

# SportsPhysio

& Performance

**Sports Performance  
&  
Recovery**



**Recovery**



**Measurement  
& Testing**



**Performance  
Training**



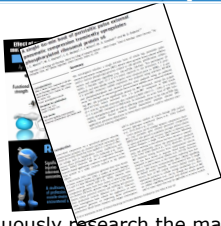
**Pre-habilitation**



We are based in Thurles and have over 12 years experience providing Medical & Sports Performance requirements to the majority of teams at Club, Provincial & International level.

Our dedicated team work closely with the Medical, Physiotherapy, Strength & Conditioning, Sports Science personnel to provide a prompt service & technical support to meet the teams needs.

### Research & Development



We continuously research the market to ensure we have the latest & best products available, backed by evidence based research.

We work closely with the Universities, colleges and Industry in this regard.

### Prompt Delivery



We hold large stocks to ensure prompt delivery.

Next day delivery in majority of cases.

Excellent courier network including International 2 day delivery service

### Product Quality



We work closely with the leading Industry suppliers to ensure we offer the best Quality Products & Equipment to our customers.

We work only with reputable suppliers to ensure consistency of product Quality

### Experience & Service

We have 12 years Experience providing Medical & Performance Supplies & Equipment to many of the Top teams and Associations

**Nominated Medical & Performance Supplier to all FAI International Teams**

Sports Physio Supplies provide a very reliable service and are the nominated Medical Supplier to the Football Association of Ireland for all International teams

**Kit out of the Cork GAA Gym at Pairc ui Chaoimh**

**Kit out of the Physio & Rehab facility at the Irish Institute of Sport, Abbotstown**

**Working with the Top teams & Associations**



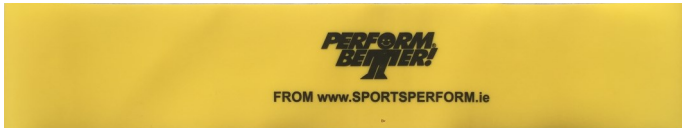
**Trusted to represent the Top Brands in the Irish Market**



*"Sports Physio & Performance has been our partner and official distributor within Ireland for almost two years, helping to bring NormaTec's technology to professional and amateur clubs, sports medicine and fitness facilities, and individual athletes of all types. They have a great understanding of the technology and how NormaTec can benefit athletes in their training, recovery, and performance in their sport"*



*"DJO global are proud to work with Sports Physio Supplies to provide high quality equipment & training to physiotherapists & Teams in Ireland "*



*We work closely with Perform Better in the US as their Irish Distributor providing their top Quality products to Irish customers*



**Centrally Located for Local prompt Support**



**Visit us in Thurles to see our Demo rooms. Get Ideas on Room Layouts and get to try out the Equipment**



Over 12 years we have built up great relationships with many of the Worlds leading suppliers of Sports Medicine & Performance products and equipment. We work closely and meet regularly with them to ensure our customers have access to the newest and latest products in what is now a very specialised area. Here are some of the brands below that we work with.

**Taping & Strapping**



**Recovery**



**Orthopaedic**



**Massage**



**Electrotherapy**



**Dry Needling**



**Measurement & Testing**



**Performance Training**



**Here is what some of our suppliers say**

.....'DJO Global are proud to work with Sports Physio Supplies to provide high quality equipment and training to physiotherapists in Ireland. We can provide specialist training when requested on the above units to you and members of your clinic. This allows for the most effective use of the equipment to provide the best care to patients' .....

....'Plinth 2000 have been working closely with Sports Physio Supplies since 2007. We personally delivery each couch to the customer directly & provide service & back up support to Sports Physios' customers' ....

....' Sports Physio & Performance has been our partner and official distributor within Ireland for almost two years, helping to bring NormaTec's technology to professional and amateur clubs, sports medicine and fitness facilities, and individual athletes of all types. They have a great understanding of the technology and how NormaTec can benefit athletes in their training, recovery, and performance in their sport' .....

# Measurement & Testing



- **Functional Movement Screening**
- **Flexibility Testing**
- **Weight, Height & Body Composition**
- **Strength Testing**
- **Lactate Testing**
- **Hydration Testing**
- **Aerobic & Endurance Testing**
- **Timing Measurement**
- **Jump Testing**
- **Heart Rate & Activity Monitoring**

# Measurement & Testing

## Functional Movement



**210-121 Functional Movement Screen Kit** €170 + VAT  
FMS identifies people at risk of injury, and by correcting these movement patterns can alleviate injury and even improve performance



**210-158 Y Balance Test Kit™** €285 + VAT  
A quick and easy way to test a person's risk for injury as well as demonstrate functional symmetry. The Y Balance Test Protocol™ is highly accurate & can be used for measuring pre & post rehab performance.



**210-152 Gray Cook Bands** €39.90+VAT each (Set of 3 €99+VAT)  
Strengths; **Light(Purple), Medium (Red), Heavy(Brown)**  
All purpose band can be used for chops, lifts, presses, PNF patterns & more. 5 foot Band stretches up to 3 times its length

## Flexibility Testing



**210-300 Sports Physio Knee to Wall Tester (Ankle Mobility)**  
€25 + VAT

**HALO MEDICAL DEVICES**  
**210-313 HALO Digital Goniometer**



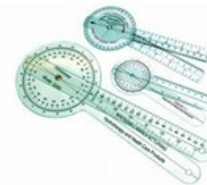
**Digital Goniometer**  
**150-299 8" Goniometer** €38.50 + VAT  
**150-300 12" Goniometer** €41.50 + VAT



**210-116 Sit & Reach Box**  
€95 + VAT



**210-108 Inclinometer**  
€79.90 + VAT  
The Inclinometer is placed at the joint, with the dial turned to zero, the joint is taken through its full range & dial will show degrees of motion



**150-157 6" Goniometer**  
€7.90 + VAT  
**150-158 8" Goniometer**  
€10.90 + VAT  
**150-134 12" Goniometer**  
€12.90 + VAT

## Weight, Height & Body Composition



**210-190 Seca 807 Electronic Scale**  
€44.90+VAT  
Features a high quality glass weighing platform surface and an LCD screen  
Max user weight - 150 kg.



**210-191 Seca 813 Electronic Scale with Large Platform** €82.90+VAT  
An extra wide platform that caters for heavier weights of up to 200kg with ease. 433 x 47 x 373 mm

**seca**  
Precision for health



**210-178 Seca 760 Mechanical Scale**  
€109 + Vat



**210-179 SECA 213 Portable Height Meter** €25.90+VAT  
Space-saving solution with roll-up mechanism. Uncomplicated fixing on wall with just one screw.

**210-110 SECA 213 Portable Height Meter** €79 + VAT  
Lightweight & portable & can be dismantled into several pieces & set up easily & quickly. Simple and easy to set up - no wall fastening necessary  
Measure range: 20-205 cm / 8-81"  
Graduation: 1 mm / 1/8"  
Device weight: approx. 3 kg  
Supplied with seca 412 carry case



**Baseline® economy plastic skinfold calliper**  
210-123 €29.90+VAT  
Lightweight and offers accurate and repeatable measurements.



**210-137 Harpenden Skinfold Callipers**  
€229 + VAT  
Extremely precise, stainless steel  
Harpenden Software €75 + VAT

## Harpenden



**210-159** €6.90+ VAT  
SECA Adv. Tape Measure with slot for circumference measurement



**210-125**  
€3.90+ VAT  
Basic Tape Measure

## \*\* Squad Monitoring Set \*\*



**Kit Contents:**  
• 1 x SECA Digital Scales  
• 1 x SECA Portable Height Measure  
• 1 x Goniometer  
• 1 x Aneroid sphygmomanometer  
• 1 x Knee to Wall Tester

**Kit Price**  
**€130+VAT**

## Strength Testing



**210-292 Push / Pull Dynamometer 113kg** €695 + Vat  
Simple, easy to use, objectively measures push, pull & lift forces. Dynamometer comes with three push pads (padded curved, padded straight, and 1cm<sup>2</sup> circular), one pull hook & one snap lock hook. Sold with cushioned carry case & muscle test manual. One-year warranty. Analogue (dial) readout. 113kg/249lbs load capacity.

Accessories below available to optimise testing.

- WalSlide for a fixed point of resistance.
- Lift platform to perform lifting evaluation or measurement of the hamstring & back muscles.
- Dual Grip handle when measuring larger forces.

**45 kg Model/  
113 kg Model**



**BASELINE** EVALUATION INSTRUMENTS

### Push / Pull Dynamometer Optional Accessories



**210-291 Cando WalSlide:**  
€295 + VAT  
Can be used as fixed and mounted point of resistance for muscle testing eliminating error to due tester strength with the push pull. The use of this attachment can allow for increased standardization and increasing reliability.



**Baseline Lifting Platform & Chain:**  
€160 + VAT  
Can be used as fixed and mounted point of resistance for muscle testing.

Ideal when testing the musculature in the hamstrings and back.



**210-296 Baseline MMT Dual-Grip:**

€63.50 + VAT  
The Baseline® push-pull dynamometer push and pull dual-grip accessory can be used to give the tester the ability to better resist the force applied by the patient when testing. The dual grip accessory can also be used to perform pulling muscles tests.

**COMMANDER**  
**ECHO**



**150-317 Commander Muscle ECHO Tester** €1350 + VAT (Please call for offers)

Quickly and accurately quantify muscle strength and identify areas of weakness with the Echo Wireless Muscle Tester and Commander Echo Console.

#### Features

Provides a wealth of information to assist you with planning treatment/rehab, evaluating progress, managing cases and rating impairment. Compact dynamometer fits easily in your hand Records, stores and analyses up to 40 bilateral tests with up to four repetitions per side.

Calculates bilateral strength deficits for objective side-to-side comparisons

Axis Compensation circuitry guarantees 99% accuracy across entire test pad.

Commander consoles automatically record and store data, display test results, compute statistics and more.

Measures up to 150 pounds for very strong performers

Automatically records peak force and calculates coefficient of variation (CV) and bilateral strength deficits

#### Software Options

The Commander Downloader package enables you to create quick but meaningful reports from the data that you collected with your Commander Evaluation Instruments with the click of a button.

**150-503 ErgoFET™** €1395 + VAT (Please call for offers)

Digital force gauge designed for Ergonomic and Engineering Applications. Measures Push & Pull Forces. 300 lb Force Load Capacity. Easy To Read LCD Displays Show Peak Force and Elapsed Time.

