

Athletic Development & Sports Performance

Sports Physio & Performance

Killinan, Thurles, Co. Tipperary

Tel: 062 77014

www.sportsphysio.ie

sales@sportsphysio.ie



Testing & Monitoring

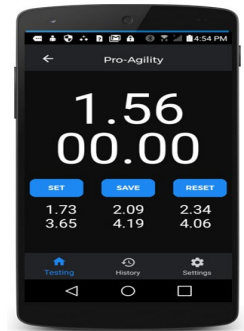
Speed Testing



The Dashr electronic timing system is entirely wireless & controlled by a FREE Android/iOS based smart phone app. The modular design allows for endless combinations of electronic timing gates to perform the most standard events such as laps, the 10 or 40 yard dash, and pro-agility (shuttle run) to any number of custom training courses.

Dashr Electronic Gates have a Visible Beam for very easy Set Up.

Multiple kit options are available with the ability to add additional equipment over time, makes Dashr the most Cost effective Speed Gate system on the market.



The Pro-Agility Kit €425 + VAT

Tests that can be completed:

1. Pro-Agility Tests(5m-10m-5m)
2. T-Test
3. Lane Agility Drills
4. Lap Events & Custom Events



The Pro-Agility Kit

Kit Contents; 1 Laser Module, 1 Reflector, 2 Regular Tripods & Briefcase

The Dash Kit €650 + VAT

Tests that can be completed:

1. Pro-Agility Tests(5m-10m-5m)
2. T-Test
3. Dash Tests - (20m Dash)
4. Lane Agility Drills
5. Lap Events & Custom Events



The Dash Kit

Kit Contents; 2 Laser Modules, 2 Reflectors, 2 Regular Tripods, 2 mini Tripods & Briefcase

The Multi-Event Kit (Most Popular) €890 + VAT

Tests that can be completed:

1. Pro-Agility Tests (5m-10m-5m)
2. T-Test
3. Dash Events with 1 Split Time
Eg (Start, 10m - 20m)
1. Flying Events
2. Flying Events with 1 Split
Time e.g (Start - 10m - 20m)
1. Lap Events & Custom Events



The Multi-Event Kit

Kit Contents; 3 Laser Modules, 3 Reflectors, 4 Regular Tripods, 2 Mini Tripods & Briefcase

The Elite Kit €1150 + VAT

Tests that can be completed:

1. Pro-Agility Tests (5m-10m-5m)
2. T-Test
3. Dash Events with 1 Split Time
(Start, 10m - 20m)
1. Dash Events with 2 Split Time
(Start, 10m - 20m - 30m)
1. Flying Events
2. Flying Events with 1 or 2 Split
Times (Start - 10m - 20m - 30m)
1. Lap Events & Custom Events



The Elite Kit

Kit Contents; 4 Laser Modules, 4 Reflectors, 6 Regular Tripods, 2 Mini

Performance Test Kit Bundle



The Dashr

Performance Test Kit

€790+VAT

Kit Contents:

- 1 x Dashr Timing System - €650+VAT
- 1 x Vert Jump Tester - €159+VAT

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Testing & Monitoring

Jump Testing



210-341 Vert Jump Tester €159 + VAT

- Jump Testing has never been easier
- Simply download the free APP.
- Clip the VERT tracker to your waist
- Jump to record
- Most Cost effective Jump Testing solution
- Measures Jump height, Landing impact, No of Jumps etc.

This wearable device allows you to measure the quality and power of dynamic movement, seen in real-time on the VERT app. Accurately measures jump height, landing force, total energy, power and stress.

- **Jump Count:** The total number of jumps in a session primarily used for injury prevention similar to pitch count in baseball.
- **% of Max:** An athlete's jump consistency and effort.
- **Best:** The highest jump the athlete has accomplished during the session.
- **Average High:** The averaged top 25% of all jumps in a session
- Measure your vertical jump instantly for performance, motivation and improvement.
- **Jump Rate:** Jump Rate for cardio and warm-ups.
- Measure your jumps per minute during jump rope exercises.
- **Stress:** Know the percentage of high versus low stress movements during an activity
- **Power:** Know the average explosiveness of your movements.

Most accurate wearable measurement of vertical jump height on any court or field.



210-192 ChronoJump System

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).

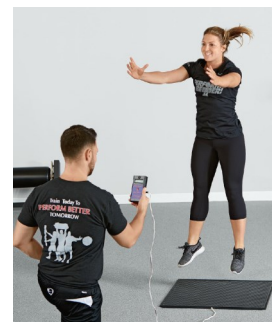
Multijumps: RJ (j), RJ (t), Unlimited, Hexagon, Triple jump, Multijumps have feedback to help in control the test, You can also define your own jumps, Results: Jump height, flight time, contact time (depending on test).

