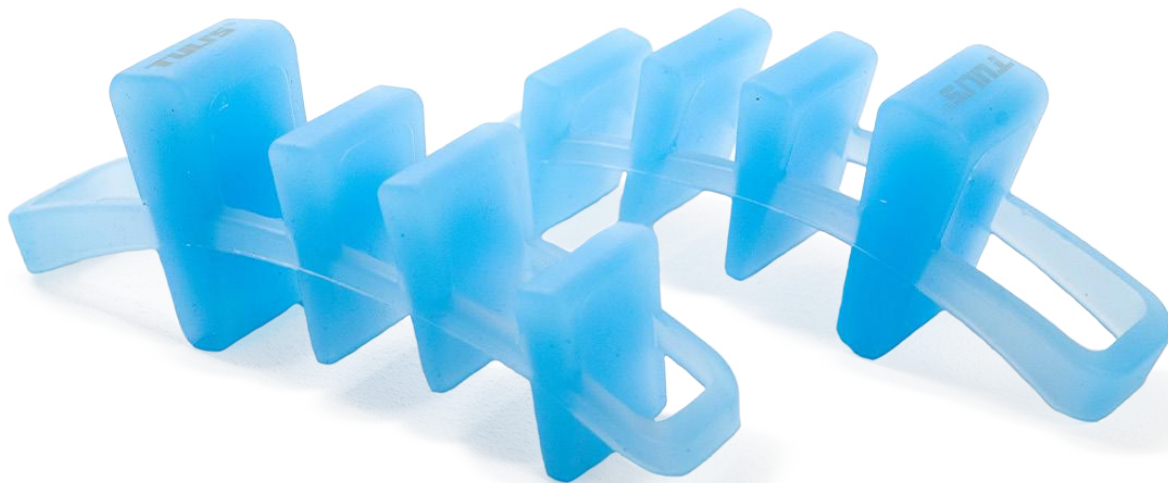
Customizable Stretch / Versatile Use



Soft & Comfortable



Therapeutic & Encourages Alignment



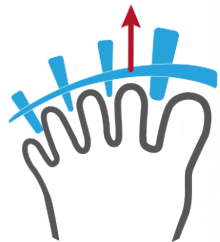
SKU	PRODUCT/COLOR	SIZE
SM00031	TULI'S SOFT MOVES - BLUE	OSFM
SM00032	TULI'S SOFT MOVES - WHITE	OSFM
SM00033	TULI'S SOFT MOVES - PINK	OSFM

A photograph of a person's feet from a top-down perspective, resting on a grey couch. Each foot is wearing a blue, adjustable toe separator device. The device consists of a thin, translucent blue band that loops around the base of each toe, with small, raised blue pads positioned between the toes to provide separation and support.

# **TULI'S** *Soft* **MOVES™**

ADJUSTABLE TOE SEPARATOR

Decrease  
Stretch



Increase  
Stretch



Adjustable V-shape design allows  
for customizable toe separation to  
suit individual needs.



**2Toms<sup>®</sup>**







Blisters, chafing, rubbing, sweat and odor can slow you down and take the fun out of any activity. That's why **2Toms®**, with the help of a Ph.D. in surface chemistry from M.I.T®, developed products that deliver the most technologically advanced **blister, chafing, moisture, and odor prevention** available so you can focus on doing what you love.



# BLISTER SHIELD®

Blister Prevention | Hot Spot Prevention |  
Callus Protection

2Toms BlisterShield Blister Prevention powder formula creates an almost frictionless surface, reducing heat build-up and blister formation, helping to stop blisters before they start! 2Toms BlisterShield's remarkable silky powder repels moisture, keeping skin dry and blister-free for lengthy periods of activity.

## Features and Benefits:

**Blister Prevention** - Targets the friction that causes blisters. Ideal for shoes, boots, and gloves.

**All Day Skin Protection** - Prevent blisters from walking, running, yard work, sports, and more.

**Sweatproof and Waterproof** - Creates an almost frictionless barrier, reducing heat build-up, moisture and blister formation.



Sweatproof and Waterproof



Frictionless Barrier



All-Day Blister Prevention

MADE IN  
USA  
★★★



2Toms®



2Toms BlisterShield - Pouch



2Toms BlisterShield - Single Use Packet

SKU	PRODUCT	SIZE
TT003	2TOMS BLISTERSHIELD - POUCH	2.5 OZ
TT004	2TOMS BLISTERSHIELD - SHAKER BOTTLE	15 OZ
TT024	2TOMS BLISTERSHIELD - SINGLE USE PACKETS	6-PACK



**2Toms**



## SPORT SHIELD®

Protection From: Blisters | Chafing | Rubbing | Skin Friction

2Toms SportShield delivers unrivaled protection from chafing, rubbing and skin friction. Provides a smooth, thin, soothing invisible coating to the skin which eliminates friction that causes blisters, chafing, and irritation. Lasts all day, performing under the most grueling conditions. Apply on thighs, chest, arms, feet or anywhere skin friction may occur. Contains soothing aloe vera, vitamin E, no animal products, and is fragrance-free.



Contains Soothing Aloe & Vitamin E



Waterproof and Sweatproof



All-Day Protection, Won't Melt



## SPORT SHIELD® XTRA

Enhanced Protection From: Blisters | Chafing | Rubbing | Skin Friction

Designed for sensitive skin, 2Toms SportShield XTRA's silky-smooth formula eliminates the friction that causes chafing and blisters. This moisture-rich protection contains aloe and shea butter to soften and soothe the skin, as well as natural antimicrobials. Apply on thighs, arms, or any part of the body where skin is prone to rubbing and friction.



Natural Antimicrobials & Skin Softening Ingredients



Waterproof and Sweatproof



All-Day Protection, Won't Melt



## BUTT SHIELD®

Saddle Sores | Sensitive Areas

Formulated with your "danger zone" in mind. It provides a frictionless, satin smooth surface that prevents chafing on the butt and groin. Contains green tea extract, shea butter, calendula and horsetail plant extract; all ingredients that naturally soothe the stinging that occurs with chafing and rashes. Apply to your butt, groin or anywhere skin friction may occur to create a friction-free, silky-smooth surface that prevents chafing.



