



# Pro-Roller Massage Essentials 2nd Ed (8211-2)

*Angela Kneale*

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**Pro-Roller Massage Essentials 2nd Ed (8211-2)** Angela Kneale

New revised, 2nd Edition! PRO-ROLLER™ Massage Essentials

Author Angela Kneale, OT, shows you how to target specific areas of tightness or tenderness and how to control the amount of pressure put on each region.

The rolling movements demonstrated inherently encourage integration of body and mind - teaching the brain to signal the muscles to relax.

Performing these clear, easy to follow PRO-ROLLER™ Massage techniques improves your flexibility, posture, muscle function and helps prevent injuries.

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