

Instructions and Safety

IMPORTANT – Before commencing any form of exercise, you should always consult your doctor or therapist.

- These PE foam rollers are used in physiotherapy, Pilates, Yoga, fitness and rehabilitation.

- Ideal for stretching, the foam roller (stability roller) can help improve stability and flexibility and is great for promoting stabilisation, core strength and balance training.

Sizes Available (Please tick)

- Round 6"/15cm x 36"/90cm
- Round 4"/10cm x 36"/90cm
- ½ Roll 2"/5cm x 36"/90cm



Thank you for purchasing the Physio Supplies Foam Roller. This is a quality product that can help you exercise in many different ways, improving balance, core stability, coordination, strength and flexibility.



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