

## Our Favorite Products:

- Ergo Products
  - Veridesk: <https://amzn.to/3dDFDCV>
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- Myofascial Release Products
  - Tigertail Massage Stick: <https://amzn.to/35QEIMX>
  - Lacrosse ball 2 pack: <https://amzn.to/2Lp1wtz>
  - The Worm: <https://amzn.to/360xt5a>
  - Peanut (Double Lacrosse Ball) massage tool: <https://amzn.to/2YTBmqZ>
  - Mini Foam Roller: <https://amzn.to/2xVvk6GG>
  - Long Foam Roller: <https://amzn.to/35QHAJJ>
  - Orb Massage Ball: <https://amzn.to/3bowDjK>
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- Exercise Products
  - Therabands: <https://amzn.to/2Lpoykd>
  - Loop Bands: <https://amzn.to/3dCNyJP>
  - Kettle Bells:
  - Dumbbells:
  - Stretching Strap: <https://amzn.to/2WMtXXK>
  - Mats
    - Thick Yoga mat: <https://amzn.to/2yTdc5l>
  - Yoga Block: <https://amzn.to/2SYwk8R>
  - Theraband Flexbar
    - Extra Light: <https://amzn.to/3crBYrz>
    - Light: <https://amzn.to/2WpYSKr>
    - Medium: <https://amzn.to/2YS1t1w>
    - Heavy: <https://amzn.to/2SYlxvb>
  - Airex balance foam (professional grade): <https://amzn.to/3cqJEdH>
  - ProSource Fit balance foam (consumer grade): <https://amzn.to/2LqvA84>
  - Bosu Ball: <https://amzn.to/2Wo60Hm>
  - TRX Strap: <https://amzn.to/2YVMBPz>
- Creams
  - Biofreeze
    - Gel: <https://amzn.to/3dy5z2O>
    - Roll-on: <https://amzn.to/2SZREe1>
- Taping:
  - RockTape 4 inch: <https://amzn.to/35RLBgS>
  - RockTape 2 inch: <https://amzn.to/360DG0Y>
  - RockTape H20: <https://amzn.to/3dJ0WDj>
- Orthotics and Braces:
  - Relax Tony Toe Separators: <https://amzn.to/3blGoPy>

- In-Shoe Orthotics: See our favorite pedorthis for custom orthotics in our Medical Collaborations Tab
- Cho-pat Brace: <https://amzn.to/3dzsxqc>