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**Sent:** Tuesday, 19 February 2013 12:06 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Introducing the Fantastic Foam Roller!!

Learn about Foam Rollers!! PLUS Special Offer - 10% OFF Foam Rollers PLUS LAST WEEKS!!! 15% OFF Tempur Original Pillow!!!

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## PHYSIO4ALL E-News

### Introducing the Fantastic Foam Roller!!

- [Who needs Foam Rollers?](#)
- [Types of Foam Rollers](#)
- [YouTube Video of Foam Roller Exercise](#)
- [Special Offer!](#)

#### 1. Who needs Foam Rollers?

The foam roller is beneficial for people who:

- Have tight and stiff muscles
- Want to improve their posture
- Sit for long hours in front of their computer
- Have neck and shoulder stiffness
- Want to improve their core strength
- Who exercise frequently



- Want myofascial and deep tissue release
- Want to improve balance
- Want to increase circulation and blood flow to tissues

## 2. Types of Foam Rollers

There are different types of foam rollers which include the following:

- Full length roller
- Half length roller
- Half rollers
- ½ half roller



Check out our latest YouTube video on one of the many useful exercises using a foam roller:

[Physiotherapy North Sydney: Posture Exercise on a Foam Roller](#)



Give us a call on **9922 2212** for a supervised session with one of our physios using a roller.

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### PHYSIO4ALL ANNOUNCEMENTS

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#### SPECIAL OFFERS!!

Download the following voucher, and receive **10% OFF a Foam Roller!!** Floor stock only.

Join the **PHYSIO4ALL**  
**Facebook Family!**

For **10% off** your  
next physiotherapy session,  
[Like us on Facebook](#)  
by clicking on the following link:



### LAST WEEKS!!!!

Download the following voucher, and receive **15% OFF** a Tempur Original Pillow!! Floor stock only.



<http://www.facebook.com/Physio4All>

OR

You can use a QR code reader on your Smartphone:



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