Sweatproof and Waterproof



Contains Natural Ingredients



All-Day Skin Protection



SKU	PRODUCT	SIZE
TT005	2TOMS SPORTSHIELD - ROLL-ON	1.5 OZ
TT020	2TOMS SPORTSHIELD - SINGLE USE TOWELETES	6-PACK

SKU	PRODUCT	SIZE
TT067	2TOMS SPORTSHIELD XTRA - ROLL-ON	1.5 OZ
TT021	2TOMS SPORTSHIELD XTRA - SINGLE USE TOWELETES	6-PACK

SKU	PRODUCT	SIZE
TT012	2TOMS BUTTSHIELD - ROLL-ON	1.5 OZ
TT022	2TOMS BUTTSHIELD - SINGLE USE TOWELETES	6-PACK



**2Toms**



## GRIPSHIELD®

Grip Enhancer | Dry Hands for a Better Grip

2Toms GripShield dries hands quickly and creates a moisture barrier that provides a better grip for enhanced performance. Use 2Toms GripShield for any sport or activity in which a firm, dry grip is essential. Commonly used for golf, tennis, gaming, pole fitness, bowling, gymnastics, mechanics and industrial work, shooting sports, and more.



No Powdery Mess



Enhances Grip



Works Fast



## FOOTSHIELD®

Keeps Feet Dry & Odor Free

FootShield is a perspiration barrier for your feet to help keep them dry and odor free! Natural anti-fungal ingredients and moisturizers reduce and prevent sweaty feet, the growth of bacteria, blisters, and smelly shoes.



Contains Essential Oils



Reduces Sweat Odors and Provides Moisture Control



Fast Drying



## SKIN-on-SKIN DRESSING KIT

Cushions | Soothes | Hydrates Skin

2Toms Skin-On-Skin Dressing Kit for blister treatment (non-sterile) provides advanced cushioning, soothing relief, and long-lasting protection for blisters, chafing, stings, and minor skin irritations – second only to your own skin.

Dressing Kit Includes:

- 2x - Hydrogel Pads for Soothing Relief
- 5x - Small Protective, Medical-Grade Adhesive Shields
- 2x - Large Protective, Medical-Grade Adhesive Shields



High Water Content



Long Lasting



Medical-Grade Adhesive & Protection



SKU	PRODUCT	SIZE
TT210	2TOMS GRIPSHIELD - BOTTLE	1.5 OZ
TT023	2TOMS GRIPSHIELD - SINGLE USE PACKETS	6-PACK

SKU	PRODUCT	SIZE
TT240	2TOMS FOOTSHIELD - ROLL-ON	3 OZ

SKU	PRODUCT	SIZE OF BAG
SOS1400	2TOMS SKIN-ON-SKIN - DRESSING KIT	7in. x 3in.



## SKIN-ON-SKIN®

Cushions | Soothes | Blister Protection |  
Rubbing and Chafe Relief

2Toms Skin-On-Skin Hydrogel Blister Treatment (non-sterile) formula provides advanced cushioning, soothing relief, and long-lasting protection for blisters, chafing, stings, and minor skin irritations – second only to your own skin. 2Toms Skin-on-Skin soothing hydrogel alleviates pain and aids the healing process on contact. It's soft, moist, and contains durable micro-mesh for long-lasting support.



Latex Free



Hydrogel Made of  
Pure Water



Skin Protection



SKU	PRODUCT	SIZE
SOS1200	2TOMS SKIN-ON-SKIN 1" SQUARE	200 COUNT
SOS1048	2TOMS SKIN-ON-SKIN 3" CIRCLE	48 COUNT



## STINKFREE® ODOR ELIMINATING SPRAY

Shoe and Gear Odor Remover

2Toms StinkFree Shoe and Gear Odor Remover is guaranteed to remove (not mask) odors caused by sweat left in your shoes, boots, gear, gym bags, pads, guards, gloves, etc. Our advanced formula cleans the pores that trap the odor in shoes and gear. Safe to use on canvas, leather, satin, and even denim shoes.



Removes Odors



Fragrance-Free



Available in Travel Size



SKU	PRODUCT	SIZE
TT400	2TOMS STINKFREE SPRAY - BOTTLE	8 OZ
TT402	2TOMS STINKFREE SPRAY - TRAVEL SIZE	.25 OZ



## STINKFREE® SPORTS DETERGENT

Odor and Sweat Stain Remover

2Toms StinkFree Sports Detergent treats the problem instead of just masking it and uses a high-end residue lifter to restore clothing performance and breathability. 2Toms StinkFree advanced detergent removes odors and stains in your high-performance athletic apparel and gear including hockey pads, sports bras, tech apparel, running and biking attire, backpacks, soccer shin guards, yoga pants, yoga mats, towels, uniforms and more.



Does not Require Agitation



Removes Odors and  
Sweat Stains



Up to 30 Loads and Available in  
Travel Size Packet



SKU	PRODUCT	SIZE
TT405	2TOMS STINKFREE SPORTS DETERGENT - BOTTLE	30 OZ
TT407	2TOMS STINKFREE SPORTS DETERGENT - TRAVEL SIZE	1 OZ







Designed by an orthotist, the Cho-Pat® Original Knee Strap™ helped revolutionize the treatment of knee disorders. For over 40 years, **Cho-Pat** has worked with medical professionals, including those at the **MAYO Clinic®**, to create products which provide a unique combination of support and freedom of movement. This combination has become the hallmark of the brand. Cho-Pat products come in multiple sizes, delivering the ***exact fit*** needed for support and healing.





## DUAL ACTION LITE




Patellar Tendonitis | Weak Knees | Jumper's Knee | Runner's Knee | Osgood Schlatter's



HIGH QUALITY  
SURGICAL TUBING  
FOR ABOVE AND  
BELOW KNEECAP  
STABILIZATION

### TARGETED DUAL KNEE SUPPORT

The Cho-Pat Dual Action Lite Knee Strap is designed to provide support below and above the knee. Lightweight and adjustable, this new strap is available in two sizes to ensure a perfect fit.