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



210-308 Vertec call for pricing

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.



210-186 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"



210-309 Push Band 2.0 with Waist band €329+ VAT (Jump Testing Waist Band included)

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.



Testing & Monitoring

Agility & Reaction Testing



The ROXs Pro is a multi-sensory based stimulation system. Using visual, audible and tactile stimulants to help create drills and games to develop speed, agility and reaction times. This product can be used by coaches, trainers and rehab specialists alike.

The ROXs Pro is app based with pre-set drills and the ability to design your own drills allowing the coaches to design and set up game like situations using the ROXs Pro



Velocity based Training



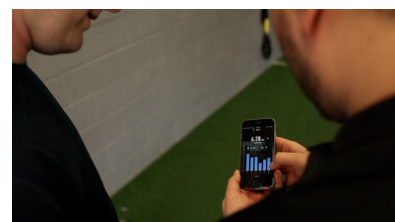
Push Band 2.0 with strap €269 + VAT
Push Starter kit (Band, strap & Bar Sleeve) €339 + VAT
Push Assessment kit (Band, strap, Bar Sleeve, Waist strap) €389 + VAT
Jump Testing Waist Band €75 + VAT



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.



Occlusion Training



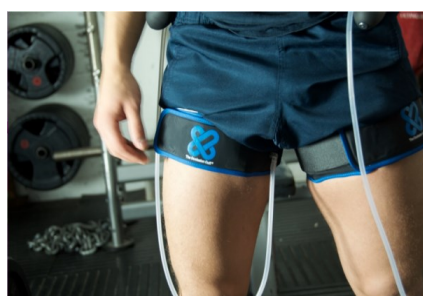
210-270 **Occlusion Cuff** €105 + VAT

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.



Testing & Monitoring

Squad Monitoring Set

seca
Precision for health



Digital Scales

Height Measure



12" Goniometer



Aneroid Sphygm



Knee To Wall Tester

Squad Monitoring Kit €139+VAT

Kit Contents:

- 1 x SECA Digital Scales - €44.90+VAT
- 1 x Portable Height Measure - €26+VAT
- 1 x Goniometer - €12.90+VAT
- 1 x Aneroid sphygm - €36+VAT
- 1 x Knee To Wall Tester - €25+VAT

Additional Equipment

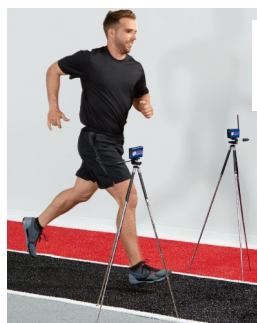
HALO
MEDICAL DEVICES

HALO Digital Goniometer



COMMANDER
eCHO

Range of muscle testing dynamometers



BROWER
Timing Systems



Harpenden

Harpenden Calipers
€199 + VAT



4 Digit Interval Timer
€195 + VAT



SECA limb tape measure



POLAR Polar Heart Rate
€79.90 +VAT
€699 (10 pack)



Sit & Reach
€95 +VAT



50m Measure Tape
€29 +VAT



Stop watch
€9.90+VAT

FMS Kit with slide box
€185 +VAT



Y Balance Test Kit™
€285 + VAT



Portable Height Meter
€79+ VAT



Dynamometers
From €130 +VAT

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Athletic Development

The Fundamental Movement Development Kit is designed to help

- ♦ Catching, Throwing & Kicking,
- ♦ Agility, Balance, Coordination (ABC of movement)
- ♦ Jumping, Landing, Rolling, Crawling (Rudimentary movement)
- ♦ Speed, Agility, Quickness (SAQ)



Fundamental Movement Kit



Kit Includes
Marker Cones x50
Flat Cones x10
Soft Throwing Balls x6
Bean Bags x12
Adjustable Ladder x2
6" Hurdle x4
9" Hurdle x4
Carry Bag

€119+VAT

Speed Development Kit to enhance

- ♦ Jumping & Landing Mechanics
- ♦ Sprint Technique
- ♦ Force Production
- ♦ Speed



Speed Development Kit



Kit Includes
Marker Cones x50
Speed Harnesses x3
Adjustable Ladder x2
9" Hurdle x4
12" Hurdle x4
Carry Bag

€139+VAT



130-533 Marker Cones (50)



130-539 Round Markers (10)



130-544 Marker Ladder Set
Consists of 20 premium cut markers and 10 poles.



