

RUNGRL MY HOME REHAB KIT

Use these tools to create your own home rehab routine and improve recovery, flexibility and mobility.



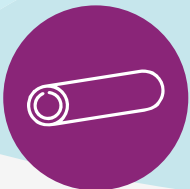
Jump Rope

This tool is great for generalized, aerobic exercise that can increase heart rate and warm the body up for more strenuous activity.



Lacrosse ball/Tennis ball/Baseball

Use any one of these firm sports balls to reduce muscle tightness by applying pressure on trigger points or "muscle knots".



Foam Roller

Release muscle tightness in larger muscles by lying on the foam roller and rolling back and forth using bodyweight for applied pressure against a wall or on the ground. Can also be used for core strengthening.



Resistance Bands

Light and easy to carry, utilize these for added tension and increased difficulty in upper and lower body exercises.



Stretch Strap

Improve flexibility and increase joint range of motion using this band for static stretching.



Rehab tool recommendations by Dr. Rhianna Green for RUNGRL.co, Copyright 2020.

Note, the information above does not and is not intended to convey medical advice and does not constitute the practice of medicine. See a physician before trying any fitness or rehab program.

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