-  Upper and Lower (Dual Action) Support
-  Improves Tracking and Reduces Displacement
-  One Size Fits Most Design Available with Secure Hook-and-Loop Fasteners

SKU	PRODUCT	SIZE
CPKSL50	CHO-PAT DUAL ACTION LITE	SMALL/MEDIUM
CPKSL51	CHO-PAT DUAL ACTION LITE	LARGE/X-LARGE (OSFM)



SLIMLINED BEHIND  
THE KNEE DESIGN





## PATELLA KNEE STRAP

Patellar Tendonitis | Weak Knees | Jumper's Knee | Runner's Knee | Osgood Schlatter's

### FOR TARGETED PATELLA SUPPORT

The Cho-Pat Patella Knee Strap supports the knee as it bends and straightens, while applying appropriate pressure on the tendon below the knee cap. The strap helps guide the kneecap in the groove, improving tracking and assisting in the spreading of pressure uniformly over the surface area.



Improves Tracking: Guides Kneecap in Groove



SoftAction™ Fabric Provides Lasting Comfort



One Size Fits Most Design with Secure Hook-and-Loop Fasteners



HIGH QUALITY  
SURGICAL TUBING  
FOR PATELLA  
STABILIZATION



SKU	PRODUCT	SIZE
CPPAT55	CHO-PAT PATELLA KNEE STRAP	ONE SIZE FITS MOST





## TENNIS ELBOW STRAP

Tennis Elbow Pain | Elbow Tendonitis | Forearm Strain | Elbow Bursitis



The Cho-Pat Tennis Elbow Strap secures and supports forearm tendons and muscles that are over-exercised or strained during athletic, leisure, or work activities.

Designed to help ease the discomfort of overworked forearm tendons and muscles during sports, work, or daily activities. With Targeted Pressure Pad Technology™, the strap applies gentle, focused compression to the forearm tendons. This helps reduce vibration and stress from repetitive motion, making it easier to stay active.



Pressure Pad delivers targeted support

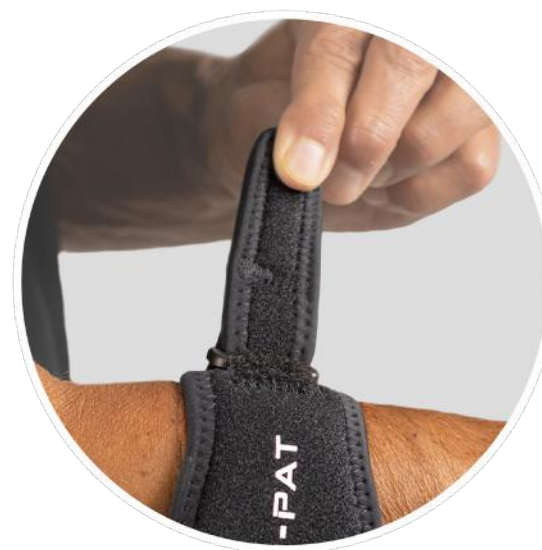


Durable, soft material for all day comfort



One size fits most, fully adjustable straps ensure secure fit

**TARGETED  
PRESSURE PAD**



**ADJUSTABLE  
STRAP**

SKU	PRODUCT	SIZE
CPTES70	CHO-PAT TENNIS ELBOW SUPPORT	ONE SIZE FITS MOST



CHO-PAT®





## Dual Action® Knee Strap

Weak Knees | Osgood Schlatter's Disease |  
Patellar Tendonitis

The Cho-Pat Dual Action Knee Strap supports you above and below the knee to provide immediate relief from patellar tendonitis, osteoarthritis, Osgood Schlatter's disease, ITB syndrome, jumper's knee, weak knees, runner's knee, torn PCL or MCL, and unilateral knee replacements.



Upper & Lower (Dual Action) Support



Improves Tracking and Reduces Displacement



Range of Sizes Available

SKU	PRODUCT	SIZE
CPDAK01	CHO-PAT DUAL ACTION KNEE STRAP	XSMALL
CPDAK02	CHO-PAT DUAL ACTION KNEE STRAP	SMALL
CPDAK03	CHO-PAT DUAL ACTION KNEE STRAP	MEDIUM
CPDAK04	CHO-PAT DUAL ACTION KNEE STRAP	LARGE
CPDAK05	CHO-PAT DUAL ACTION KNEE STRAP	XLARGE
CPDAK07	CHO-PAT DUAL ACTION KNEE STRAP	XXLARGE



## Original Knee Strap™

Runner's Knee | Jumper's Knee |  
Osgood Schlatters Disease | Patellar Tendonitis

The Original Knee Strap supports the knee as it bends and straightens, while applying appropriate pressure on the tendon below the kneecap. The strap helps guide the kneecap in the groove, improving tracking and assisting in the spreading of pressure uniformly over the surface area.



Improves Tracking



Spreads Pressure Uniformly



Range of Sizes

SKU	PRODUCT	SIZE
CPOKS12	CHO-PAT ORIGINAL KNEE STRAP	XSMALL
CPOKS14	CHO-PAT ORIGINAL KNEE STRAP	SMALL
CPOKS16	CHO-PAT ORIGINAL KNEE STRAP	MEDIUM
CPOKS18	CHO-PAT ORIGINAL KNEE STRAP	LARGE
CPOKS20	CHO-PAT ORIGINAL KNEE STRAP	XLARGE
CPOKS11	CHO-PAT ORIGINAL KNEE STRAP	XXLARGE








## Golfer's Elbow Support™

Golfer's Elbow

Designed in cooperation with The Mayo Clinic®, the Cho-Pat Golfer's Elbow Support applies medially prescribed pressure to the forearm to stabilize muscles, minimize stress, alleviate pain, and promote healing. The shock absorbing support reduces vibration and stress to the upper forearm to help stabilize the forearm muscle group.

