

7 Tools to Recover Quickly *by Jessica Sebor*

Foot Rubz

This unassuming little ball packs a big punch in terms of [relaxation and recovery](#). The 160 nubs covering the instrument's surface massage stressed tendons to relieve achy soles within minutes. The slightly grippy material keeps the ball underfoot, while the tiny size makes it perfect for your purse or gym bag. \$7

Superfeet Sandals

After a tough workout, your feet crave comfort—and an escape from hot, sweaty running shoes! Superfeet Sandal offer relief for worn-out footies. A sculpted insole cradles feet and the gentle massage the sandal provides, combined with cooling airflow, help feet feel fresh in record time. \$90

Strassburg Sock

Ever step out of bed in the morning only to be greeted by a zip of pain up your foot? With its signature symptoms of heel soreness and calf tightness, plantar fasciitis is one of the most common running injuries. Sufferers can find relief in this specialty sock, designed to stretch the tissue in your foot and heel while you sleep. In a 2002 study published in *The Journal of Foot and Ankle Surgery*, nearly 98 percent of plantar fasciitis patients who wore this slipper recovered within eight weeks. \$40-\$48

The Grid Foam Rollers

Using a [foam roller](#) daily is one of the best ways to stay limber. Rolling various muscles groups over the device's hard exterior helps to release tension and increase blood flow. \$40

Trigger Point kits

These kits are like foam rollers but various kits are specific to various body parts. \$25-\$160

The Original Body Stick

A favorite of professional athletes and recreational runners alike, The Stick offers targeted massage for tired limbs. Roll the slightly flexible rod over aching muscles to relieve tension anywhere on the body. The slim, lightweight design makes this tool an easy addition to your race-day duffel bag. The Stick offers products in a variety of sizes, but the 24" original length is our favorite. \$30-\$35

Foot Wheel

Like a Stick for your foot. \$21.50

All these recovery products are available at Fleet Feet Sports, 1512 Bardstown Rd. (502) 479-8786

Jessica Sebor is the editor in chief of [Women's Running](#), the only women's-specific running magazine.