

SportsPhysio

Supplies Ltd

www.sportsphysio.ie



@sportsphysiouri

Sports Medicine & Performance



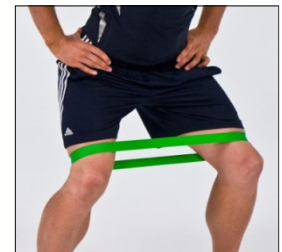
Injury
Rehabilitation



Measurement
& Testing



Injury Management
& Treatment



Pre-habilitation



Performance
Training

First Aid & Trauma Care



First Aid Bags & Kits
Wide Range to suit the club First Aider right up to the full Sports Physiotherapist bag. See www.sportsphysio.ie for full range



Its important to have a medical room where injuries can be properly accessed & where the Physio can operate more efficiently. We can kit out the medical room to required Association standards



Trauma Care
Detailed range of Trauma care supplies and equipment to meet all you team needs



Cold Therapy



GAME READY™
ACCELERATED RECOVERY SYSTEM



CCT Cold Compression Therapy
Ankle. Knee, Thigh, Shoulder Back & Wrist systems



Product Pricing & Specs
See www.sportsphysio.ie

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Injury Management

Taping & Strappings



Wide Range of Zinc Oxide Taping— Jaybird, Mueller, BSN, Strappal, Sportstape brands

Elastic Adhesive—Tensoplast, Steroplast & Club EAB



Most Popular Hand Tearable EAB

Excellent solution for around the thighs in Rugby or for thumb, wrist & ankle taping in all sports (less bulk and more conformable). Excellent for muscle compression taping also

We offer a comprehensive range of Taping & Strapping to fulfill all your requirements. Zinc Oxide tapes in regular or high strength variations. Elastic adhesive strapping in the traditional Elastoplast style and the now popular hand tearable style. Cohesive bandages that stick to their self instead of the skin. Kinesio Tapes and the very popular Dynamic Taping. Full range of bandages and Taping accessories. We offer all the top brands including Jaybird, Mueller, BSN, Powerflex and some of our excellent quality Sports Physio brands. We are here to offer you advise on choice of tapes for different applications

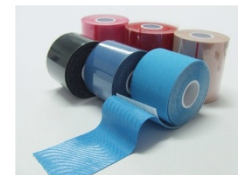


Range of Cohesive bandages



DYNAMIC Tape™
www.dynamictape.com

Dynamic Taping™ is a novel approach developed by an Australian Musculoskeletal Physio, that uses a specially designed, highly elastic tape to contribute energy into the kinetic chain.



Range of Kinesio Tapes. Kinesio Tex & Sports K brands

Acupuncture / Dry Needling



Massage & Treatment Couches



Electric, Hydraulic & Portable Couches



Shockwave



Electrotherapy & Muscle Stim



Product Pricing & Specs
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Injury Treatment

Posture & Support



Range of Orthotics & Insoles



Solutions for range of foot conditions



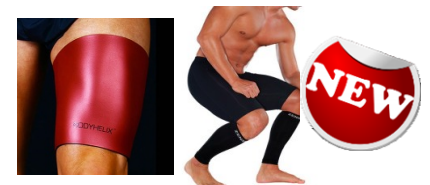
Comprehensive range of Ankle Supports & Braces



Knee supports for all conditions & range of Immobilization braces



Range of Lower Back & Maternity Supports



Active 650 Compression supports. 300% expansion material—excellent results



Shoulder & Elbow supports for all conditions



Wrist/Thumb Bracing & supports



Protective Supports

To Order: Tel: 062-77014

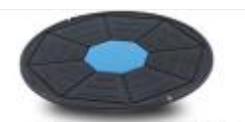
e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

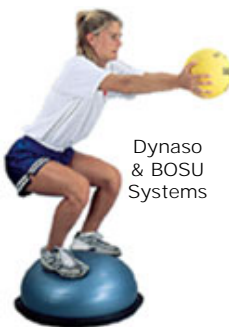
Balance & Core



Wobble Cushions & Balance Pads



Dual Wobble Board



Dynaso & BOSU Systems



Exercise Balls, Mats & Hand Weights



Slashpipe—Revolutionary New Rehabilitation & Fitness tool

Rehab Equipment



Slideboard 8ft & 10ft
Excellent for lower Limb Injury Groin, Knee, ankle. Also improve lateral speed and explosive starts



See Our Pilates Brochure

Aerobic Steps



Lojer Pulley System
Assist the patient to give an accurate training dose to restore functional qualities of the musculo-skeletal system



The Valslide can target multiple body parts such as your legs, inner thighs, and glutes all at the same time. Excellent Rehab tool

Also available now—the alternative Sliding disk pair



Product Pricing & Specs
See www.sportsphysio.ie

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Injury Rehabilitation

Bands & Tubing



CI 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



Gray cook bands can be used for chops, lifts, presses, PNF patterns & more. 5 foot Band stretches up to 3 times its length for variable resistance. Nylon loop at each end allows band to be attached to a door or used with a therapist.