Low and High Threshold Settings Provide Expanded Sensitivity. Available FET Data Collection Software Automatically Tracks and Analyses Test Data

#### Specifications:

Selectable units of measure: pounds (lbs.), Newtons (N), or kilogram-force (kgf) Accuracy within 1% of reading

Two threshold settings for muscle testing: Low Threshold – 0.8 lb. to 300 lbs. in 0.1 lb. increments and High Threshold – 3.0 lbs. to 300 lbs. in 0.1 lb. increments

#### Attachments

Push attachments include: flat pad, curved pad, and digit pad.

Pull attachments include: open end stationary hook and snap hook, 16 inch strap with D rings, one hand handle, and 4 inch extension post; wall pack power supply.

#### Software Options

This digital force gauge program is designed for research and education applications. The program simultaneously captures raw test data while displaying a real-time graph of the data.



**Push**



**Pull**



## Strength Testing



210-167  
**Hydraulic Analogue Dynamometer** €289 + VAT  
Accurate grip readings. 5 positions to accommodate all hand sizes.

**BASELINE** EVALUATION INSTRUMENTS



210-166  
**Squeeze Dynamometer**  
€99 + VAT

inexpensive way to reliably measure hand & finger strength



150-110 **Stabiliser Pressure Bio Feedback** €79.90 + VAT  
It allows the clinician and patient to determine if the patient is able to selectively isolate and maintain contractions of the cervical or lumbopelvic core stabilization muscles.  
Measuring range 0-200 mmHg analog pressure with accuracy of +/- 3 mmHg pressure.



210-113 **Aneroid Sphyg** €24.90 + VAT  
210-129 **Aneroid with thigh cuff** €35.90 + VAT  
210-161 **Welch Allyn Durashock** €79 + VAT

Aneroid Sphygmomanometer's are used for the Groin Squeeze Test to evaluate Groin Strength. We offer a standard Sphygh and version with larger Thigh cuff. Welch Allyn version also in stock

**WelchAllyn**



## Lactate Testing



210-221 **Lactate Plus Meter** €390+VAT

Lactate Plus is a compact, hand-held testing device intended for quantitative measurement of lactate in whole blood. Utilizing Nova Biomedical lactate test strips, Lactate Plus can be used by sports medicine professionals to evaluate physical performance and/or to establish optimum training regimens for athletes.

Lactate is the premier indicator of aerobic conditioning for athletes and a key predictor of athletic performance.



210-222 **Lactate Plus Test strips (x25)**  
€46.90+VAT



210-223 **Lactate Plus Safety Lancets (x100)**  
€59+VAT



210-213 **Accu-Chek Safe-T-Pro Plus lancets (200)**  
€69+VAT



210-177 **Lactate Pro 2 Test Strips (x25)**  
€69+VAT

## Hydration Testing



120-140 **Portable Pen Digital Refractometer**  
€495 + VAT



Hand-Held Urine Specific Gravity Pen Refractometer utilizes the refractive index method to measure the specific gravity of urine. Extremely easy to use - simply dip the tip into the sample and press the "START" and the result appears in 2 seconds.

The Pen means less pipetting of the sample and



120-249 **Digital hand held pocket refractometer urine S.G** €425 +VAT

The PAL-10S utilizes the refractive index method to measure the specific gravity of urine. The specific gravity of urine varies according to concentration.



210-103 **Graduated Pastille (3ml) (500)**  
€18.00+VAT



210-102 **Urine Sample Bottles (400 pack)**  
€95+VAT



210-218 **Urine Analysis Test Strips** €29.90+VAT  
Urine Analysis Test strips 100 per tube

## Aerobic & Endurance Testing



210-165 **Bleep Test CD** €29.90 + VAT  
Continuous performance of 20m shuttle runs in time with an audible sound

210-119 **Yo-Yo Test** €36.90 + VAT  
Includes 3 Cd's. Intermittent, Intermittent endurance, Intermittent Recovery tests



210-118 **Stopwatch**  
€9.90 + VAT



210-117 **Access Peak flow Meter**  
€19.90+ VAT



210-139 **Mini Wright Peak flow Meter**  
€18.90+ VAT



210-133(2) **Lung function mouthpieces**  
100/box  
€19.90+ VAT

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie



# Performance Testing

## Timing Measurement



The new Brower TCI Timing system is a single beam infrared signal timing gate used to record sprint times. The TCI Smart Start has a keyboard to enter the start number and follow the athlete during training. The Smart Start can be used with a microphone or by using the mechanical switches. The system records the time lapse between the smart start sensor and the Brower TCI gate to give split times. The more gates you add the more splits times you can record.

The NEW Brower TCI Timing System is an accurate mobile, wireless Timing System. All systems are Smart ready and can be purchased with or without the Smartphone interface Timer that allows Bluetooth connectivity and is required to access the Brower Mobile App.



**Options:**

- Brower TCI Standard system **€1195 + Vat** 210-199
- Brower TCI Standard system + Additional TCI Gate **€1395 + Vat** 210-199(Gate)
- Brower TCI Smartphone system **€1495 + Vat** 210-298
- Brower TCI Smartphone system + Additional TCI Gate **€1695 + Vat** 210-298 (Gate)
- TCI Test Centre Gate **€495 + Vat** 210-231



4 Digit Interval Timer  
€195 + VAT 130-408

Time of day can be displayed when timer is not in use. Stopwatch format displays 1/10 second to 1/100 second Counts up and counts down as well as keeps resting times Timers can be set to count the time of work (up to 99.59 m)



**210-130** Standard Pedometer  
€14.90 +VAT  
Large digit display, clip for easy belt attachment



**210-118** Basic Stopwatch €9.90+VAT with three functions.



**210-173**  
50m Measuring Wheel  
€39.90 +VAT  
Measures Imperial & Metric  
50m (164ft) long.  
Easy Recoil

## Jump Testing



210-192 **ChronoJump System** €250 + VAT

ChronoJump is a complete multi-platform system for measurement, management and statistics of jump time events (contact time, flight time), and other actions. ChronoJump is an open hardware, free software complete system.

**Single jumps:** Free jump, SJ, SJ (weight), CMJ, CMJ (weight), ABK, DJ (arms), DJ (no-arms), Rocket, Take Off, Take Off (weight).

**Multijumps:** RJ (j), RJ (t), Unlimited, Hexagon, Triple jump, Multijumps have feedback to help in control the test, You can also define your own jumps, Results: Jump height, flight time, contact time (depending on test).

**Products needed:** ChronoJump software, Chronopic microcontroller, Contact platform (recommended Din-A2 size).



210-308 **Vertec**

Consists of a solid metal base, telescoping upright and vanes spaced 1/2 " apart that rotate when touched for easy measurement.

Use it to accurately measure vertical jump height when:

Jumping off 2 feet from a standing position directly underneath.

Jumping off a single foot from a moving start.

It allows the coach, trainer or therapist to determine how the subject is progressing.

Measures how effectively the person converts horizontal movement to vertical lift.



210-185 **Just Jump Mat Standard**  
210-186 **Just Jump Mat Plyometric version**

The Just Jump system is an excellent jump mat that is being used extensively in Performance Sport.

Hand held computer displays height and hang time for one jump, ground contact time for one jump and average height & flight time for four jumps. It can also be used for sprint time - the system is started by an audible sound & the subject runs to the mat & timer is stopped when the athlete touches the mat.

**Plyometric version also measures drop jumps landing either on or off the mat**

Computes foot quickness (shuttle runs and dashes) and explosive leg power rating. Records 60 jumps, then averages heights, contact times and leg power for first and last 15 jumps, in addition to a fatigue factor rating. (PLYOMETRIC version only) Just Jump measure with an accuracy of +/- 1/2" from 5 - 59 inches. Mat 27" x 27"



**PUSH**  
BUY NOW

210-309 **Push Band 2.0 with Bar Sleeve** €349 + Vat  
(Jump Testing Waist Band Additional €75 + Vat)

The Push Band is a wireless wearable device that measures movement velocity via the use of a 3D accelerometer and a 3D Gyroscope.

If you're interested in measuring your athlete's jump heights or testing their reactive strength, the Jump Testing Package is for you!

Save time by eliminating the need for calibration or tedious equipment set ups. Securely attaching the PUSH Band to your athlete's waist with a PUSH Waist Belt is the easiest and most accurate way to instantly measure jump data.



# Performance Testing

## Heart Rate Monitoring



**Very Affordable  
Team Solutions**

The H10 Bluetooth Heart Rate sensor is compatible with the Polar Beat & Polar Team FREE Apps. Details of these Apps are shown here

**210-288**  
H10 Bluetooth Heart rate sensor  
€79.90 + VAT



**210-188**  
H10 Bluetooth Heart rate sensor  
Team 10 Pack €699+ VAT



### **Polar Team APP - FREE download**

Polar Team is an application that shows accurate real-time heart rates of your team players on screen. With objective heart rate data, you can give smarter guidance to your players. You can see who is tiring, who needs to work on their fitness, and who may have energy left in the tank. Allows up to 40 players to be shown on screen. Each player wears a H7 wear link which transmits a Bluetooth signal back to the iPad with a 60-70metre range

At the end of the training session it will email the coach all the stats for every player and email each player taking part there individual stats like calories burned, average heart rate, maximum heart rate, time in each sports zone, length of session etc.

