

Engineered for Safety, Designed for Performance: Introducing Spinegroove™ Foam Roller

Specially designed for athletes and active individuals, the Spinegroove™ foam roller stands out, offering unparalleled versatility, and performance enhancement.

TORONTO, ONTARIO, CANADA, July 8, 2024 /EINPresswire.com/ -- Cris Ganea B.Sc., M Kin., R.M.T. is proud to announce the launch of his company's groundbreaking product, the [Spinegroove™ foam roller](#). Specially designed for athletes and active individuals, the Spinegroove™ foam roller stands out in a crowded market, offering unparalleled protection, versatility, and performance enhancement.

The Spinegroove™ foam roller features patented SpineGroove™ technology, a unique innovation that sets it apart from conventional foam rollers. Engineered with a focus on safety and efficiency, this roller is designed to cradle and reset key areas such as the spine, rib cage, neck, arms, forearms, palms, upper thighs, calves, shins, and feet, delivering a deep myofascial and trigger point release.

"The patented SpineGroove™ shape is what makes our foam roller truly unique," said Cris Ganea. "It protects the spine while enhancing flexibility and muscle health, making it perfect for active people and athletes seeking peak recovery without the risk."

What Makes Spinegroove™ Unique?

1. **Patented SpineGroove Shape:** This innovative design protects the spine, assists with alignment, and eliminates nerve pressure damage through compression when rolling.



High Performance Patented SpineGroove™ Foam Roller

2. Comprehensive Myofascial Release:

The professionally designed Spinegroove™ shape provides a full-body solution, ensuring effective myofascial release and stretch while protecting the nervous system.

3. Advanced Pressure-Release

Technology: The roller's longitudinal waved profile creates a gentle "pressure-release effect," reducing discomfort and assisting with trigger points.

4. Durability and Professional Design:

Developed by therapists and tested by professional athletes, the roller ensures long-term health benefits and reduced sensitivity with regular use.



Professional Foam Roller

Protecting the spine during exercise:

Spinegroove™'s patented technology keeps the spine safe and secure during foam roller exercises. Relieves Muscle Tension: Rolling with Spinegroove™ helps release knots and trigger points, reducing muscle tension and soreness. Improves Flexibility and Mobility: Regular use of

Spinegroove™ can help improve athlete's range of motion, enhancing athletic performance and reducing the risk of injury during workouts. Layered Design: The durable, hard interior with a hollow core and firm EVA foam outer sleeve ensures optimal pressure distribution without compromising spinal protection.

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Cristian Ganea

Athletes' Endorsement: "While feeling firm for the average user during the first 4-5 sessions, over time our roller ensures a significantly decreased sensitivity and soreness sensation, thanks to its dedicated design that protects

against nerve compression," Ganea explains.

Designed by Therapists for Active People and Athletes: The Spinegroove™ roller was developed by a team of therapists using the most efficient and contemporary manual therapy techniques, incorporating direct feedback and rigorous testing from professional athletes. Its textured profile surface promotes fascia stretching and tissue dragging, enhancing lymphatic drainage and providing a comprehensive approach to myofascial release and muscle recovery.

A Full-Body Solution in One Roller: One of the standout features of Spinegroove™ is its versatility.

Unlike other products that target specific areas, the Spinegroove™ roller can effectively address multiple body parts, including the cervical spine, thoracic cage, ribs, arms, forearms, quads, shins, and foot arch. This all-in-one design eliminates the need for multiple tools and gadgets, providing a comprehensive and efficient approach to muscle recovery.



SpineGroove

"Our roller's ideal size of 14.5 inches, compared to the industry standard of 13 inches, combined with its unique multilayer design and internal foam padding, creates an optimal rolling experience," said Ganea. "The Spinegroove™ roller offers unmatched versatility, ensuring that users can enjoy a full-body solution without the hassle of multiple products."

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Spinegroove™, the healthy option: Choosing Spinegroove™ means investing in quality, durability, efficiency, and craftsmanship. This professional-grade foam roller not only enhances physical well-being but also provides the convenience of an in-home massage therapist, ensuring peak performance and recovery is maintained at all times.

For more information about Spinegroove™ or to purchase this foam roller visit spinegroove.com or contact us at info@spinegroove.com.

About Cris Ganea, B.Sc., M Kin., R.M.T.: With an extensive background in sciences, kinesiology, high performance training, and massage therapy, Cristian is eager to help all clients improve their general well-being and optimize body performance. His experience was accumulated from working with top athletes from ATP, WTA, LPGA, IRONMAN, ULTRAMAN, F1, NHL, BODYBUILDING, CYCLING, GYMNASTICS, SWIMMING, and many other athletic disciplines and also from working with pre and post surgery clients.

Cristian is keen on educating all clients regarding a collaborative multi-practitioner team approach under a carefully guided care plan to remove the causes of potential injury, alleviate symptoms, and allow for optimal body and mind performance. He holds a bachelor in Physical Education (valedictorian), a Master's degree in Kinesiology, and graduated with honours from the Canadian College of Massage and Hydrotherapy. With over a decade of previous university teaching and basketball coaching and two decades of hands-on therapy, Cristian uses in his treatments a unique style of deep tissue massage including myofascial and trigger point release techniques along with dry needling and sports taping. Cristian is a big believer in prevention and maintenance of optimal well-being; he is eager to help in achieving a "Healthy Mind in a Healthy

Body.”

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Note to Editors: High-resolution images and product samples are available upon request. Please contact Cris Ganea at info@spinegroove.com or +14373452201 for more information.

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