All-Purpose Exercise Bands also called JC bands Each arm can push and pull independently. Train in all planes of motion (Sagittal, Frontal, and Transverse) Extremely strong and durable.

Muscle Stimulation

FOR PROFESSIONALS WITH HIGH EXPECTATIONS. ADDRESS ALL YOUR THERAPY NEEDS

Integrated Electrotherapy & proposed treatments combining a range of rehabilitation techniques & Stimulation Therapy. Cefar Complex technology is widely used by healthcare professionals and athletes to improve performance & enhance Recovery. For clinical evidence please see www.djoglobal.eu



To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

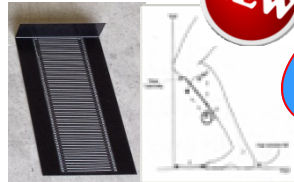
website: www.sportsphysio.ie



FMS & Y Balance Test Kit identifies people at risk of injury, and by correcting these movement patterns can alleviate injury and even improve performance



Product Pricing
sportsphysio.ie/
products.htm



Flexibility Testing—Sit & Reach, Goniometers, Knee to wall tester



Commander Muscle Tester Dynamometer adds an advanced dimension to research-proven-reliable dynamometer muscle testing without using a computer. Provides wealth of information to assist with planning treatment/rehab, evaluating progress, managing cases & rating impairment. Calculates bilateral strength deficits for objective side-to-side comparisons



Strength Testing
Comprehensive range of Dynamometers & Aneroid Sphygs

Product Pricing & Specs
See www.sportsphysio.ie

Performance Monitor & Test

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GPS Performance Tracking



POLAR
LISTENS TO YOUR BODY



PLAYERTEK is a revolutionary GPS performance tracking system for team sports. The PLAYERTEK system provides expert analysis and is designed to be accessible to all levels of experience and to reduce the workload associated with performance monitoring. PLAYERTEK accurately measures distance, sprint distance, power plays, impacts, top speed, metres-per-minute, energy (calories), power output and work-ratio as well as providing full activity charts, heatmaps, comparison & group reports, seasonal & weekly analysis & five-minute breakdown charts.

Performance Testing



Jump Mat, Smart Hurdle
– Assessment of Lower body Power output

Lactate & Urine Analysis
Lactate Plus Monitor & range of refractometers

Speed Gates
– Assessment of Speed and Agility performance

To Order: Tel: 062-77014 e-mail: sales@sportsphysio.ie website: www.sportsphysio.ie

Resistance Bands

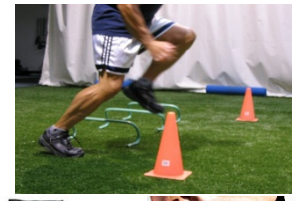


Strength Resistance Bands—4 levels of Resistance. Closed loop band excellent for Speed training & Injury rehab. 40" bands. 3 brands available Jumpstretch, Perform Better & Crossmax



Mini Bands

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



K bands fire muscles throughout the legs with every movement. Resistance easily increases your heart rate to the fat burn zone, with combination of aerobics and resistance training.

Stretching & Flexibility



Selection of Rollers

Massage stick & Myofascial release ball

Stretching devices

Product Pricing & Specs
See www.sportsphysio.ie

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Prehabilitation



Sports Performance Kits

The Sports Performance kit is specifically designed to help an athlete to remain injury free and in a position to reach peak performance.

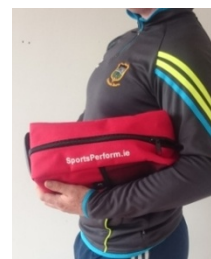
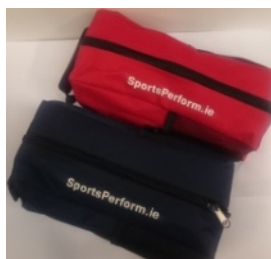
Choose from 3 kits that we have designed or add items from our full range of Prehab supplies. Available in colour Red or dark blue

The Kit contents are designed to improve an athletes mobility & flexibility & to also aid muscle activation. Improvement in these have been proven to aid in the reduction of incidence of injury.