Hook up your fitness app or training device with Polar H10 and get live, accurate heart rate while you train. You can use Polar H10 with a number of Polar products and compatible gym equipment. Compatible with dozens of leading fitness apps, including Polar Beat & Polar Team Compatible with iPhone 4S and later, an with selected Android devices including Samsung Galaxy S3 and S4 using Android 4.3 or later. Check all compatible devices on [www.polar.com](http://www.polar.com) Transfers heart rate while swimming with products which support 5 kHz transmission\* FT1, FT2, FT4, FT7, FT40, FT60, FT80, RS100, RS300X, RS400, RCX5, CS100, CS200, CS300, V800

### **Features:**

- Precision- Improved Accuracy
- Connectivity- Compatible with top fitness apps
- Suitable for Swimming
- Built in Memory With Polar beat
- 30+ hours of continuous recordings

## Activity/ HR Watches



**Good volume discounts  
for 3+ Units on request**



**210-273 Polar M200**  
€138 + Vat

### **FEATURES:**

- Advanced GPS
- Activity Tracking
- Heart Rate Training
- Sleep Duration and Quality
- Smart Notifications
- Sleep Duration and Quality
- Running Index



**210-306 Polar A300**  
€79.90 + VAT  
(with chest strap 109+Vat)

### **FEATURES:**

- 24/7 Activity Tracking
- Activity Goals
- Fitness Tests
- Heart Rate Monitoring
- Sleep Duration and Quality
- Smart Calories: Inactivity Alert
- Sleep Duration and Quality
- Changeable Wristband
- Simple Charging



**Forerunner® 645**

### **FEATURES:**

- GPS speed and distance
- Customisable screen
- Interval training
- VO2 max
- Training status
- Training load
- Training effect (aerobic & (anaerobic)
- Virtual partner
- Race an activity
- Course guidance
- Running, Cycling & Swimming specific features



**Vivoactive® 3**

### **FEATURES:**

- Step counter
- Move bar
- Auto goal
- Sleep Monitoring
- Calories Burned
- Floors Climbed
- Distance Travelled
- Intensity minutes
- GPS speed & distance
- VO2 max
- HR Metrics
- GPS-based distance, time and pace
- Run workouts



**Fitbit Charge 2**

Please call or email sales @sportsphysio.ie for pricing and more information on our Fitbit product range

## \*\* Performance Testing Kit \*\*

x1



x1



x1



### **Kit Contents:**

- 1 x PUSH Band 2.0 with Sleeve
- 1 x Polar H10 Heart Rate Monitor
- 1 x Brower Tci System

### **Optional Extra**

- PUSH Waist belt (for Jump testing) €75+VAT
- Additional Brower Tci Gate €499+VAT  
(€199 off gate when purchased with kit)

**Kit Price  
€1520+VAT**

# Performance Training



- **Power, Speed & Agility Development**
- **Resisted Sprinting**
- **Velocity Based Training**
- **Body Weight Training**
- **Strength & Conditioning**

# Performance Training

## Power, Speed & Agility Development



### Smart Training Hurdles

Lightweight hurdles with single supporting leg rotates to either side of the hurdle for quick set up, easy storage and transport.

A 3-point base system ensures the hurdle remains steady even on uneven turf and decreases chance of stepping on legs when hurdles are close together. Made from heavy duty PVC.

5 sizes available; Prices are ex VAT

Smart Hurdle 1: 6" high (set of 6) €111

Smart Hurdle 2: 12" high (set of 6) €124

Smart Hurdle 3: Adjusts to 12", 15" and 18"(each) €65

Smart Hurdle 4: Adjusts from 21"- 36" in 3" increments €75

Smart Hurdle 5: Adjusts from 27"- 42" in 3" increments €85



**130-170** Reebok Step Box: €90 + VAT  
36" x 14" (6"/ 8" / 10" heights)



**130-189** Aerobic Studio Step — 3 level €75+VAT  
Mambo Aerobic Studio Step 6"/ 8" / 10" €75+VAT  
SPS Aerobic Studio Step 4"/6"/8" €75+VAT



**Plyo boxes**—Please call for details and range



**130-144** Agility Ladder  
15 foot €29+VAT

Top Quality Agility Ladder—Possible to adjust rung positions. Rungs lock together for easy storage.



**130-147** Agility cones  
(set of 50)  
€19.90+VAT



**Pop Up Cones (collapsible)**  
130-214  
€3.00+VAT each  
Cones collapse under pressure & then pop back



**140-229**  
Skipping Rope  
€4.90+VAT



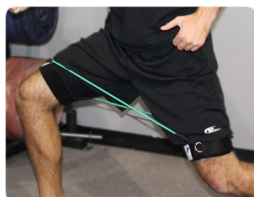
**130-148**  
Breakaway Evasion Belt  
€4.90+VAT



**140-142**  
Reaction Ball  
€4.95+VAT



**Agility Marker Dots**  
€19.90+VAT  
Set of 6



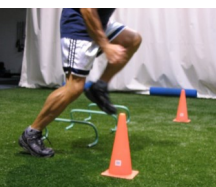
**140-275** Kbands Training Kit €21.90 +VAT. **10% OFF for orders of 10+**

Kbands Leg Resistance Bands are a dynamic training tool utilized to fire muscles throughout the legs with every movement. The resistance increases your heart rate to the fat burn zone, & will take your body to the next level with a combination of aerobics & resistance training.

### ATHLETES INCREASE SPEED, AGILITY AND VERTICAL LEAP

Athletes will see major improvements in the way they perform building lateral agility as well as explosive sprint speed. Enhances hip flexor strength as well as glute activation during sport specific training. Hundreds of sport specific drills available

- **Build explosive hip flexors.**
- **Run faster with enhanced muscle recruitment.**
- **Build a more powerful leg drive.**
- **Develop leg strength and quickness**



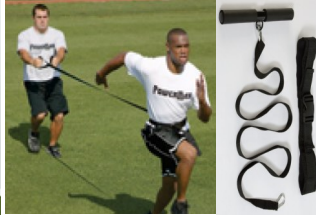
**Kit Contains;** Travel Bag  
Set of Comfort Leg Straps. Red  
Set of Beginner Resistance Bands.  
Green Set of Intermediate  
Resistance Bands  
Additional Blue strong bands  
available €9.90

# Performance Training

## Resisted Sprinting



**Sprint Resistor (Shoulder harness)**  
From €44 + VAT  
130-229



**Sprint Resistor (Waist harness)**  
From €29+ VAT  
130-228



130-411 **Gamespeed 360** €99+VAT

Perform resisted & assisted exercises with full range of motion. The resistance cord attached to the belt provides a complete 360-degree rotation with continuous resistance. Kit includes 4 different sizes of waist belts, Adjustable coaches belt, 8' resistance bungee cord

Build speed, strength, explosive power & endurance through resisted sprinting. Increase controlled running pattern & improve balance and forward leaning position  
Features a durable 8-foot long rigid nylon leash along with a 10-inch wide easy to grip handle for the training partner who holds the runner back & controls the resistance.



- 130-226 **Viper belt & 8 foot Bungee:** €85 + VAT.
- 130-225 **Viper belt & 25 foot Bungee:** €109 + VAT.
- 130-236 **Viper belt without bungee:** €45 + VAT.

Premium speed belt system that improves sprinting, leaping and directional quickness.

Arguably the best Quality Belt available. Well padded, extremely strong and robust. The main advantage is the additional rotating ring on the belt which can rotate around the belt almost 360 degrees.



130-235 **Quick Release Leash** €29 + VAT

The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training.

3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.

Use the Quick Release leash along with the Workhorse, 360 Belt, or any of our other belts and harnesses.



130-522 **Power Speed Resistor** €15 + VAT

Resisted sprinting can't be beaten as the easiest & most inexpensive way to develop explosive speed.

Excellent for explosive speed and anaerobic fitness workouts. Easy to use, lightweight, comfortable & hardwearing the

Power Speed Resistor will quickly become your favourite training tool.



130-523 **The Trainer®:** €199 + VAT

The Trainer is the only training resistance training device that allows for easy dial changes in resistance level (0-600 units).

### Features of The Trainer:

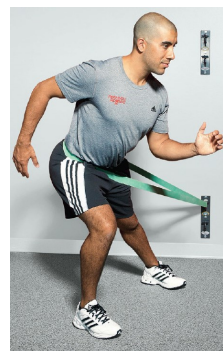
Provides fixed, steady resistance for forward, backward and lateral movement. Safe- Resistance ends when you stop. Great for rehabilitating lower extremity injuries, as well as improving acceleration and explosiveness. Portable and easy to use – slip on the padded waist belt, hook to the cord and attach The Trainer to a secure object. Set resistance level and begin training. Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.



130-230 **The Workhorse Harness** €79 + VAT

An all-in-one harness. From shuffles, bounds, sprints, drops, backpedals, swings etc., it puts resistance or over-speed in every movement without altering the movements natural mechanics

Has 2 "Saturn Rings" which rotate nearly 360 around the waist. These you to anchor from 2 different points while working drills that require multiple changes of direction.



140-347 **Hammer Head Anchor Gym H2** €79 + VAT

A wall mounted system for anchoring resistance bands and straps. Mount the gym in any configuration for hundreds of exercise options. Made of steel and capable of supporting up to 300 lbs. Each hook has a T-bar and curved shape for bands to be pulled from multiple angles safely. Hammer Head Anchor Gym H2 Units have 2 hooks that extend 3" from the wall – each hook measures 11 1/2" high x 2 1/2" wide. Hardware included for mounting to wood studs

# Performance Training

## Velocity Based Training



210-309 **Push Band 2.0 with Bar Sleeve** €349 + Vat  
(Jump Testing Waist Band €75 + Vat)  
The Push Band is a wireless wearable device that measures movement velocity via the use of a 3D accelerometer and a 3D Gyroscope.

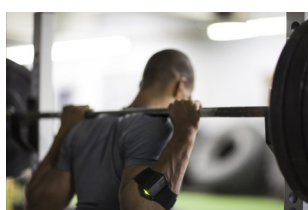


The Push Band can be used to collect key performance data for over 250 exercises, all at the push of a button. The Push Band allows coaches instantly monitor fatigue and readiness by being able to identify reductions in movement velocity or power output (Wattage).

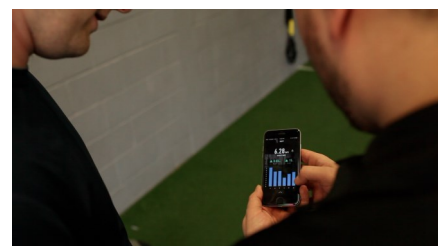
Increase buy-in by providing purposeful and actionable training feedback. Whether it's for long-term trend analysis or rep-by-rep coaching cues, data collected by PUSH will make a difference.

If you're interested in measuring your athlete's jump heights or testing their reactive strength, the Jump Testing Package is for you!

Save time by eliminating the need for calibration or tedious equipment set ups. Securely attaching the PUSH Band to your athlete's waist with a PUSH Waist Belt is the easiest and most accurate way to instantly measure jump data.



**PUSH Band 2.0 Bar Sleeve and Waist Belt available in stock**



## Body Weight Training



130-406 **JUNGLE GYM XT** €95+VAT  
Versatile, portable, adjustable device for bodyweight exercises.



130-192 **Push Up stands**  
€11.90 + VAT  
Sturdy, lightweight snap together design made from hi-strength polypropylene.



130-191 **Ab Wheel Pro** €19.90 + VAT  
A serious abdominal training tool—two wheel design offers improved stability plus the option of single or both arm usage, whilst the addition of a brake that is operated by simply twisting the wrist helps to prevent over stretching and injury

**VALSLIDE®**



SportsPhysio  
Performance



140-283 **Valslides** €32.90 + VAT (pair)  
130-303 **Valslide Booties**—optional €5 + VAT (pair)  
130-376 **Slide Pads** (blue disk) €12.90 + VAT (pair)

Discs that provide an unstable training surface that allows you to simulate many Slideboard exercises.

