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Rope roller guide

Medical reviewed by Danielle Hildreth, CPT - Written by Stacey L. Nash on September 17, 2020We include products we believe are useful to our readers. If you buy via links on this page, we can earn a small commission. Here's our process. If your workouts allow you to hobbling like a cowboy after a cattle station, you know the appeal of a deep massage and stretch sesh. Since not everyone can afford a massage once (or three times) a week, a foam roller is the next best tool for working over tired muscles before or after hard workouts. The best foam rollers have the right shape, length and density for your skill level (and pain threshold). Don't let those unatthetic foam and masochistic nubs scare you. Physiotherapists and professional athletes swear by foam rolls because they work. These deceptively simple devices manipulate and relax the small muscle connective tissue between larger muscle groups and help remove scar tissue. Get ready for a little (*ahem*or a lot) of pain at first, but trust us: Your muscles will thank you. Share on PinterestDensity: Foam rollers come in soft, medium (standard) and fixed densities. The heavier the foam, the more it digs into your muscles. Shape, size and length: Different shapes target some muscle groups better than others. Foam rollers range in length from 12 to 36 inches. Surface texture: The standard foam roller has a smooth surface, but some rollers have profiled or nuclear-weapons surfaces to hit pressure points and dig deeper into your muscles. Materials: Open cell foam is soft and easy on your muscles, but they break down faster than closed cells like EPP and EVA. EPP tends to be more affordable, yet durable. Professionals use EVA foam rollers because they can withstand heavy daily use. \$= under \$25\$\$= \$25-\$75\$\$\$= over \$75 Price: \$\$Key features: Multi-textured surface. TriggerPoint Grid has three textures on its 13-inch surface – nubs that feel like fingertips, finger-like tubes and a smooth palm-like surface. Includes free online instruction. Each purchase comes with access to free online instructional videos that show you how to target problem areas. Yes, please! Supports up to 500 pounds. This roller is available in both short and long length, and its high quality EVA foam supports a body weight of up to 500 pounds. Considerations: Profiled foam rollers are not for everyone. Watch out if you're wearing shorts or you bruise easily, as nubs can leave marks. Buy Trigger Point GRID Foam Roller online. Price: \$Key features: Extra firm high density foam. Sore muscles will scream for mercy thanks to this high density roller. Well, actually, you will scream, but if you really want to get to the deep muscles, this is the roller for you. Length options. LuxFit comes in four lengths – 12, 18, 24 and 36 inches. Very durable. The extra firm, dense foam comes with the added benefit of durability - it not descend nearly as fast as soft or standard foam. Foam. Extra firm high density foam can be too much for some people, especially beginners. Be prepared for some severe pain at first. Buy LuxFit Foam Roller online. AmazonBasics High Density Foam RollerPrice: \$Key features: High density foam. This foam digs in without damaging as much as firmer foam. Length options. Like LuxFit, the AmazonBasics roller comes in four lengths (12, 18, 24 and 36 inches), so you can choose a length that works for your body size and available storage space. Multiple color schemes. Not that we're all about aesthetics, but it's fun to choose a model in purple, blue, black or one of the four spotted colors. Considerations: The seams on either side of this roller do not always match. Foam rolling can be uncomfortable in general, but a seam can dig into your skin in a way that is not useful. Buy AmazonBasics High Density Foam Roller online. Price: \$\$\$Key features: Four power settings. Vibration gives another dimension to roll. This roll's four power settings will have your muscles purring with pleasure as the voltage falls away. Built-in timer. You don't need to use a phone, a watch or alexa to take your time rolling. Excellent battery life. It takes a little mondo battery power to make a roller vibrate. This model's rechargeable batteries last 2 to 4 hours, so most people have to charge it only a few days. Considerations: If you live in an apartment, a vibrating foam roller can bother below neighbors. And after enough time, the batteries run out of juice. Buy Lifepro 4-Speed Vibrating Foam Roller online. Price: \$\$Key features: Medium density. The medium-dense foam offers a gentler massage, allowing beginners to get used to rolling. Color options. So many colors! Season the cooling with a fun pink, green or orange or one of many other colors. Includes instruction book. Rolling quads, hamstrings and calves doesn't take much imagination, but what about your oblique, gluteus and inner thighs? A little instruction can work wonders for the efficiency of stretching and flexibility. Considerations: This model has both nubs and channels, but the transition between the two can put you on a surface that is either too rough or not rough enough. Buy 321 Strong Foam Roller online. Price: \$Key features: Two for one. A removable EPP foam core allows you to adjust the firmness from standard to firm - it's like two rolls in one. Shaped surface. Some research suggests that high-profile rollers improve support after exercise recovery, so use these nubs to dig into sore muscles. Compact and lightweight. At just 12 inches long, these foam rollers are quite portable. It will not take up much space in the suitcase and adds only about 1.5 pounds. Considerations: This is not the best model for beginners. It's painful, especially if you're not used to targeting pressure points. Buy Gimme 10 Foam Roller online. Price: \$Key:36 inches lets you get creative. Long allows you to roll out a larger surface area, such as the back or both legs at the same time. Fixed, high density foam. The EPP foam keeps the shape even after heavy use. Surface traction. Surface-to-surface (not contours or texture) helps this roller hold a grip while rolling. Considerations: This model comes in three lengths and has a semi-cylinder shape option. If you don't have room for a long roller, one of the shorter options can work. Buy ProsourceFit High Density Full Roller online. Price: \$\$Key features: More tools to target problem areas. This set includes a stretch strap, a massage stick, a double lacrosse peanut and a plantar fasciitis ball to cope with pain, pain and everything in between. Storage. Worried about keeping it all together? An end cap allows you to store the other elements inside the hollow foam roller. Includes instruction. An instruction book gives you exercises to get started. Considerations: This hollow roller bends under pressure, so it doesn't work so well for people weighing more than 150 pounds. Buy the 321 Strong 5-in-1 Foam Roller Set online. Price: \$\$\$Key features: Two density options. Go for medium density with Alpha or fixed density with Bravo. Packs flat and bounces open. Pull to collapse, and press to open. Roll out while traveling, on your lunch break or at the gym. High maximum weight. It may be foldable, but it's strong enough to support 350 pounds. Considerations: Brazyn Morph is the highest for a 14-inch roll, but it's worth the price for those who need to roll on the go. Buy Brazyn Morph Bravo Foam Roller online. Last medically reviewed on September 17, 2020 FreshSplashGetty Photos If you have decided it's time to bite the bullet and swot up on foam rollers, we applaud you. Whether you're rolling with the intention of hitting the gym, cooling down after a particularly intense workout, or just giving fascia - the soft tissue under your skin that connects muscles, bones and nerves - some much-needed attention, they're a wonderful bit of kit to invest in. Some foam rollers are perfectly smooth, while others – sometimes referred to as 'rumble rollers' – are covered in ridges and sticks to hit the hard-to-reach places. Some brands use the color of the roller to indicate firmness – more easily softer – while others leave colors to personal preferences. With so many to choose from, how do you know which roller is right for you? If you don't have foam rollers before, choose a softer style and work your way up the intensity ladder. Trust us, your muscles will thank you for that. Although, just warning, it probably won't feel like they're at that time. We earn a commission for products purchased through some links in this article. 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