Agility Hurdle 6", 9" & 12" sizes



130-538 Heavy Duty Kit Bag

Order #	Product Description	€ ex VAT
130-533	SASP Marker Cones x 50	14.90
130-539	SASP Round Markers x 10	14.90
130-544	SASP Marker Ladder Set	25.90
130-545	SASP Agility Hurdle 6"	5.40
130-534	SASP Agility Hurdle 9"	5.90
130-535	SASP Agility Hurdle 12"	6.50
130-543	SASP Telescopic Poles	6.90
130-536	SASP Ladder 4m	14.90
130-538	SASP Kit Bag	7.90
130-540	SASP Skipping rope	2.90



130-540 Skipping Rope



130-543 Telescopic Poles
Height can be adjusted from 36" to 68".



130-536 Ladder 4m
High Quality Webbing & Unbreakable Plastic Rungs. 4 meters in length.

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website:

Resisted Sprinting



**Sprint Resistor
(Shoulder harness)**
€39 + VAT
130-229



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



130-411 Gamespeed 360 €99+VAT

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



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.

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.



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.



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.

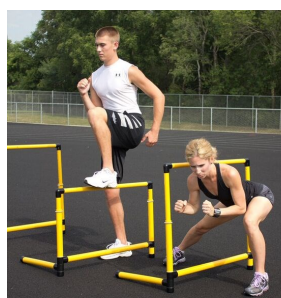
Portable and easy to use – slip on the padded waist belt, hook to the cord and attach The Trainer to a secure object. Set resistance level and begin training. Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.



Additional Speed Training Equipment



Foam Plyo Boxes



Smart Training Hurdles

from €65 + VAT
Lightweight hurdles with single supporting leg rotates to either side of the hurdle for quick set up, easy storage and transport. Sizes 1 to 5 available



K bands Training Kit €21.90 + VAT



Plyometric Hurdle €35+VAT



Aerobic Step



Skipping Ropes

Athletic Development

Mini Bands

Great for warm up, rehab and glute activation.
Available in 4 strengths.



Strength Resistance Power Bands

4 levels of Resistance. Closed loop band excellent for numerous types of training such as Speed training, Strength training & Injury rehab.



Band Width	Order Code	Price € Ex VAT
0.5"	140-139	€8.40
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

Order Code	Strength	Price € ex VAT	10 + price	20 + price
140-255	Light Yellow	€2.50	€2.25	€2.00
140-246	Medium green	€2.65	€2.39	€2.15
140-247	Heavy blue	€2.80	€2.52	€2.26
140-245	Ex. Heavy black	€2.95	€2.65	€2.38

For larger volumes please call for pricing

Mini Band & Power Band Quality Assurance

We supply the Internationally renowned Perform Better brand of bands for over 10 years now. Excellent reviews and feedback on how the bands hold their retractsibility.



- Supplied to **GAA, IRFU, FAI** and all other sports and as part of all our **Sports Performance Kits** we provided to all **GPA** members recently.
- Unrivalled Quality, Consistency from batch to batch.
- Progressive increase in strength as you go through the colours, ideal for Athlete Development.
- Bands hold their elasticity and retractsibility very well.

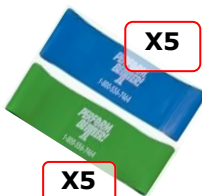
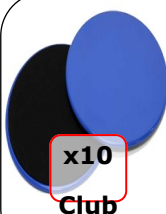
Bulk Bands Kit



€159+VAT

- Activation & Speed Development
- 40 x Mini-Bands Mixed
 - 10 x 0.5" Power Bands
 - Free Performance Carry Bag

Squad Activation Kit

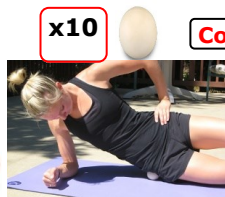


€199+VAT

Up to 30 players can perform session in circuit format

- 10 x Slide pad Pair –Hamstring, Shoulder & Core Activation
- 10 x 0.5" Resistance bands - Upper body Activation
- 10 x Green/Blue mini bands – Glute Activation
- Free Performance Carry Bag

Squad Stretching / Rehab Kit



Covers 30 Players



€259+VAT

- 10x MFR Roller
- 10 x Stretching Strap
- 10 x MFR Balls
- Free Performance Carry Bag



Kit out of the Cork GAA Gym in Pairc ui Chaoimh Training Rehab & Testing Equipment

Gym Rehab & Testing Equipment

If you require any Rehab or Testing Equipment for your Team Gym we have a full range of packages to suit.

Please contact us on 062-77014 or sales@sportsphysio.ie if you have any queries.