Turns carpet & floors into an unstable training surface. Use them to target multiple body parts such as your legs, inner thighs, and glutes all at the same time. Use them to stretch and tone your shoulders, chest & back.

## Strength & Conditioning



**Bulk Discounts**  
Please contact for Pricing



### Strength Training

**Medicine balls & Functional balls** Weighted balls for lifting & throwing  
**Kettlebells** Functional for strength & Ballistic exercises

### Conditioning & Fitness

**Battling ropes** – Weighted rope for metabolic conditioning  
**Boxing equipment** – Ideal for HIIT training

**To Order:** Tel: 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Prehab & Rehab



- **Balance & Core**
- **Pilates**
- **Sports Performance / Mobility Kits**
- **Banding & Tubing**
- **Blood Flow Restriction Training**

# Rehab & Prehab

## Balance & Core

### SLASHPIPE® THE POWER OF WATER

Slash Pipes- **Please Call For Pricing**

SLASHPIPE uses the "Power of Water". The momentum of the moving water within the tube immediately demands greater control, stabilisation and engagement of the body and muscles during any exercise or movement performed in comparison to other non-dynamic exercises. The SLASHPIPE trains strength, endurance, posture and coordination.



**Please call on 062-77014 or email to sales@sportsphysio.ie for full details on the Lojer Pulley System**



**130-492 48" Rebounder Coalsport Trampoline €185+VAT**

The modified trampoline by Jill Cooper strengthens the legs, ankles and increases metabolism up to 14% compared to a ground work. Stimulates up to 191% more muscle fibers, Helps increase metabolism up to 14%, Lessens impact force around 85%, Improves lymph flow up to 1400%, Stimulates endorphin production, Improves equilibrium, Fortifies connective tissue and bone, Boosts the immune system up to 500, Strengthens muscles, Protects joints and back, Improves cholesterol levels, Helps lose weight FASTER than normal exercise!! Fun and Functional



**130-159 40" Professional Trampoline €85 + VAT**

Regular use will improve muscle tone around the legs, thighs, abdomen, hips and arms and will improve your co-ordination and balance.

Half folded galvanised frame, 8 chrome plated spring loaded legs, Extra stitching permatron mat, Extra parts per kit, Size: 122cm, Maximum user weight: 150kg



'Man Utd Pre-season 2018'



**140-148 BOSU Balance Trainer €129 +VAT**

The BOSU is an integrated balance trainers are a truly unique balance, core stability and proprioception training device. Maximum loading for a BOSU Balance Trainer is 300lb (136kg).

**140-439 AIR DOME PRO II €80 + VAT**

Exercises performed on the unstable Air Dome surface are more dynamic working the core, making exercises and balance both more challenging and more effective, bringing results faster. Can be used Base diameter 59cm Max user weight 140Kg ( 300lb).



**140-100 Wobble Cushion 35cm €16.90 + VAT (includes pump). Use for balance & Posture Support 5+€14.37**

**140-230 €1.90 + VAT Additional Standard Pump**



SPS Balance Pad



**140-199 SPS Balance Pad €28.35 + VAT**  
**140-155 Airex Balance Pad €59.00 + VAT**  
Improve Joint Stability through moderate Instability. Perform squats, lunges & reaching to improve stability. Stack 2 pads on each other to increase difficulty



**140-174 €21.90 + VAT**  
Dual Wobble Board with removable dome base for added difficulty

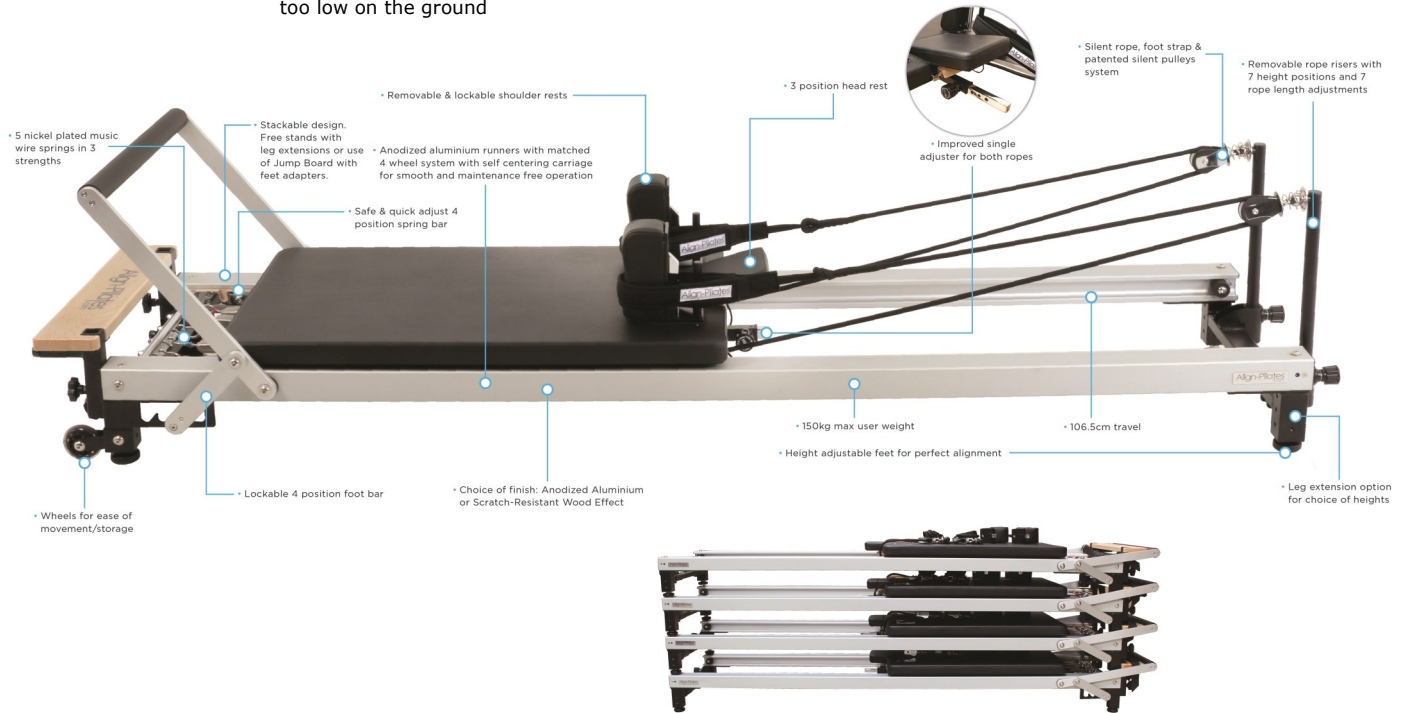


# Rehab & Prehab

## Pilates

### C2 Pro Reformer

- The C2 Pro is our most popular. Ideally suited if planning to do studio based classes.
- Doesn't take up a lot of space per unit. Can be stacked upright when not in use & easy to move around.
- Choice of the Universal sitting box or the framed flat pack sitting box. Jump board is also a popular accessory.
- Leg extensions rise the platform 42cm off the ground so good for certain patient as they don't need to get down too low on the ground



### A2RII Pilates Reformer

- The A2RII is the rolls Royce version and more commonly order for one to one Clinic Rehab or in High Performance Sport, rather than a studio environment where typically multiple reformers would be in use.
- Has a larger footprint than the C2 Pro.
- Again comes with Leg extension options in 3 different heights.
- Choice of sitting box as with the C2 Pro and its own Jump board option.

#### Range of Accessories



MAIN IMAGE: A2RII WITH STANDARD LEGS (42CM HIGH) - THE MOST POPULAR CONFIGURATION

To Order: Tel: 062-77014

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website: www.sportsphysio.ie

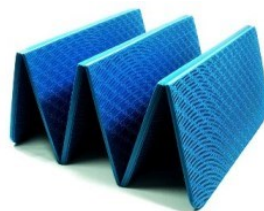
# Rehab & Prehab

## Pilates



**140-231** Pilates Core Mat  
Soft and comfortable 10mm mat. Top side ribbed, bottom side smooth. Closed cell foam: Non absorbent & wipe clean  
23" x 72" x 3/8" (58 x 182 x 1.0cm)

€24.90+VAT **15% off order 5+** €21.17



**140-201** SPS Foldable Mat  
Folds into 6 sections 15mm mat  
Durable closed cell EVA foam construction  
Size:24"x72" x 5/8" (61 x 182 x 1.5cm)

€29.00+VAT **15% OFF order 5+** €24.65



**140-175** Yoga Gym Mat  
Premium 6mm Yoga mat with a non slip surface. Lightweight & extremely durable  
24" x 68" x 1/4"  
(61cm x 172cm x 6mm)

€13.90+VAT  
**15% OFF order 5+** €11.82



**140-242** Warrior Gym Mat  
€19.90+VAT

**140-232** Studio Pro-Mat  
Our thickest mat for Pilates, exercise therapy. Double sided - will not slide on the floor.  
24" x 72" x 5/8"  
(80cm x 60cm x 15mm)  
Closed cell so will not absorb water or harbour bacteria

€44.00+VAT  
**15% OFF order 5+** €37.40



**140-243** Pilates Head Block  
25x105x205mm  
€3.40 +VAT **15% OFF Order 5+**  
**140-244** Pilates Sitting Block  
60x250x320mm  
€8.50 +VAT **15% OFF Order 5+**



**140-217** Pilates Ring Standard 14"  
Lightweight ring with both inner & outer foam padded grips & a foam padded ring for extra comfort.  
€16.90 +VAT  
**15% OFF Order 5+** €14.36



**140-236** Soft Overallball 10"  
**140-234** Soft Overallball 9"  
**140-235** Soft Overallball 7"  
Develop strength, endurance & concentration & promote relaxation and coordination. The balls are anti-slip offering excellent grip.