-  Uniform Compression and Fit
-  Shock Absorbing Support
-  Lightweight and Durable



SKU	PRODUCT	SIZE
CPGES42	CHO-PAT GOLFER'S ELBOW SUPPORT	SMALL
CPGES44	CHO-PAT GOLFER'S ELBOW SUPPORT	MEDIUM
CPGES46	CHO-PAT GOLFER'S ELBOW SUPPORT	LARGE
CPGES48	CHO-PAT GOLFER'S ELBOW SUPPORT	XLARGE



## Achilles Tendon Strap™

Achilles Tendonitis

Developed in cooperation with sports medical professionals at The Mayo Clinic®, the medically proven Cho-Pat Achilles Tendon Strap applies adjustable pressure and consistent support to reduce stress and alleviate pain and discomfort associated with Achilles tendonitis.

-  Targeted and Adjustable Compression
-  Consistent Support
-  Range of Sizes Available

SKU	PRODUCT	SIZE
CPATS72	CHO-PAT ACHILLES TENDON STRAP	SMALL
CPATS74	CHO-PAT ACHILLES TENDON STRAP	MEDIUM
CPATS76	CHO-PAT ACHILLES TENDON STRAP	LARGE

# PROSTRETCH<sup>®</sup>





ProStretch® product's unique products including **CoreStretch, Prostretch Original and StretchRite** are proven to stretch and massage muscles easier and more effectively than conventional methods. The **improved flexibility and range of motion** obtained from using these devices help relieve, rehab, and alleviate overuse injuries and sore tired muscles, as well as enhancing your overall performance. Physical Therapists, Athletic Trainers, and Athletes have recognized that ProStretch products help reduce the risk of injury when used before and after exercise.

# PROSTRETCH®



# NightSock™

Plantar Fasciitis | Achilles Tendonitis | Tight Calves | Runner's Cramps

The ProStretch NightSock helps alleviate heel pain associated with plantar fasciitis, Achilles tendonitis, tight calves, and runners' cramps. By keeping the foot in a slightly flexed position, it comfortably elongates the muscles and soft tissues of the calf and foot, speeding up recovery while sleeping.

## Features and Benefits:

**Adjustable Straps** - Allows for progressive adjustment over time to prevent discomfort and injury.

**Holds Foot** - Keeping muscles and tendons relaxed and slightly stretched to prevent tightening and pain especially in the morning.

**Exclusive Toe Support** - Provides enhanced toe comfort and performance.

**Hook & Loop** - Low profile hook and loop fasteners won't snag sheets and blankets.

**Sock Material** - 3/4 length sock made of soft, lightweight, breathable material keeps foot and leg cool during the night.



Lightweight



Breathable



Portable

ACCEPTED



*Exclusive Toe Support  
(for increased comfort)*

SKU	PRODUCT	SIZE
S00071	PROSTRETCH NIGHTSOCK	ONE SIZE FITS MOST

# PROSTRETCH+<sup>®</sup> PLUS

Tight Calves | Plantar Fasciitis | Achilles Tendonitis | Tight Hamstrings | Heel Pain

The adjustable ProStretch Plus delivers a technological advancement that makes stretching calves, hamstrings, and the plantar fascia more effective for everyone. ProStretch Plus' patented design is customizable and offers an exclusive toe lift. It's engineered to be stronger and lighter, making it even more portable. Includes a one-year warranty. Instructional video available on our website.

## Features and Benefits:

**Adjustable Heel Rest** - Customize your stretch by increasing or decreasing the degree of stretch.

**Removable Toe Lift** - Delivers maximum toe and plantar fascia stretch.

**Durable and Portable** - Stronger and lighter material for enhanced portability.

**Wider Base** - Larger, continuous base provides increased comfort and stability for up to size 14 shoes.



Adjustable Stretch



Non-Slip Bottom



Durable and Portable

MADE IN  
USA  
★★★

ACCEPTED



1. Exclusive toe stretch



2. Wider base



3. Adjustable heel rest

ENGINEERED FOR AN ACCURATE AND  
EFFICIENT STRETCH



4. Non Slip Bottom

SKU	PRODUCT	SIZE
S01001	PROSTRETCH PLUS	SINGLE



Single

## The Original Blue™ Calf and Foot Stretcher

Tight Calves | Plantar Fasciitis | Achilles Tendonitis  
Tight Hamstrings | Heel Pain

### ProStretch Single

Trusted by professional athletes, physical therapists, and athletic trainers for over 30 years. Proven to be easier and more effective at stretching the lower leg muscles than conventional methods. Includes a one-year warranty.

### ProStretch Double

Stretch both legs simultaneously, with increased range of motion over single version. Ensures better balance and hip alignment. Includes a one-year warranty.



Durable & Portable



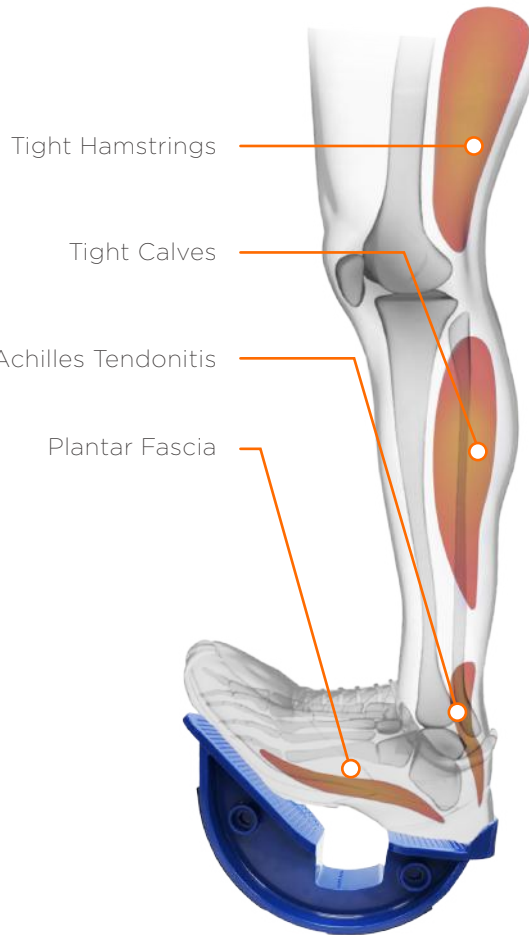
Non-Slip Bottom



Fits up to size 12 shoe and hold up to 250 lbs

MADE IN  
USA  
★★★

ACCEPTED



Double



Single

## Hand-crafted Original Wooden Calf Stretcher

Plantar Fasciitis | Achilles Tendonitis |  
Hamstrings | Calves

With a platform 25% larger than the original model, and a stronger wooden frame, it can accommodate shoe sizes 14-21 and can hold up to 400 lbs. Excellent for use in fitness clubs, locker rooms, sidelines, and clinics. Includes a one-year warranty.



