



# EMPOWER RECOVERY WITH SELF-GUIDED MOVEMENT

Designed to support rehabilitation and mobility, our smart fitness tools help patients build strength, stability, and confidence—step by step.

## Smart Recovery Foam Roller

A staple for rehab and mobility work, this foam roller features printed visuals to guide patients through effective self-myofascial release.



## Smart Stability Balls

Helps patients build core strength, improve balance, and enhance flexibility, with self-guided movements ideal for at-home or in-clinic use.



## Smart Stick

Helps patients improve posture, mobility, and body awareness. Built-in exercise visuals support guided rehab movements and motor pattern retraining.



## Strength Bands

Progressive, joint-friendly resistance makes Strength Bands a must-have for mobility work, post-injury rehab, and rebuilding functional strength without added strain.



## Mini Flat Bands

Ideal for activating smaller muscle groups and improving stability, Mini Bands are perfect for rehab protocols, joint stabilization, and controlled resistance training during recovery.