Start at €4.90 +VAT  
**15% OFF Order 5+**



**140-202** Wrist & Ankle Weights 2x0.5kg  
€12.90 +VAT

**200-203** Wrist & Ankle Weights 2x1.0kg  
€17.90 +VAT

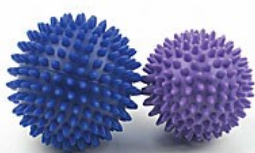


**140-160** Dumbbells 2x0.5kg €3.95  
**140-161** Dumbbells 2x1kg €6.90  
**140-162** Dumbbells 2x1.5kg €10.90  
**140-128** Dumbbells 2x2kg €13.90  
**140-129** Dumbbells 2x3kg €19.90  
**140-164** Dumbbells 2x4kg €26.90  
**140-165** Dumbbells 2x5kg €31.90

**140-166** Dumbbell Rack €69.90 +VAT  
(Note Rack holds one of each weight)



**130-194** Soft Weighted Balls 2x0.5kg €9.50+VAT  
**130-195** Soft Weighted Balls 2x1.0kg €9.90+VAT  
**130-196** Soft Weighted Balls 2x1.5kg €10.40+VAT  
Soft Balls designed for strengthening, plyometrics, balance training, and mobilisation exercises.  
DOP Free PVC outer shell with sand filling  
Diameter 12cm



**180-211** Spiky Massage Ball 6cm €3.90+VAT  
**180-212** Spiky Massage Ball 7cm €2.70+VAT  
**180-183** Spiky Massage Ball 9cm €3.90+VAT

**15% OFF Order 5+**

**Bulk discounts available on all Pilates Equipment and full Pilates Clinic Kits outs**

## Yoga



**\*\* New \*\***  
**Range of Yoga Accessories.**  
**See Website for details**



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**website:** www.sportsphysio.ie

# Rehab & Prehab

The Sports Performance kit is specifically designed to help an athlete to remain injury free and in a position to reach peak performance. The Kit contents are designed to improve an athlete's mobility & flexibility & to also aid muscle activation.



Power Band



Mini Band (x2)



Myofascial Release Ball



**€25+VAT**  
Team Special

Increase Muscle Activation

Improve Mobility

Injury Prevention

Self Myo-facial Release

Develop Core Stability

**Athletic Development Kit**



**€56+VAT**  
Team Special

**Elite Performance Kit**



**€40+VAT**  
Team Special

**Athletic Performance Kit**

## Athlete Feedback



**Bernard Brogan** @bernardbrogan  
Tks to the guys @sportsphysiourl for rehab kit for club champo #injuryprevention #rehab

"I used the sports performance bag in 2015 and it played a huge part in my rehabilitation and warm up sessions for gym & outdoor sessions. The bag fits nicely into my gear bag and keeps all the items of equipment in one bag. Activation of muscles is important before training and gym sessions to prevent injury. Pre-hab sessions are completed on non - training days and are vital for sport. The performance bag has everything to assist with any program"  
**Michael Fennelly - Kilkenny Strength & Conditioning Coach & Lecturer**



**To Order: Tel: 062-77014**

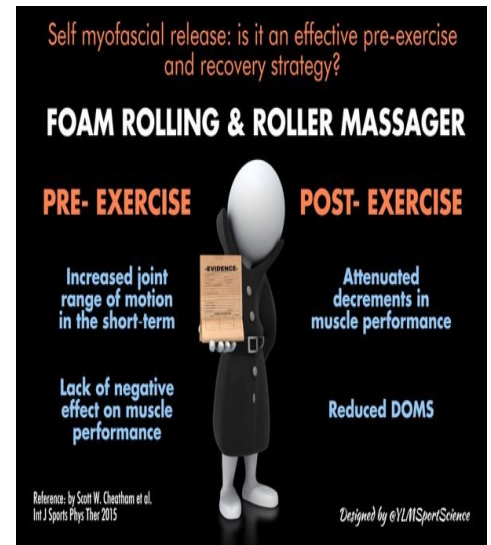
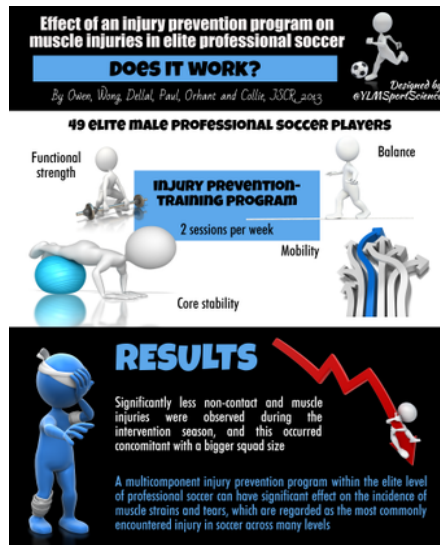
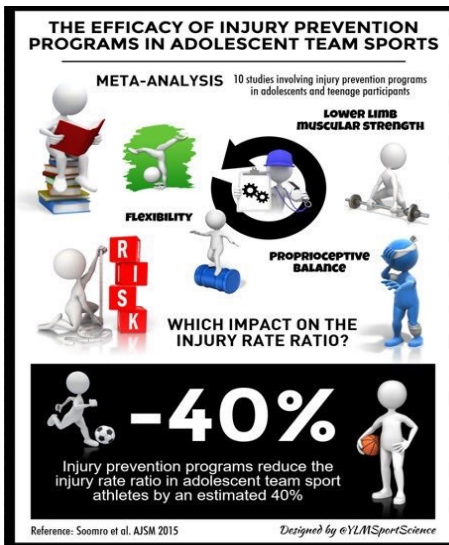
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**website: www.sportsphysio.ie**

# Performance Kits - Mobility & Injury Prevention

## Evidence Based Research

There's much evidence pointing to the benefits of Injury Prevention, improving mobility. Here are just 3 such reports.



## Frequently Asked Questions

### Q. Can I get my Team Logo on the Performance Kit?

A. Yes absolutely we can add the logo also. It's a very professional finish and adds great value and ownership to the bags. See few examples across.

### Q. The team have many costs. Budget isn't available to provide these kits !

A. We recommend that the cost of these kits be passed on in full or partially to the parents where it involves younger Development Age squads. The special squad price is 30/40% less than purchasing the items individually. The Kit will last the player as he's/her career develops. It helps them avoid injury and improve their performance and is a long term investment for just €20. The feedback from team's who explain these benefits to the parents, is unanimous support from the parents to fund this cost.

### Q. Are performance kits for more advanced player's and athletes?

A. The contents of these kits means that teams, clubs, players of all levels can benefit massively by improving flexibility, mobility and strength. The contents of the kits are extremely versatile and can be used to meet the varying needs of the user.

### Q. Can we change the kit contents?

A. Of course. The kit can be customised totally for your teams needs. See above for ideas on other items that can be included in the kits.

## Optional Kit Embroidery



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

# Rehab & Prehab

## Who's using Performance Kits ?

Performance Kits are hugely popular from Schools and Club teams, right through Development and Academy squads and with Adult teams at County, provincial and International level.

They are used across all sports and the feedback is fantastic from all the teams using them. As squad members are added to teams top up kits can be provided. To get the most out of the kits the overwhelming feedback is to have the kits mandatory for all members and that the contents can be worked in to the training session and then to use at home in between sessions.

The bags are extremely robust and the kit contents can be added to year on year.

## Development Squads



### **Cathal Cregg, Head Strength & Conditioning Officer, Connacht GAA**

As Head Strength & Conditioning Officer at Connacht GAA I recommend our approved supplier "SPORTS PHYSIO SUPPLIES". When dealing with county academy squads reliability and speed of service is of the utmost importance, we have found that "SPORTS PHYSIO SUPPLIES" work to the highest degree of professionalism and quality.

We have been supplying our squads with Sports Performance Kit as part of their prehab, warm up and strength training sessions. The kits have played a huge part in helping us implement our programs across the various counties. The kits we use include foam roller, mini bands, Swiss ball and lengths of TheraBand. All of this coming in a small convenient compact bag makes it a vitally important part of our players training and match day kit. The compact kit allows players to carry equipment around in their gear bag.

## Adult Squads

### **Ciaran Sloan - Down GAA Senior Strength & Conditioning Coach**

The performance kits are very beneficial for use during prehab and activation prior to gym & pitch sessions. The performance kits can be used at home & when travelling, which allows players to undertake their own individual prep.

The sliders & mini bands can be used for exercise variation (for example knee flexion posterior chain work), mobilisation and muscle recruitment around the pelvic girdle.



## Universities & Schools



Institiúid Teicneolaíochta Cheatharlach  
**INSTITUTE of TECHNOLOGY CARLOW**  
At the heart of South Leinster



### **Jimmy Condon - manager of U16 St Coleman's Fermoy**

The St. Colmans College Dean Ryan squad were delighted to use performance kits from Sports Physio Supplies.

The quality if the equipment was of a very high standard and it allowed the players to work on their flexibility, strength and conditioning during holidays and weekends. The compact nature of the product meant that the players found it very easy to store and transport the equipment.

They really enjoyed using the products. It definitely helped the players during a very successful year for themselves and the college.

**To Order:** Tel: 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Rehab & Prehab

## Build your own Kit

### Mini Bands

Use minibands in your warm-up, to trigger shoulder and/or hip region. Activate core stability & train the important stabilizing muscles in shoulder & hip region.



Order Code	Strength	Price € ex VAT	10 + price	20 + price
140-255	Light Yellow	€2.95	€2.65	€2.36
140-246	Medium green	€2.95	€2.65	€2.36
140-247	Heavy blue	€2.95	€2.65	€2.36
140-245	Ex. Heavy black	€2.95	€2.65	€2.36

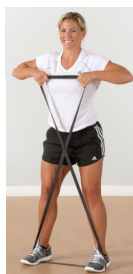
**1 of each band  
€10 +VAT**

**For larger volumes  
please  
call for  
pricing**



### Strength Resistance Power Bands

4 levels of Resistance. 0.5", 1.0", 1.75" & 2.5" Closed loop band excellent for numerous types of training such as Speed training, Strength training & Injury rehab. Perform Better Brand—Best Quality and Long Lasting Elasticity



Band Width	Order Code	Price € Ex VAT
0.5"	140-139	€8.90
1.0"	140-191	€14.90
1.75"	140-317	€19.90
2.5"	140-321	€25.90

**For larger volumes  
please  
call for  
pricing**



**Slide Pads** 130-376 €12.90 + VAT. 20% OFF for team qty  
A pair of discs that provide an unstable training surface that allow you to simulate many slide board exercises.



**Stretching Strap**  
140-266(2) €7.90 + VAT  
20% OFF for team qty

Excellent device for stretching and mobility.

Loops to measure improvements.