Double



Heavy Duty



Non-Slip Bottom



Fits 14+ Shoe Size and holds up to 400 lbs

MADE IN  
USA  
★★★

SKU	PRODUCT	SIZE
S00011	PROSTRETCH THE ORIGINAL	SINGLE
S00021	PROSTRETCH THE ORIGINAL	DOUBLE

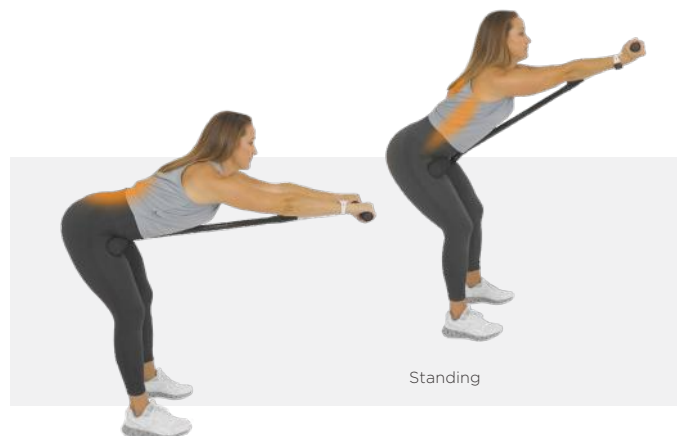
SKU	PRODUCT	SIZE
S00051	PROSTRETCH ORIGINAL WOODEN	SINGLE
S00052	PROSTRETCH ORIGINAL WOODEN	DOUBLE



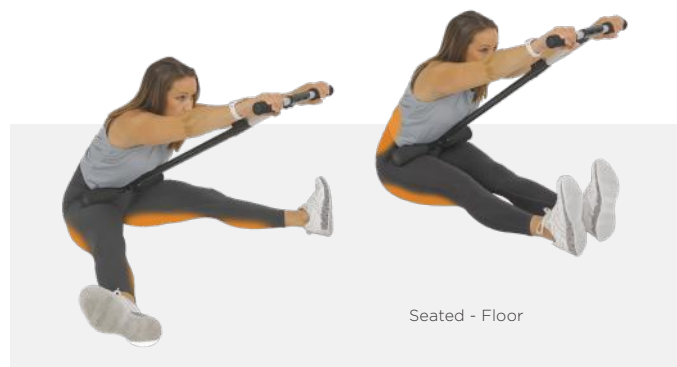
## EXERCISES:



Seated - Chair



Standing






Seated - Floor



## CoreStretch®

Back | Hamstrings | Piriformis | Shoulders | Hips

Stretch safely and effectively by using the body's natural traction while keeping the back straight. It elongates the back stretching muscles, tendons, and ligaments in your back, hips, hamstrings, arms and shoulders. Originally developed for use by physical therapists, the CoreStretch was designed with the understanding that all action initiates from the body's trunk (or core). The CoreStretch provides a stretch that both allows the tissues to relax and elongate muscle groups on the back side of the body.

-  Promotes Proper Form
-  Elongates the Back
-  Portable

SKU	PRODUCT	SIZE
CS00011	PROSTRETCH CORESTRETCH	L 30.5 IN X W16.25 IN X H 3 IN



## StretchRite®

Shins | Back | Calves | Hamstrings | Shoulders

StretchRite stretching strap makes stretching more effective, comfortable and fun! The StretchRite strap gives you a safer, more effective way to improve flexibility and get total body relief for sore tight muscles.

The key to StretchRite's effectiveness is in the ergonomically designed hangrips which allow for a comfortable and effective hold and limit tension forced on hands. Increase flexibility in stages. Includes a full body stretching guide. One-year warranty. Instructional video available online.

-  Ergonomically Shaped Handles
-  Improve Flexibility
-  Monitor Progress

SKU	PRODUCT	COLOR
SR00011BW	PROSTRETCH STRETCHRITE	BLUE AND WHITE
SR00011PY	PROSTRETCH STRETCHRITE	PURPLE AND YELLOW



# PROSTRETCH<sup>®</sup> *SHOULDER FLEX*<sup>™</sup>





## ShoulderFlex™

The Shoulder Flex was developed to help people regain and retain flexibility in their shoulder and rotator cuff muscles. The unique design of the Shoulder Flex allows for the user to apply leverage to the arm in a variety of positions to create tension on specific muscles. This tension translates into improved flexibility for regaining range of motion due to surgery or injury and also improving performance.

Shoulder Flex allows users to stretch shoulder and rotator cuff muscles without the assistance of another person while being portable, safe, and effective.



Regain Flexibility



Decrease Injury Risk



Portable, Safe, and Effective



External Rotation  
Moderate Adducted



Internal Rotation  
Advanced Adducted



External Rotation  
Advanced Abducted



Internal Rotation  
Moderate Abducted

SKU	PRODUCT	SIZE
S04001	SHOULDER FLEX	19 IN. W X 6.25 IN L X 27 IN H



A man with dark skin and short dark hair is lying on his back on a black exercise mat. He is wearing a white short-sleeved button-down shirt and teal athletic shorts. He is holding a black and blue PROSTRETCH Z device with both hands, using it to pull his knees towards his chest. The device has blue foam handles and a black central frame. The background shows a home interior with a wooden floor, a white cabinet on the left, and a wooden side table with a human spine model on the right. A semi-transparent grey box with the brand name is in the upper right.