With the compact carry bag you will be able to store all the items in one easily transported carry bag, ensuring all items can be stored together and maintained.

Good quality & robust bag with carry handle and 2 side pockets to carry your earphones, polar watch, car keys or water etc.

The instruction leaflet included explains in detail how to correctly use all of the Packs contents.



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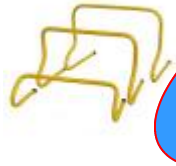
e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Plyometric Training



Plyoboxes (Metal & Cushioned)
Develop power by gradually progressing through heights



Plyometric Hurdles
Choose from 15cm(6"), 30cm(12") or 50cm(20")



Smart Training Hurdles
Lightweight hurdles with single supporting leg rotates to either side of the hurdle for quick set up, as well as for easy storage
5 sizes available;
Size 1: 6" height Size 2: 12" height
Size 3: Adjusts to 12", 15" & 18"
Size 4: Adjusts 21" - 36" in 3" increments
Size 5: Adjusts 27" - 42" in 3" increments
Please see website for pricing

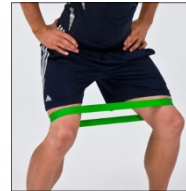


Adjustable Steps
Reebok and alternative versions



Ladders and Cones
Used to develop foot control and change of direction

Strength & Conditioning Training



Strength Training

Medicine balls & Functional balls – Weighted balls for lifting and throwing
Kettlebells (Cast Iron and Plastic) – functional for strength & Ballistic exercises
Functional bags – Weighted bags, Functional and Portable
Mini bands/ Super bands -Muscular activation, Strength & Mobility training

Conditioning & Fitness

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

Product Pricing & Specs
See www.sportsphysio.ie

Performance Training

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Speed & Agility Training



Speed Assistance - Running/Acceleration Mechanics & Over speed training
Speed Resistance - Resistance harness Training for power development
Sprint Resistor Waist and Shoulder Harnesses
– offers both Assistance & Resistance
Quick Release Leash
– Overload release for explosive speed Training
Viper Speed Harness
– Offers 360 degree rotation for Lateral Movements
Various other harness available



Breakaway evasion Belts— Excellent for agility training
Reaction Balls— Excellent to develop reaction abilities & shoulder strengthening
Training Ladders & Cones – Used to develop foot control & change of direction

1x K Bands Training Kit, 1 x Viper Speed Harness with 8ft bungee, 1 x 6" Hurdle, 1 x 12" Hurdle and 1 x 20" Hurdle, 1x Smart Hurdle size 5, 1x 15ft long Agility Ladder & 1 set of Training Cones

Performance Training Pack Offer €249 + VAT



PLAYERTEK is a revolutionary GPS performance tracking system for team sports. The PLAYERTEK system provides expert analysis and is designed to be accessible to all levels of experience and to reduce the workload associated with performance monitoring.



See our New range of **Sports Performance Kits**, designed to improve an athlete's mobility & flexibility & to aid muscle activation.

SLASHPIPE
THE POWER OF WATER



Slashpipe—Revolutionary New Rehabilitation & Fitness tool



Smart Training hurdles great for many Plyometric training exercises. Use for Under and over—hurdles walks, hops, jumps and more

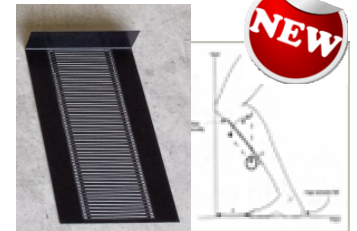


Lumbar Rolls
New Range of lumbar rolls available shortly

www.sportsphysio.ie



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Knee to Wall Testing
Plate designed to accurately measure Knee to wall flexion



'FUNCTIONAL REHABILITATION IN MOTION'
The Complex Wireless Professional reinvents functional rehabilitation as we know it: a combination of e-stim with active exercise allowing you to improve therapy efficiency and patient satisfaction



See our popular range of Active 650 Supports & Gilmore shorts 300% expansion ratio which stretches well beyond the natural skin making it truly comfortable.