<b>MFR Roller</b>	€19.90 + VAT
<b>MFR Ball</b>	€5.90 + VAT
<b>Double MFR Ball</b>	€9.90 + VAT

Up to 20% OFF for team qty

**MFR Roller & MFR Balls** Rollers & Massage balls to aid Flexibility & Mobility. New Double MFR ball now available



**NEW  
Theraband  
CLX loops**



TheraBand CLX consecutive loops provide an easy grip alternative to latex exercise bands, loops and tubing. CLX 9 Loops includes nine loops in a precut segment. Theraband CLX eliminates the need to tie knots



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**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Rehab & Prehab

## Build your own Kit



Single price  
€2.50 (avg)  
Team price  
€1.85 (avg)

Exercise Band



Single price  
€5.90  
Team price  
€4.50

Skipping Rope



Single price  
€3.00 (avg)  
Team price  
€2.25 (avg)

Spikey Massage ball



K-Bands Training Kit

Single price  
€21.90  
Team price  
€16.45

## Bulk Kit Options

For teams who do not want to get individual kits here are 2 Bulk options that can be used with squads of up to 30 players

### \*\* Myofascial Release & Stretching Kit \*\*



For 30 Players

#### Kit Contents:

- 10x MFR Roller - €19.90+VAT each (10% Off 10+)
- 10 x Stretching Strap - €7.90+VAT each (10% Off 10+)
- 10 x MFR Balls - €4.50+ VAT (10% Off for 10+)
- Free Performance Carry Bag

**Up to 30 players can perform session at once in circuit format.**

### \*\* Squad Activation Kit \*\*



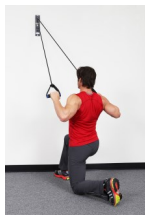
For 30 Players

#### Kit Contents:

- 10 x Slide pad Pair - €12.90+VAT each (10% Off 10+)
- 10 x 0.5" Resistance bands - €8.80+ VAT each (10% Off 10+)
- 10 x Green/Blue mini bands - €2.95 + VAT each (10% Off 10+)
- Free Performance Carry Bag

**Up to 30 players can perform session at once in circuit format**

## Band & Tubing Accessories

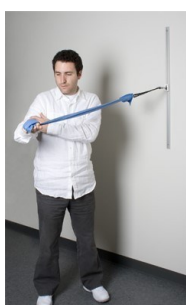


#### 140-347 Hammer Head Anchor Gym €79 + VAT

A wall mounted system for anchoring your resistance bands and straps. Made of steel and capable of supporting up to 300 lbs. of resistance. Hammer Head Anchor Gym H2 Units have 2 hooks that extend 3" from the wall - each hook measures 11 1/2" high x 2 1/2" wide. Hardware included for mounting to wood studs only

Neatly stores bands and ropes for easy access.

The **Wall Mounted Rack** bolts to wall studs and measures 36" x 7" and made of steel. *Mounting hardware is not included.*



#### CanDo Wall slide €295 + VAT

CanDo WalSlide® original exercise station is easy to assemble, simple to use, and takes up little space.

Locking anchor on centre channel allows for unlimited height positions. Heavy-duty aluminium frame is perfect for the professional setting.

The exercise station has a very limited wall footprint. Overhead section, band, tubing and handles are sold separately. To use exercise station, band or tubing is secured to locking anchor at desired height. The CanDo WalSlide® fits perfectly into any clinic, gym or rehab facility to provide an adjustable and secure point of resistance.

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

# Rehab & Prehab

## Exercise Banding & Tubing



**Rolyan Brand is our most popular exercise band. Available in 45.7m, 5.5m & 1.2m lengths. Excellent Quality Band & Great Value. Please call for samples to try out**

45.5m clinic rolls



5.5m rolls



1.2m patient packs



**140-194**  
Rolyan Band Dispenser  
€79 + VAT

	Order #	€/roll 45.7m	Order #	€/roll 5.5m	Order #	€/cut 1.2m
Yellow Rolyan	140-120	44.90	140-119	7.40	140-210	1.65
Red CI Rolyan	140-109	49.90	140-103	7.90	140-207	1.80
Green CI Rolyan	140-110	54.90	140-104	8.90	140-208	1.95
Blue CI Rolyan	140-111	49.90	140-105	9.90	140-209	2.10
Black CI Rolyan	140-122	59.90	140-121	10.90	140-211	2.95

Prices exclude VAT



Order #	Description	€
140-124	Yellow theraband	59.90
140-115	Red theraband	69.90
140-116	Green theraband	99.90
140-117	Blue theraband	119.90
140-126	Black Theraband	139.90
140-226	Silver super heavy	119.00
140-227	Gold Max Heavy	149.00

Prices exclude VAT



Order #	Description	€
140-249	MSD Tube Medium Red	49.90
140-250	MSD Tube strong Green	54.90
140-251	MSD Tube ex-strong Blue	58.90
140-252	MSD Tube plus-strong Black	64.90

Prices exclude VAT

### Exercise Tubing

Alternative to Exercise Banding. Available in 30m lengths

**Theraband Banding** The renowned Theraband Brand. Excellent Quality available in 5.5m(6yd) rolls & 45.7m (50yd) rolls

## Tubing Systems



**140-295** All-Purpose Exercise Bands (JC Bands) 3 strengths available €29.90 + VAT each (10% OFF for orders of 5 or more) Known as JC Bands extremely strong & durable.

All-Purpose Exercise Bands are two, 56" heavy-duty bands connected to a 10" loop.

- Each arm can push & pull independently.
- Train in all planes of motion (Sagittal, Frontal, and Transverse)



**140-204** Exercise Tube Sets €10.90 + VAT each €8.42+VAT (5+) Stretch tubing with 2 handles comes in 3 different resistances

**Red - Medium; Green - Strong; Blue-Extra Strong**

Length of the tubing can easily be changed by moving the handle in This allows you to modify the resistance of each tube

**NEW**  
**Theraband**  
**CLX loops**



**210-152** Gray Cook Bands €39.90+VAT each (Set of 3 €99+VAT) Strengths; **Light(Purple), Medium (Red), Heavy(Brown)** All purpose band can be used for chops, lifts, presses, PNF patterns & more. 5 foot Band stretches up to 3 times its length

## Blood Flow Restriction Training



**210-270 Occlusion Cuff** €130 + VAT

Blood flow restriction/ occlusion training is a training method involving the use of cuffs or wraps placed around a limb during exercise, to maintain arterial inflow to the muscle while preventing/ reducing venous return.

One of the most optimal situations to use blood flow occlusion training is early stage rehab. This where a patient/ athlete is in a phase of injury rehabilitation where they cannot perform exercises of above 60% 1rm.

Blood flow occlusion training allows patients/ athletes to perform low load resistance training allowing them to avoid as much strength loss and muscle atrophy in the early phases of rehabilitation.

Studies have shown benefits post such injuries as ACL Reconstruction, Knee Arthroscopy, osteochondral fracture as well as other lower limb injuries.



**To Order:** Tel: 062-77014

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**website:** www.sportsphysio.ie



# Recovery



- **Normatec Recovery System**
- **Cold Therapy**
- **Compression Garments**
- **Rollers & Stretching**
- **Compex**

## Recovery

# TRAIN HARDER RECOVER FASTER PERFORM BETTER



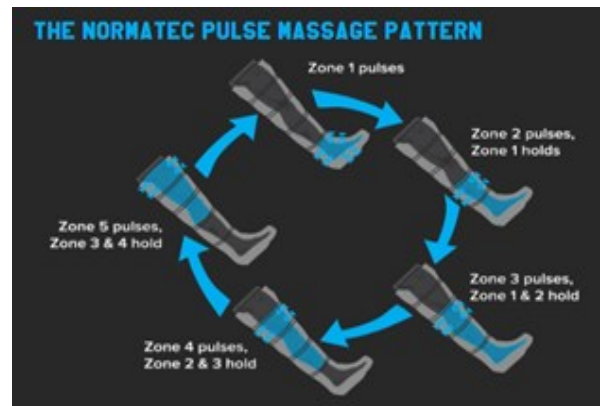
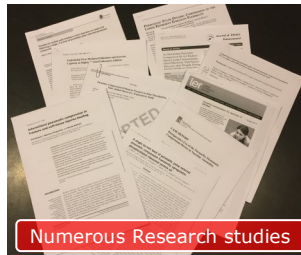
NormaTec is the leader in rapid recovery—our systems give a competitive edge to the world's elite athletes, coaches, and trainers. Our goal is to establish recovery as an integral part of every athlete's training, and we feel NormaTec systems are the best way to accomplish that.

The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Our systems include a control unit and attachments which go on the legs, arms, or hips. They use compressed air to massage your limbs, mobilize fluid, and speed recovery with our patented NormaTec Pulse Massage Pattern. When you use our systems, you will first experience a pre-inflate cycle, during which the connected attachments are molded to your exact body shape. The session will then begin by compressing your feet, hands, or upper quad (depending on which attachment you are using). Similar to the kneading and stroking done during a massage, each segment of the attachment will first compress in a pulsing manner and then release. This will repeat for each segment of the attachment as the compression pattern works its way up your limb

### Why choose NormaTec?

- **Speeds up Recovery**
- **Increases circulation**
- **Reduces pain & inflammation**
- **Patented technology proven results**
- **Backed by Research studies**
- **Relied on by 97% of pro teams in the USA**



# NORMATEC®

## Irish Sports using NormaTec



To Order:

Tel: 062-77014

e-mail: [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

website: [www.sportsphysio.ie](http://www.sportsphysio.ie)

# The 'Recovery Room'

## Introducing The Recovery Room for your Clinic, Gym or Team Facility

- Allow athletes to recover between training
- Excellent for Rehab of Injured athletes
- Great addition to your Facility. Recovery huge
- Athletes do not need to be monitored —you're free to work with other clients.
- Additional Revenue. 3 mth Investment return
- Your facility now becomes a destination for athletes that are not injured !
- System can be rented out to your athletes or teams at weekends when clinic is closed.



## Recovery Room Design



### Recovery Room Design

We can help you with the design & layout of your Recovery Room.

Recommended for inclusion

- Normatec Systems
- Zero Gravity chairs
- Stretching Area
- Hydration Station
- Wall Mural promote Relaxation



Visit our Demo Recovery Room in Thurles to view a typical Recovery Room layout in terms of space needed, content and layout.

Try out the boots to get your Normatec Experience.

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

# Recovery—Irish Teams & Athletes



Róisín Murphy @PhysioRoisin · 3d  
 Today we recover..... tomorrow we go again. @IreWomenHockey  
 @Sportsphysioirl #chaseit 🍷💪



**Congratulations to the Irish Ladies Hockey team on their fantastic world cup success in London winning the silver medal.**  
**Great to see NormaTec systems helping with recovery between games.**

We WON... buuuut.... we have a final to prepare for.... 🍀 #greenarmy  
 #chaseit



TJ Reid @\_tjreid · Mar 12  
 Thanks to @Sportsphysioirl for the normotec compression boot for recovery, badly needed after a tough game in thurles last night. #recovery



Many GAA teams use NormaTec now as part of their recovery protocols. Here are just a few .....



I've been using the NormaTec boots regularly over the past two seasons.