PROSTRETCH<sup>®</sup> Z<sup>™</sup>

PROSTRETCH<sup>®</sup>



## Prostretch Z<sup>™</sup>

The ProStretch Z is an innovative tool to enhance stretching and strengthening, offering exceptional relief for your hips, sciatica, piriformis, glutes, and tightness in the lower back. With its unique design and comfortable features, ProStretch Z delivers the leverage required for an optimal stretching and strengthening experience, making it ideal for increasing flexibility, building strength, and addressing imbalances.



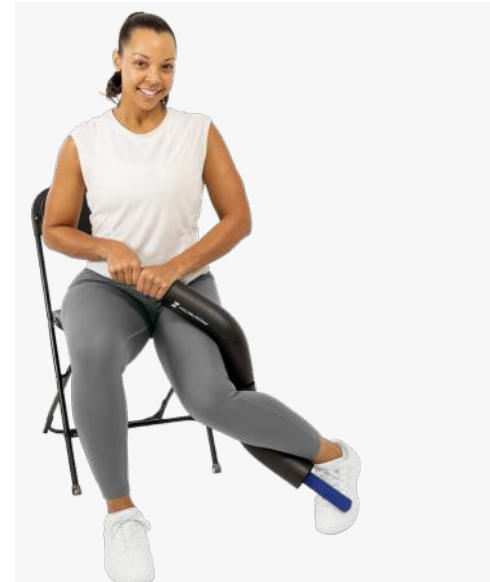
Regain Flexibility



Decrease Injury Risk



Portable, Safe, and Effective



SKU	PRODUCT	SIZE
S04001	SHOULDER FLEX	19 IN. W X 6.25 IN L X 27 IN H



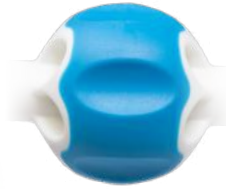
# MASSAGE STICKS



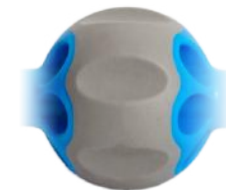
Three Different Gear Types Allow You to Enjoy Soft, Medium or Targeted Myofascial Treatment.

**Skin Surface Technology (SST)**

Patented design enables massage gears to accurately connect with the skin and fascia.



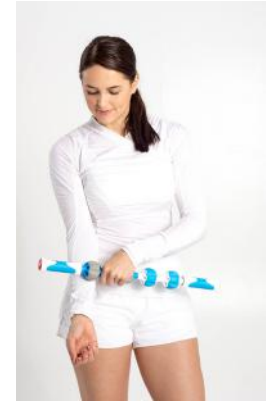
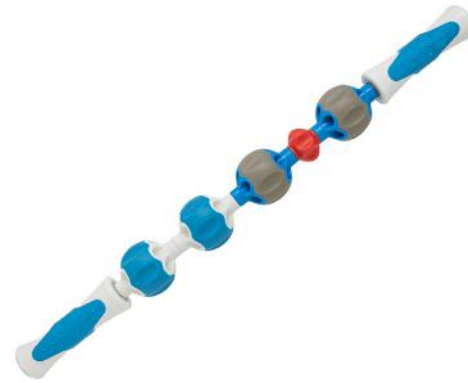
Soft SST for a more tactile feel



Medium SST for deeper penetration






Pinpoint targeting



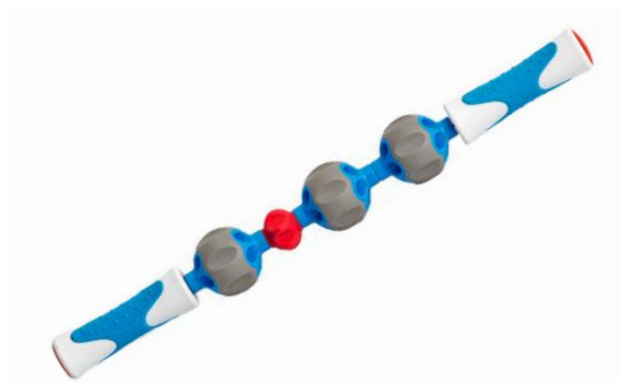
## Pro Massage Roller™

The Prostretch Pro Massage Roller goes farther than other massage tools with its patented design. This tool uses 3 different gear types that allow you to customize your massage and provides pinpoint targeting to get the pain relief you need. This massage roller's uniquely designed 3-dimensional gears penetrate muscles more effectively than traditional flat massage rollers. The Pro Massage Roller is designed for massaging deep into your muscles rather than rolling just the surface.

The blue and white gears are the softest Skin Surface Technology (SST) and give a softer and more tactile feel to the massage. The grey and blue gears are medium SST for deeper penetration. The red gear allows you to target areas like the fascia, Achilles, shin, shoulders, and forearm while adding intensity to the massage.

-  Soft and Medium Density Skin Surface Technology
-  5 Gears - 3 Different SST Gears
-  Pinpoint Precision Gear

SKU	PRODUCT	LENGTH
S02100	PROSTRETCH PRO MASSAGE ROLLER	21.50 INCHES (55 CM)



## Type C Massage Roller™

The Prostretch Type C Massage Roller stretches deep into the muscle fibers, tendons, and ligaments in your body for increased flexibility and optimal athletic performance. Each gear is made with our medium Skin Surface Technology (SST) to accurately allow the massage gears to connect with the skin and fascia. The red gear allows you to tackle, pinpoint, and massage deep tissue and adds intensity to your massage.

Use the Type C Massage Roller to fuel your muscles with circulation that carries the proper nutrients to your muscles for rapid growth, repair, and accelerated blood flow, helping you get back to training harder than ever before. It's easy to carry and is ideal for traveling, taking to the gym, or using before and after a workout.



Pinpoint Precision Gear



Portable and Durable



Medium Density Skin Surface Technology

SKU	PRODUCT	LENGTH
S02105	PROSTRETCH TYPE C MASSAGE ROLLER	17.75 INCHES (45 CM)



## Type X2 Massage Roller™

The Prostretch Type X2 Massage Roller has three different gear types that allow you to choose whether your massage feels soft or firm to give you the relief you've been looking for. This massage roller provides relief for tense, tired, and sore muscles for increased flexibility.

