

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 Rolling Duration Guide MCP

Get exact mechanical parameters for your recovery sessions.

Foam Rolling Duration Guide MCP provides specific guidance for Self-Myofascial Release (SMR) sessions. It calculates the exact time you should spend on each muscle group, the intensity of pressure required, and the rolling speed needed to meet your physiological goals. Your AI client uses these parameters to build safe, effective recovery plans.

**A+** Quality Score 100/100

smr

foam-rolling

recovery

performance

fitness-guidance



# 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

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## 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

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## 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

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## 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](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Foam Rolling Duration Guide MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing how long to roll out your quads or how much pressure to apply to your lats. This MCP gives you the exact mechanical data needed for effective Self-Myofascial Release. Instead of generic advice, you get specific durations per muscle group, target pressure levels, and recommended rolling speeds.

You can use your AI client to plan a session based on how much time you actually have, or ask for anatomical advice to ensure you're hitting the right spots. It also helps with long-term planning by suggesting how often you should perform SMR to see real adaptations. Most importantly, it acts as a safety check to make sure the intensity you're planning won't cause injury to specific muscle groups.

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## Core Capabilities

### 01 — Session Planning

Your agent calculates specific time, pressure, and speed based on your available window.

### 02 — Anatomical Guidance

The AI provides specific movement advice for individual muscle groups.

### 03 — Safety Verification

Your client checks if your planned intensity levels are safe for the target area.

### 04 — Frequency Scheduling

The tool suggests how often to roll to reach your long-term goals.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/en/ai-agent-connect/foam-rolling-duration-guide](https://vinkius.com/en/ai-agent-connect/foam-rolling-duration-guide) — connect your AI agent in three steps.

- 01
- Connect your AI client to the Vinkius-hosted MCP.
- 02
- Tell your agent your recovery goals or available time.
- 03
- The agent calls the necessary tools to calculate parameters.
- 04
- Receive specific instructions for pressure, speed, and duration.

Connecting this MCP to your AI client gives you immediate access to specialized recovery data.

## Built For

This MCP is built for anyone looking to move away from guesswork in their recovery routines.

**Athletes**

They hand off their recovery goals to the AI to get precise rolling parameters.

**Physical Therapists**

They use the tool to generate specific SMR instructions for their clients.

**Fitness Coaches**

They integrate these parameters into their clients' long-term training schedules.

## What Changes When You Connect

- 01
- Removes guesswork by providing specific pressure and speed settings.
- 02
- Prevents injury through intensity validation for specific muscle groups.

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- 03 Optimizes time by calculating exact durations for available windows.
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- 04 Supports long-term progress with frequency recommendations.
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## Real-World Applications

### Time-Constrained Recovery

You tell your agent you only have 10 minutes, and it splits the time between your target muscles.

### Performance Optimization

You use anatomical guidance to improve range of motion in specific muscle groups like the lats.

### Injury Prevention

You check if a high-intensity session is safe for a specific area before you start rolling.

### Routine Building

You get a long-term schedule for how often to perform SMR to see lasting results.

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# 4 Tools Available

| #  | TOOL                         | DESCRIPTION                                                                                                                                       |
|----|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 01 | get_muscle_specific_guidance | This tool provides anatomical advice for a single muscle group. It tells you exactly how to approach a specific area.                             |
| 02 | get_session_parameters       | This tool calculates the mechanical parameters for your foam rolling session. It determines your duration, pressure, and speed.                   |
| 03 | get_training_frequency_plan  | This tool recommends how often you should perform SMR. It focuses on achieving long-term physiological adaptations.                               |
| 04 | validate_session_safety      | This tool checks your planned session against safety boundaries. It ensures your chosen intensity is safe for the muscle groups you're targeting. |

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## See It in Action

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

**U** I have 15 minutes to foam roll my quadriceps and calves for recovery. What should my session look like?



For a 15-minute recovery session targeting your quadriceps and calves, you should spend 7.5 minutes on each muscle group using moderate pressure and a slow rolling speed.

**U** Is it safe to use high pressure on my hamstrings?



High pressure on the hamstrings is safe as long as you avoid direct contact with the back of the knee joint.

**U** What is the best way to get specific advice for my lats?



To improve range of motion for your lats, use moderate pressure with controlled, rhythmic movements along the muscle fibers.

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## Frequently Asked Questions

### 01 How does this MCP help with foam rolling?

It provides exact mechanical parameters like duration, pressure, and speed for your SMR sessions based on your specific goals.

### 02 Can I use this with Claude or Cursor?

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

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**03 Does it provide safety advice?**

Yes, the `validate_session_safety` tool checks if your planned intensity is safe for the muscle groups you are targeting.

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**04 How do I know how long to roll each muscle?**

The `get_session_parameters` tool calculates the exact time you should spend on each muscle group based on your total available time.

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**05 Is this for long-term recovery or just single sessions?**

It handles both. You can plan a single session or use the `get_training_frequency_plan` tool for long-term scheduling.

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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://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                                                                                      |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  <b>Claude AI</b>  | Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint                          |
|  <b>Cursor</b>     | Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint                 |
|  <b>VS Code</b>  | Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"foam-rolling-duration-guide": { "url": "..." }</code> |
|  <b>Windsurf</b> | MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL                                        |
|  <b>ChatGPT</b>  | Settings → Tools & plugins → Add MCP server → Paste endpoint                                            |
|  <b>Gemini</b>   | 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 Rolling Duration Guide 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](https://cloud.vinkius.com) →**

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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