I find them great immediately after games & the following day to help remove any stiffness or soreness and freshen the legs before the next training session.

I also like to use them in the days prior to a game as a good preparation.

**Pádraic Maher—Tipperary Senior Hurling Captain**

# Recovery – Irish & International Athletes



## Aileen Flynn – Triathlete (World Championships Ironman Kona 2015 & 2017) & Chartered Physio.

As a triathlete I regularly train twice a day. This can result in significant muscle fatigue and soreness. Since using Normatec as part of my recovery routine I've noticed that I can take on subsequent sessions with more ease and fresher legs. I consider Normatec a key element in my training program and attribute part of my successful season in 2017 to timely use of my recovery boots.

As a chartered Physiotherapist I see first hand in athletes bodies what can result from insufficient recovery. Elevating the legs in a recumbent position certainly helps with recovery and in my experience the added massage effect of Normatec seems to assist in reducing my muscle soreness. My legs always feel a few years younger after some recovery time in my Normatec boots.



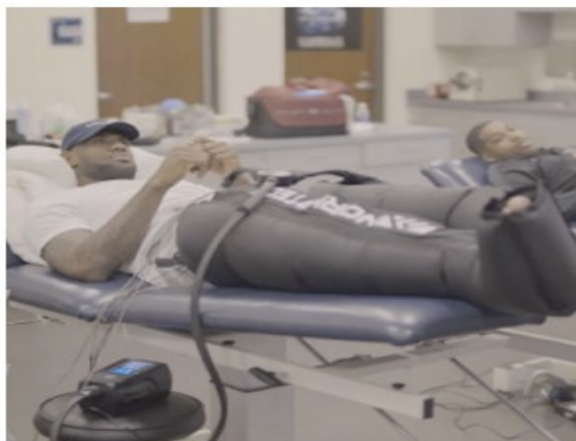
NormaTec  
@NTRRecovery



Recover like IRONMAN world champion  
[@patricklange1](#).



**Paul Pogba**  
Professional Soccer Player  
Manchester United



**LeBron James**  
NBA Small Forward, Cleveland Cavaliers  
3x NBA Champion



**Simone Biles**  
Gymnast  
5x Olympic Medalist

# Recovery – Research Studies & Order Options

## BACKED BY RESEARCH

### DYNAMIC COMPRESSION ENHANCES PRESSURE-TO-PAIN THRESHOLD IN ELITE ATHLETE RECOVERY: EXPLORATORY STUDY.

Journal of Strength & Conditioning Research 2015 May; 29(5):1263-72

"The purpose of this study was to assess peristaltic pulse dynamic compression (PPDC) in reducing short-term pressure-to-pain threshold (PPT) among Olympic Training Center athletes after morning training. [...] We conclude that PPDC is a promising means of accelerating and enhancing recovery after the normal aggressive training that occurs in Olympic and aspiring Olympic athletes." —view article on pubmed.

### PERISTALTIC PULSE COMPRESSION OF THE LOWER EXTREMITY ENHANCES FLEXIBILITY.

Journal of Strength & Conditioning Research 2014 Apr; 28(4):1058-64

"This study investigated the effects of peristaltic pulse dynamic compression (PPDC) on range-of-motion (ROM) changes in forward splits. [...] PPDC provides a means of rapidly enhancing acute ROM requiring less discomfort and time." —view article on pubmed.

### PERISTALTIC PULSE COMPRESSION UPREGULATES PGC-1 $\alpha$ AND ENOS IN HUMAN MUSCLE TISSUE.

Experimental Physiology 2015 May 15

"We investigated whether a single 60 min bout of whole-leg, lower pressure external pneumatic compression (EPC) altered select vascular, metabolic, antioxidant and inflammation-related mRNAs. [...] An acute bout of EPC transiently upregulates PGC-1 $\alpha$  mRNA, while also upregulating eNOS protein and NOx concentrations in vastus lateralis biopsy samples" —view article on pubmed.

### PERIPHERAL CONDUIT AND RESISTANCE ARTERY FUNCTION ARE IMPROVED FOLLOWING PERISTALTIC PULSE COMPRESSION.

European Journal of Applied Physiology 2015 May 16

"The purpose of this study was to determine the acute effects of a single bout of peristaltic pulse EPC on peripheral conduit and resistance artery function. [...] Acutely, whole limb, lower pressure EPC improves conduit artery endothelial function systemically, but only improves RH blood flow locally (i.e., compressed limbs)." —view article on pubmed.

## Purchase Options



Standard Recovery System



Leg & Hip Recovery System



Hip & Arm Recovery System

Pls call for Pricing Options & Special Offers or to arrange a Demonstration



Zero Gravity Chair



Hard Carry Case



### Rent to Buy Option

Rent the Normatec for a Period and if you want to purchase then we discount the rental charge from the Unit buy price

Weekly Rental is €100

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

# Recovery

## Compression Garments



the intelligent sportswear



### CEP Recovery Pro Tight

Refer to website for sizing & prices.

Designed for post training recovery.



### Ultralight Calf Sleeves

€27.90 + VAT

Designed for in session Compression.



### Ultralight Socks

€44.90 + VAT

Designed for in and or post session Compression.

### CEP Ultralight Socks & Sleeves Sizing Chart Calf Circumference (cm)

Size	Women	Men
II	25-31	-
III	32-38	32-38
IV	39-44	39-44
V	-	45-50



Measure the circumference around the fullest part of your calf.



We chose CEP as our Compression partner as they are part of the world renowned MEDI compression family and arguably the best Sports Compression wear on the market.

Also based on recommendations from Physios and Athletes who use the range and advised us to stock them.



## BACKGROUND INFORMATION

- medi compression technology
  - Manufactured using a circular knitting method
  - Special compression thread
  - Thread wraps around approx. 400 times from heel to top band
  - Thread wrapped with a predefined tension
  - The seal that guarantees quality


## CEP BENEFITS

- MORE ENERGY, GREATER ENDURANCE AND ENHANCED PERFORMANCE
- INJURY PREVENTION
- MUSCLE AND JOINT STABILIZATION
- INCREASED COORDINATION
- IMPROVED RECOVERY




## GET CLONED.

Custom Fit Compression for Ultrafast Recovery



### CLONETECH Compression Tights

CEP now exclusively offers tailor made full compression tights. CEP understands that for the most effective recovery; your compression needs to be custom fitted to your measurements.

Just as everyone is different so is the measurements in your legs, calves, quads & waist; so a tailor made fit will give you maximum recovery!

The Unique Compression Profile & Full Length to Foot; promotes more blood circulation, reduces muscle tears, clears out toxins as well as help prevent injuries

**CUSTOM MADE TO FAST REST** Individual CEP Recovery Clonotech Tights are made to measure. Because only what is right, can work properly. The anatomically perfect shape adapts ideally to the body, Guarantees pleasant wearing comfort and ensures maximum physical recovery in a minimum of time.

**BEST COMPRESSION** Compression is not the same as compression. Compression thread is knitted in every stitch row - for millimeter-accurate pressure control. The compression at the ankle is strongest and decreases along the leg upwards. We call this unique technology "medi compression".

**COMPRESSION ON THE FOOT** The CEP Recovery Clonotech Tights also scores with a compressive foot section. This promotes the blood backflow and thus reduces congestion in the foot - for an even more efficient recovery after intense training loads and competitions.

**INDIVIDUAL DESIGN** Whether for player numbers, initials or your own personal best: The CEP Recovery Clonotech Tights can be individually printed on the lower leg and on the hip. Up to four characters in gold or silver make the tights a personal highlight.

**BUND HEIGHT IN 3 VARIATIONS** Depending on your taste you can choose between three waist sizes: - Low Waist (low waist) - Mid Waist (mid waist) - High Waist (high waist)

**To Order:** Tel: 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Recovery – Cold Therapy Treatments

## Cold Therapy – Game Ready



The **Game Ready** System continuously circulates cold water from the control unit's ice reservoir, via a connector hose, through an inner chamber of the anatomical wrap (this chamber is located closest to the body) before returning to the ice reservoir. As a complete loop, the cold water is refreshed through the ice before returning through the anatomical wrap, thus delivering continuous cold therapy, allowing heat to be removed from the treatment site. Simultaneously, the control unit pumps air into the separate, outer chamber of the anatomical wrap, intermittently inflating and deflating according to the pressure setting that is selected. The compression not only assists in preventing / limiting swelling, but also conforms the Anatomical Wrap to the contours of the body. This increases the surface contact and aids the delivery of the circumferential cold therapy. The **Game Ready** System combines **Intermittent Compression** with **Circumferential Cold Therapy** in one easy-to-use, adjustable application.

### Benefits of Compression & Adjustable Cold Therapy

1. Decreases pain, muscle spasms, swelling
2. Reduces metabolic activity and cellular demand for oxygen to reduce tissue damage
3. Mimics muscle contractions, pumping oedema out of the injured area
4. Stimulates tissue healing
5. Increases blood flow and delivery of oxygen to the injury site
6. Optimizes lymphatic drainage



Rental Option also available. Please call to arrange Rental

## Cold Therapy – Aircast Cryo Cuff



Aircast Bucket & Piping €59 + VAT  
Choose from range of Aircast Cuffs from €69

## Cold Therapy – CCT Wraps



### CCT Cold Compression Therapy Wraps

A unique & patented circumferential compression therapy system incorporates a gel cold pack covered with frost free lining to allow application directly to the skin.

With the Cold Therapy combined with the adjustable inflation you can fulfil 2 of the 4 ideal treatments for soft tissue injury. RICE - R - Rest, I - Ice, C - Compression, E - Elevation. the Rest and elevation can easily be controlled by the patient.

Intermittant compression can also be achieved by giving the player/patient guidelines on how often to inflate and deflate the device

Order Code	Product Description	€ excl VAT	
120-213	Compression Cold Therapy Ankle	29.00	<b>VAT Free</b>
120-214	Compression Cold Therapy Knee	29.00	<b>VAT Free</b>
120-215	Compression Cold Therapy Thigh	29.00	<b>VAT Free</b>
120-216	Compression Cold Therapy Shoulder	34.90	<b>VAT Free</b>
	Replacement Cold Wraps	15.00	<b>VAT Free</b>

## Cold Therapy – Ice Baths



Inflatable Ice Baths— complete with a re-chargeable battery air pump.

2 mins to inflate. Approx. 10-15 mins to fill.