The uniquely designed 3-dimensional gears penetrate your muscles more effectively than a traditional flat roller. The blue gear is made with our Soft Skin Surface Technology (SST), allowing the gear to grab at the fascia and adds a softer touch to your massage experience. The gears without our SST glide to give a more firm and intense feeling to your massage.



4 Gears - 3 Different SST Gear Types

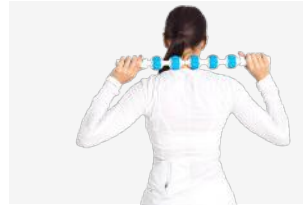
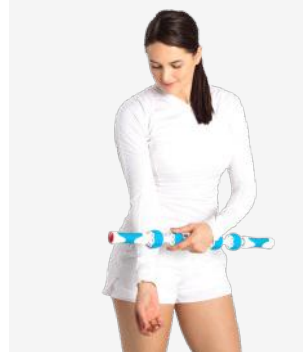


Portable and Durable



Soft Density Skin Surface Technology

SKU	PRODUCT	LENGTH
S02107	PROSTRETCH TYPE X2 MASSAGE ROLLER	16.31 INCHES (41 CM)



## Type A+ Massage Roller™

The Prostretch A+ Massage Roller is the perfect trigger point massage tool to help relieve signs of IT band syndrome, plantar fasciitis, hamstring strains, shin splints, lower back tightness, and glute pain. Works to treat your tired and sore muscles. This massage roller has 5 gears that work great for both upper and lower extremities. It is designed for massaging deep into your muscles rather than rolling just the surface, so you can get more from your rolling experience.

The gears have our softest Skin Surface Technology (SST) that give a softer and more tactile feel to your massage, and accurately connect with the skin and fascia, helping with muscle rehydration and the elimination of knots.



5 Gears



Designed for All Body Areas



Soft Density Skin Surface Technology (SST)

SKU	PRODUCT	LENGTH
SO2101	PROSTRETCH TYPE A+ MESSAGE ROLLER	22 INCHES (56 CM)





# HANDHELD MASSAGE ROLLERS



## Marble Massage Roller™

The Prostretch Marble Massage Roller is a handheld massage tool designed to help smooth muscle knots, tension, and soreness. Use the Marble Roller on your back, neck, arms, legs, and feet for the ultimate massage experience. This three-trigger point body massage tool effectively delivers a deep tissue massage with easy effort, effectively penetrating your muscles. The Marble Massage Roller is designed for massaging deep into your muscles rather than rolling just the surface.

The Marble Massage Roller features three magnetic spheres that stimulate blood flow throughout your muscles, which is ideal to help open up your muscles, relieving soreness and preventing serious injury.



3 Trigger Point Massage

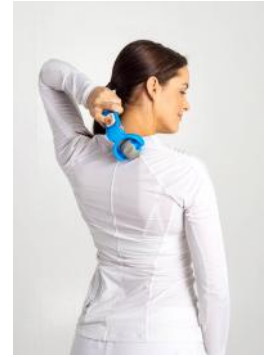


Magnetic Spheres



Portable

SKU	PRODUCT	LENGTH
S02112	PROSTRETCH MARBLE MESSAGE ROLLER	3 INCHES (8 CM)



## Junior+ Massage Roller™

The Prostretch Junior+ Massage Roller works great to get in deep to relieve muscle and fascia tightness and soreness. It's the perfect manual massage tool to provide relief to tense and tired muscles with precision. This muscle knot eliminator works great for plantar fasciitis and other foot pain relief and can be used to roll out other hard-to-reach muscles.

This handheld roller features our soft-density Skin Surface Technology (SST) designed to massage like a finger, creating the perfect deep tissue massage with cross-fiber friction, providing an overall beneficial massage. It is easy to carry and designed to be held in one hand or placed on the floor for plantar relief, making it the perfect portable foot roller.



Handheld Roller



Small and Compact



Soft Density Skin Surface Technology (SST)

SKU	PRODUCT	LENGTH
502111	PROSTRETCH JUNIOR+ MASSAGE ROLLER	2.63 INCHES (7 CM)

## Uno Massage Roller™

The Prostretch Uno Massage Roller is a versatile 3-in-1 tool that alleviates knots, tension, and tightness. The Uno Roller can be easily held in one hand or in both depending on the amount of pressure you desire during your deep tissue massage.

The Uno Massage Roller can be adjusted to three different positions depending on your needs. It features a gear with medium Surface Skin Technology (SST) that accurately connects with both the skin and fascia, providing you with a deep, yet effective feel to your massage. Take your Uno Massage Roller with you anywhere for a convenient massaging experience. The Uno massage roller won't let muscle soreness limit your success.



Adjust to 3 Different Positions



Customizable Deep Tissue Massage



Medium Density Skin Surface Technology (SST)

SKU	PRODUCT	LENGTH
502108	PROSTRETCH UNO MASSAGE ROLLER	9 INCHES (23 CM)

# FOAM ROLLERS



## Hexi Foam Roller™

Small and compact, the Prostretch Hexi is only 7" long and is the perfect foam roller for those on-the-go. It features a textured 6-sided design with a solid foam core and allows for a precise and deep connection to the fascia. Its compact design is perfect for rolling out the IT bands, hamstrings, forearms, biceps, quadriceps, and calves.

The Hexi features extruding circular nodules designed to mimic the massaging movement of hands and elbows for a natural feel. It's easy to carry and use on most muscles, making it ideal for travel.



6-Sided Trigger Point Foam Roller



Small and Compact



Ideal for Travel

SKU	PRODUCT	LENGTH
S02201	PROSTRETCH HEXI FOAM ROLLER	7 INCHES (18 CM)





## Nonagon Foam Roller™

The Prostretch Nonagon is the ideal foam roller to help alleviate muscle soreness caused by lactic acid buildup and improving flexibility for active pain relief. The textured 9-sided foam roller design with a solid EVA foam core connects with the fascia with precision and allows for a deep, stable, and secure roll without lifting your entire body weight.

