

TRIGGER ROLLER

The Sorinex Original Trigger Roller allows you to tack, floss, dig, roll and release soft tissue injuries and inflammation. Differs from lacrosse ball by providing the ability to increase or decrease pressure on body part without having to lay on the floor, plank or chase dropped balls around the room. By using the Trigger Roller in standing position, you can apply maximum pressure for self-myofascial release, or go lightly for pre-training mobility work. Double wheel lets you vary pressure even more while working around joints and bony appendages.

SPECIFICATIONS

LENGTH	11.5"
WIDTH	3.25"
WHEELS	Urethane
INCLUDES	Trigger Roller (1)