**120-162** Team Version €152 + VAT  
**120-227** Solo Version €129+ VAT



**140-203** SPS Flotation Belt €27.90 + VAT  
**140-146** Aqua Cell Jogger Belt €49.90 + VAT

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

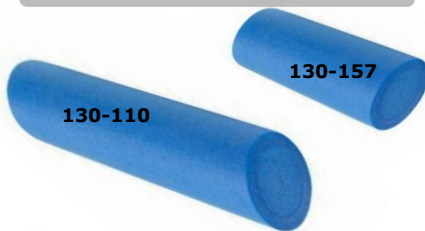
website: www.sportsphysio.ie



# Recovery



## Stretching & Flexibility



**130-110**  
Foam Roller Blue 90cm x 15cm dia.  
€18.90+ VAT €16.07(10+)

**130-157**  
1/2 Foam Roller Blue 45m x 15cm dia.  
€11.40+ VAT €9.69(20+)

*Note for the 45cm we cut the 90cm version in half so will have cut finish on one end*  
**Dual density foam material ensures that the roller will hold its shape much longer than the traditional white or light blue foam roller**



**140-213** EPP Roller  
90cm long x 15cm dia. Long lasting EPP material recovers its shape after use

€29.90+ VAT  
€25.42 (10+)



**130-199**  
Grid Roller  
33cm long x 13cm dia

€36.00+ VAT  
€30.60(5+)



**130-211** VARI Roller  
Alternative to Grid roller.  
30cm long x 1 2cm Dia

€25.90 + VAT  
€22.02 (10+)



**130-211(2)**  
MFR Roller

The ultimate roller for myofascial release and to help massage and release tight muscles.

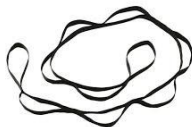
€19.90 + VAT  
€16.92 (10+)



**130-202** Foam Roller Yellow  
4"X12" Travel Size  
€11.90+VAT



**130-203**  
Rumble Roller  
€49+ VAT



**140-266**  
Stretch Out strap  
€16.00+VAT  
**140-266(2)**  
Stretch Out strap  
€7.90+VAT



Shoulder Rope Pulley  
**140-118** MSD brand (green)  
€9.90+VAT €8.91+VAT (10+)  
**140-118(3)** SPS Brand (blue)  
€8.75+VAT €7.44+VAT (€10+)



Massage Stick  
Range available please see Website for details



MRT Tool is a myofascial release aid, specifically shaped to provide an edge for all muscle areas. The MRT gives you access to those hard to reach spots with pinpoint accuracy.



**130-506** CALF STRETCHER  
6" X 12" HALF €11.90 +VAT



**130-212** Advanced Slant Board  
Adjustable 4 levels €65 + VAT



Spikey Massage Balls- 7cm and 9cm

Spikey Massage Balls are small spiky massage balls used to release tight, uncomfortable muscles and can help to release toxins and improve circulation

# Recovery—Complex

## Electro - Stimulation / Rehab

Chattanooga Wireless Professional 'FUNCTIONAL REHABILITATION IN MOTION'



The **Chattanooga Wireless Professional** is today's most advanced electrotherapy unit, offering enhanced ease-of-use and convenience while saving space and time to optimize patient treatment.

**Muscle intelligence technology:** Offers personalized stimulation, adapted to your patient's physiology.

By introducing the smart mi-Technology in each module and offering the best in market professional programs, this device reinvents functional rehabilitation as we know it:

A combination of e-stim with active exercise allowing you to improve therapy efficiency and patient satisfaction



**Wireless technology:** Gives you and your patient total freedom of movement.

**Remote control:** Adapted to professional use with a silicon keypad which acts as a safeguard against water and gel penetration, and offers enhanced ergonomics.

**Favorite programs:** Direct access to your favorite programs; three clicks to start a session.



### Docking station:

Offering module storage in the charging tablet and an extensible case to store electrodes and gels.

**Travel facilities:** For portable use, a modular system allows you to detach the charging tablet, and take it with you in a travelling case.

**Remote control:** Adapted to professional use with a silicon keypad which acts as a safe guard against water and gel penetration, and offers enhanced ergonomics.

**Motor point pen:** This useful tool together with the dedicated program helps ensure the optimal electrode placement.

**The Wireless Professional is available in 2 Options  
The Standard and the Full Package (See details here)  
Please call for pricing on both options**

### Standard Package Programs

#### Rehabilitation I: 5 programs

Disuse Atrophy. Reinforcement. Prevention of Disuse Atrophy. Muscle Lesion. Motor Point

#### Pain relief I: 6 programs

TENS (100Hz). Freq. Modulated TENS. Pulse Width Modulated TENS. Endorphinic. Burst TENS Alternated. Decontracturing

#### Vascular: 7 programs

Heavy Legs. Venous Insufficiency 1. Venous Insufficiency 2. Arterial Insufficiency 1. Arterial Insufficiency 2. Cramp Prevention. Capillarization

#### Conditioning I: 3 programs

Resistance. Strength. Active Recovery

### Additional programs in the Full Package

#### Rehabilitation II: 12 programs

Hip prosthesis, Patellofemoral syndrome. ACL, Rotator Cuff, Lumbar Stabilisation, Cardiac Rehabilitation. Ago/Antago Atrophy, Ago/Antago Reinforcement. Atrophy (Mod. Freq.), Reinforcement (Mod. Freq.). Atrophy for Haemophiliacs. Reinforcement for Haemophiliacs

#### Pain relief II: 12 programs

Knee Pain. Trapezius Pain. Shoulder Pain. Fracture Pain. Cervical Pain. Thoracic Back Pain. Low Back Pain. Lumbosciatica. Lumbago. Epicondylitis. Torticollis. Arthralgia

#### Neurologic rehabilitation: 4 programs

Hemiplegic Foot. Spasticity. Hemiplegic Shoulder. Slow Start Neuro Rehabilitation

#### Aesthetic: 6 programs

Toning. Firming. Shaping. Elasticity. Calorilysis. Adipostress

#### Conditioning II: 12 programs

Potentiation. Endurance. Explosive Strength. Plyometry. Hypertrophy. Muscle Building. Low Back Reinforcement. Core Stabilization. Recovery Plus. Toning Massage. Relaxing Massage. Anti-Stress Massage



**To Order: Tel: 062-77014**

**e-mail: sales@sportsphysio.ie**

**website: www.sportsphysio.ie**

# Recovery—Compex



## The 'Theta'

### 'FOR PROFESSIONALS WITH HIGH EXPECTATIONS'

THETA is a 4 channels stimulators developed to treat both standard (Pain, NMES) and specific protocols in rehabilitation, especially when triggered or co-contractions are requested. Neurology (Spasticity, Hemiplegic foot, Agonist-Antagonist) or specific pathologies like Post ACL Ligamentoplasty are protocols provided by the unit

#### MUSCLE INTELLIGENCE™ TECHNOLOGY

4 functions on all 4 channels: Mi- Scan, Mi-Tens, Mi-Range, Mi-Action (Active session with a voluntary contraction detected by the device to start the stimulation). 2 Mi-Cables included.

#### 2+2

Choose one programme for channel 1 and 2, and then select another programme from the 2+2 programme list for channel 3 and 4. This allows treatment of two different body parts, or two patients simultaneously, or combines NMES and TENS as one treatment.

#### TRIGGER FUNCTION

Start the stimulation on demand by pressing a trigger button when needed (Hemiplegic foot, spasticity...)

#### MOTOR POINT PEN

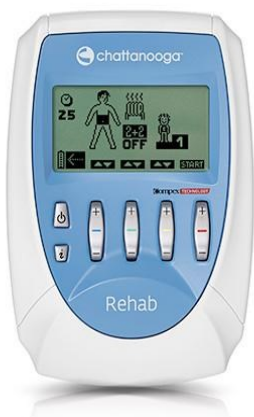
Very useful tool in combination with the dedicated programme helps ensure the optimal electrode placement.

#### PROGRAMMABILITY

Creates and personalizes programmes in order to customize the patient specific parameters.



## The 'Rehab'



REHAB is a 4 channels stimulator developed for PTs and Rehab Clinics requesting a standard way of use of electro stimulation. It meets all of the requirements a professional demand: pain management, treatment of vascular diseases, and muscle stimulation with basic programs.

#### MUSCLE INTELLIGENCE™ TECHNOLOGY

4 functions on all 4 channels: Mi- Scan, Mi-Tens, Mi-Range, Mi-Action (Active session with a voluntary contraction detected by the device to start the stimulation). 2 Mi-Cables included.

#### 2+2

Choose one programme for channel 1 and 2, and then select another programme from the 2+2 programme list for channel 3 and 4. This allows treatment of two different body parts, or two patients simultaneously, or combines NMES and TENS as one treatment.

#### TRIGGER FUNCTION

Start the stimulation on demand by pressing a trigger button when needed (Hemiplegic foot, spasticity...)

#### SKIP

Manage the session time and move directly to the next phase (recovery) when needed.

#### MOTOR POINT PEN

Very useful tool in combination with the dedicated programme helps to ensure optimal electrode placement.

#### PROGRAMMABILITY

Creates and personalizes programmes in order to customize the patient specific parameters.

## Muscle Stim & TENS Recovery



Neurotrac Sports Muscle Stim



Neurotrac Rehab



Blue TENS

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

# SportsPhysio & Performance

## Website

Our e-commerce website has been very busy at [www.sportsphysio.ie](http://www.sportsphysio.ie)

We prefer the traditional way of taking your order by phone or email but now this gives you the option to order outside office hours or if you haven't time to call.

We do require you to set up a trade account when first ordering. We can also set this up for you if you just call 062-77014 or email [web@sportsphysio.ie](mailto:web@sportsphysio.ie)

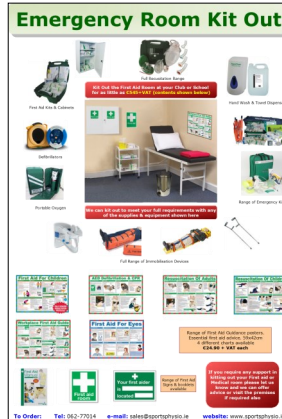
The trade account gives the advantage of bulk pricing, duplicate orders, faster check-out etc. It also means its just qualified therapists ordering from the site



We have recently modified the site so that all professionals can order from the one trade site—to help make the purchasing experience clearer and more efficient for the user.

We continue to have our dedicated patient & athlete site where you can refer patients too if you don't want to provide them with the Rehab products from your clinic. Patient site is [www.patientrehab.ie](http://www.patientrehab.ie)

## Other brochures from Sports Physio & Performance



Sports Physio & Performance  
Killinan, Thurles, Co.Tipperary

Tel: 062 77014

Email: [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

Online Order: [www.sportsphysio.ie](http://www.sportsphysio.ie)



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