The Nonagon features extruding oval nodules designed to mimic fingers and elbows for a natural feel and create a greater range of pressure. It effectively connects to the fascia on your quads, hamstrings, and back. The Nonagon is made with a durable and soft foam material that is easily cleaned. This foam roller is an effective tool to add to your warm-up or cooldown routine.



9-Sided Roller



Solid EVA Foam Core



Oval Extrusion Points

SKU	PRODUCT	LENGTH
S02203	PROSTRETCH NONAGON FOAM ROLLER	13 INCHES (33 CM)



## Peanut Foam Roller™

The peanut-shaped design of our Prostretch Peanut Foam Roller allows you to get into targeted areas that are difficult to reach, providing a deep tissue massage for those knots that just won't go away. Use the Peanut on areas like your glutes, upper back, between shoulder blades, shins and even on the bottom of your foot to relieve plantar fasciitis pain.

The Peanut Foam Roller is made with a dense material that can withstand your weight and won't break down and adds a more aggressive myofascial release.

The Peanut is portable and was designed as a replacement for the often used "tennis balls in a sack."



Peanut-Shape Design for Hard-to-Reach Areas



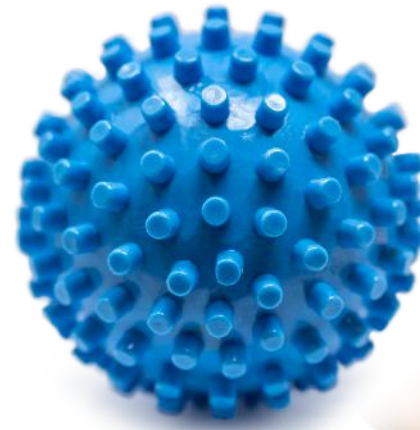
Dense and Durable Rubber Material



Portable

SKU	PRODUCT	LENGTH
S02204	PROSTRETCH PEANUT FOAM ROLLER	5.38 INCHES (14 CM)

# MASSAGE BALLS



## Footy Massage Ball™

Designed with your feet in mind, the Prostretch Footy Massage Ball features tiny knobs that connect deeply with the plantar fascia to provide relief for both muscle tightness and soreness.

The Footy is designed for massaging deep into your muscles and fascia for faster relief and healing. Although designed for feet, this massage ball can be used all over your body. Take the Footy Massage Ball with you anywhere. Get one for your home, one for the office, and one for your gym bag, so you always have the relief you need.



Small, Durable, and Portable

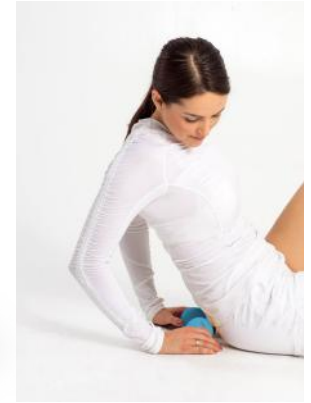


Connects Deeply with the Plantar Fascia



Raised Tip Texture

SKU	PRODUCT	DIAMETER
S02200	PROSTRETCH FOOTY MASSAGE BALL	1.75 INCHES (4 CM)



## Trio Massage Balls™

Use the PProstretch Trio Massage Balls together or individually to release and relax all your soft tissue and various tissue sensitivities. You can target muscle groups all over your body to activate different acupressure points and relieve your muscles of tightness, knots, and soreness.

You can use these massage balls to target areas such as your glutes, upper back, shoulders, as well as your feet for plantar fasciitis. These balls can be used on the floor, in a seated position, or even against a wall. The Trio Massage Balls come in three different densities, allowing for massage personalization. They are small and portable. Keep them at home or throw them in your gym bag to take care of tired muscles whenever needed.



Designed for All Body Types



3 Different Densities



Durable Material

SKU	PRODUCT	DIAMETER
S02206	PROSTRETCH TRIO MASSAGE BALLS	3 INCHES (7 CM)

## Roundchucks Massage Balls™

With Prostretch Roundchucks Massage Balls you can target most muscle groups in your body including your back, neck, shoulders, legs, arms, feet, hands, and quads.

It's more than a massage! These massage balls address the smaller, harder-to-reach areas for maximum pressure and results that fuel your muscles for rapid muscle growth, repair, and accelerated blood flow. They are small and portable so they can be taken with you wherever you go.



Myofascial Massage Balls



Lightweight and Portable



Durable Material

SKU	PRODUCT	DIAMETER
S02205	PROSTRETCH ROUNDCHUCKS MASSAGE BALLS	3 INCHES (7 CM)



# MASSAGE CANES








## Knot Bad Massage Cane™

The Prostretch Knot Bad Massage Cane uses two hook options to tackle even the most remote muscles in your neck, back, legs, and hips. This 5-knobbed massage cane makes self-massaging easy. Its dense-flexible plastic is easy to move with your body and releases myofascial trigger points for a deep tissue massage. Three handgrips make holding the cane and delivering the desired pressure a breeze.

The Knot Bad Massage Cane's massage knobs include rounded therapy nodes for targeting knotted muscles and pressure points.

-  Ergonomically Designed Hook
-  5 Massage Knob Placements
-  Ultra-Light and Durable

SKU	PRODUCT	SIZE
S02302	PROSTRETCH KNOT BAD MESSAGE CANE	22 IN (56 CM) L X 15 IN (38 CM) W

## Mini Knot Bad Massage Cane™

The Prostretch Mini Knot Bad Massage Cane works similar to the Knot Bad Massage Cane; however, it's just small enough to easily take with you anywhere. Its four massage knobs make self-massaging easy. They are rounded and great for targeting knotted muscles and pressure points. Two handgrips provide for a solid grasp and customized pressure.

-  Ergonomically Designed Hook
-  2 Massage Knob Placements
-  Lightweight and Portable

SKU	PRODUCT	SIZE
S02305	PROSTRETCH MINI KNOT BAD MESSAGE CANE	18 IN (46 CM) L X 7.25 IN (18 CM) W





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