

OPTP® Releases Professional Catalog Volume 41

OPTP has published the 41st edition of their professional catalog, which features innovative new products and resources, many of which are offered exclusively by OPTP.

Therapy and fitness products in the catalog cover the following 16 diverse categories:

- McKenzie Method
- Manual Therapy
- Therapy Essentials
- Neuroscience & Pain Management
- Pelvic Health
- Soft Tissue, Myofascial & Trigger Points
- Foam Roller Therapy
- Movement Therapy
- Taping
- Balance
- Pilates & Yoga
- Stretching
- Core Strength & Stability
- Training & Conditioning
- Foot Therapy
- Resistance Exercise

New and exclusive products and publications in this volume include:

- **Radical Relief: A Guide to Overcome Chronic Pain:** Written by Joe Tatta, PT, DPT, CNS, this vital resource for people experiencing chronic pain and the professionals who treat them helps readers return to a full, active life using pain science, mindfulness and Acceptance and Commitment Therapy.
- **CobbleFoam™ Uneven-Surface Balance Trainer:** This unique, customizable balance training system can be used for vestibular training, rehabilitation of the lower extremities, sports training and more.
- **PRO-PODS™ Release & Stabilization Tools:** Sold as a pair, these tools are ideal for performing exercises in sitting, standing, or supine to help improve balance and release muscle tension throughout the body.
- **FitGlide® by Bob & Brad®:** Designed to help people recovering from injury or surgery, this easy-to-use tool can be used for exercise and rehabilitation of the lower extremities at home or in the clinic.
- **Pull-Up System by Bob & Brad®:** Strengthen the arms and core by performing pull-ups using multiple grip variations (narrow and wide) to target different muscles; may also be used for passive hanging exercise.
- **Hanging Handles by Bob & Brad®:** Perform passive hanging exercise to help decompress the thoracic and lumbar spine, promote grip strength, shoulder stability, core stability, help improve posture and treat shoulder pain caused by shoulder impingement.

The 2021 OPTP product catalog is now available and includes exclusive professional pricing. To order a catalog, or to learn about and order products, please visit [OPTP.com](https://www.optp.com) or call 800.367.7393.

About OPTP

OPTP (Orthopedic Physical Therapy Products) is a leading provider of innovative physical therapy, fitness and wellness products, including exclusive tools and publications developed by renowned experts. For

more than 40 years, the company has built a worldwide reputation for providing quality products and exceptional customer service.