

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Foam Roller Density Selector MCP

Find the right equipment for your muscle recovery.

Foam Roller Density Selector MCP provides specialized decision support for myofascial release. Your AI client uses your physical condition, tissue sensitivity, and injury status to recommend the exact foam roller density you need. It also provides guidance on managing pressure and building long-term tissue tolerance.

A+ Quality Score 100/100

foam-roller

myofascial-release

muscle-recovery

mobility

physical-therapy



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Foam Roller Density Selector MCP

4 tools available

Cloud-hosted on Vinkius

You shouldn't guess which foam roller to buy or use. Using the wrong density can lead to ineffective recovery or unnecessary discomfort. This MCP acts as a specialized consultant for myofascial release. You tell your AI client about your current physical state, including any inflammation or specific pain levels, and it calculates the best equipment for you.

It goes beyond just picking a product. You can use it to figure out how to adjust your body weight to control intensity during a session. If you are ready to move past your current equipment, the MCP helps you build a roadmap to increase intensity safely. It also suggests alternative tools if a standard foam roller isn't the right fit for your specific needs. It's a practical way to manage your mobility and recovery through your preferred AI interface.

Core Capabilities

01 — Density Recommendation

Your agent selects the best foam roller density based on your physical condition.

02 — Intensity Control

Your agent provides specific instructions on using body weight to manage pressure.

03 — Progression Mapping

Your agent builds a plan to help you move toward harder tools as your tolerance grows.

04 — Alternative Tool Selection

Your agent identifies different myofascial tools if a foam roller is not the right choice.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/foam-roller-density-selector — connect your AI agent in three steps.

- 01
- Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02
- Tell your AI client about your current physical condition and sensitivity.
- 03
- Receive a specific density recommendation or progression plan.
- 04
- Use the provided pressure guidelines to execute your recovery session.

Connecting this MCP to your AI client gives you instant access to specialized recovery logic.

Built For

This MCP is built for anyone managing muscle recovery and mobility through myofascial release.

Fitness Enthusiasts

Users who want to optimize their recovery routines with the right equipment.

Physical Therapy Patients

People following recovery protocols who need guidance on tool intensity.

Athletes

Individuals looking to progress their tissue tolerance and mobility work.

What Changes When You Connect

- 01
- Reduces guesswork in selecting recovery equipment.
- 02
- Prevents injury by matching tool density to tissue sensitivity.
- 03
- Provides a structured way to increase training intensity.

04 Offers immediate ways to adjust pressure during a session.

Real-World Applications

Beginner Setup

A new user with high sensitivity gets a recommendation for a soft density roller.

Pain Management

A user experiencing inflammation learns how to offload weight to reduce pressure.

Advanced Progression

An experienced user follows a plan to move from medium to firm rollers.

Tool Substitution

A user finds that a foam roller is unsuitable and receives suggestions for other tools.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_alternative_tools	This tool suggests different myofascial tools if a standard foam roller isn't suitable for your needs.
02	get_pressure_guidelines	This tool provides instructions on using your body weight to control how much pressure you apply during a session.
03	get_progression_plan	This tool creates a roadmap to help you gradually increase the intensity of your tools over time.
04	get_recommended_density	This tool determines the single most appropriate foam roller density based on your input.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I am a beginner with low pain tolerance and some inflammation in my quads. What should I use?



Because of your inflammation and sensitivity, you should use a soft density foam roller to ensure safe recovery.

U I'm an advanced user using a medium roller. How can I progress to increase flexibility?



You should transition to a firm density roller once you have fully established tissue tolerance for your medium density roller.

U How can I reduce the pressure while using a firm roller?



You can reduce intensity by using your arms or the opposite leg to offload weight from the target area.

Frequently Asked Questions

01 How does the MCP decide which foam roller I need?

It analyzes your specific physical condition, including tissue sensitivity and any current injury status, to recommend a density.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client like Claude, Cursor, or Windsurf.

03 What if a foam roller is too painful to use?

The MCP can provide instructions on using your arms or legs to offload weight, or suggest alternative myofascial tools.

04 How do I know when to move to a harder foam roller?

The MCP provides a progression plan designed to help you increase tool intensity as your tissue tolerance grows.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP so it is ready to use immediately after you connect your client.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"foam-roller-density-selector": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Foam Roller Density Selector is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Server ID	01a0b457-7b0e-7052-a290-b4164157c82d
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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