Pictured here is at the Cork GAA gym at Pairc ui Chaoimh showing the equipment provided.

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Injury Prevention / Performance Kit

The 'Sports Performance Kit'

A tidy, robust kit with the tools to help the athlete reduce the risk of picking up injuries.

Allows the athlete improve mobility, flexibility and strength to help them perform to their potential.

A low cost investment in the athletes future career & gets them in the habit of preparing properly for training and games.

If you would like to discuss more about the Kit for your team, Pls call us on 062-77014 or email us to sales@sportsphysio.ie

The Performance Kit Benefits

Increase Muscle Activation

Improve Mobility

Injury Prevention

Self Myo-facial Release

Develop Core

Allows you to train at home



Teams & Dev. Squads already using Performance kits



What the Coaches say

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."

Julie Davis—Head of S&C Armagh Senior Football

"Along with their boots the Sports performance kits are vital to the Armagh GAA players kit bags.

We use them before games, pitch and gym for myofascial release along with the bands for Activation.

Preparation is key to optimal performance"



Ciaran Sloan - Senior Strength & Conditioning Coach

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

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



Most popular Team Kits

Teams can pick their own kit contents and we have numerous variations. Here are the 3 most popular kits. Also listed here are the most frequently asked questions from teams and also some feedback on teams and coaches already using the kits.

Athletic Development Kit

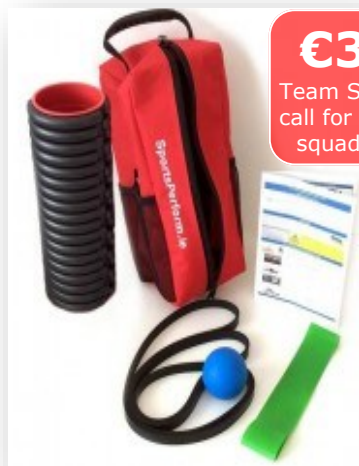


€25

Team Special
call for larger
squad nos

- Most Popular for Development Squads and underage teams in clubs and counties.

Athletic Performance Kit



€39

Team Special
call for larger
squad nos

- Teams can pick their own kits contents. This is our most popular kit chosen by teams

Elite Performance Kit



€59

Team Special
call for larger
squad nos

- Kits for elite athletes with slide Pads for additional strengthening exercise and Rehab device

Frequently asked Team Questions

Q. Can we get our Team Logo on the Performance Kit?

A. Yes. It's a very professional finish and adds great value and ownership to the kit. See example



Q. Is there a Team discount vs players buying their own?

A. The special team discount price is 30/40% less than players purchasing the kits individually.

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

A. In majority of instances, the cost of these kits is covered in full or partially by the parents where it involves younger squads. For Adult squads the players contribute to the cost or cover fully. The Kit will last the player throughout he's/her career. Once Kit benefits are explained and the value of the investment, then there is unanimous support to fund the cost.

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

A. The contents of these kits allows players of all levels to benefit by improving flexibility, mobility, strength & prevent injury.

Q. Can we change the kit contents?

A. The kit can be customised totally for your teams needs. Choose the contents you need.

Backed by Research

100's of studies and reports highlighting the importance of injury prevention strategies & importance of introducing mobility and strength training at the early adolescent ages to help the Athletic Development

We are unwittingly creating injury-prone young athletes by underappreciating the benefits of resistance training bit.ly/1QzWZli

Effect of an injury prevention program on muscle injuries in elite professional soccer
Does it work?
19 elite male professional soccer players
2 months per week
Lower limb muscular strength
Flexibility
Proprioceptive balance
Which impact on the injury rate ratio?
-40%
Injury prevention programs reduce the injury rate ratio in adolescent team sport athletes by an estimated 40%
Reference: Sooms et al. AJSM 2015
Designed by eVLA SportScience

How Effective are FIFA Medical & Research Centre Injury Prevention Programs for Soccer Players?
Background
9 Studies
2. Results
The results suggest that teams involved in F-MARC prevention programs, particularly the T1 + ... could reduce injury rates between 20 and 50% in the long term compared to those that do not engage in F-MARC injury prevention programs.
Yann Le Meur @YLeMeur
This meta-analysis suggests that @FIFAMedical Injury Prevention Programs can reduce injury by 20-50% in the long term
Released by Scott W. Cheatham et al. Int J Sports Phys Ther 2015

FOAM ROLLING & ROLLER MASSAGER
PRE- EXERCISE
Increased joint range of motion in the short-term
Lack of negative effect on muscle performance
POST- EXERCISE
Attenuated decrements in muscle performance
Reduced DOMS
Self myofascial release: is it an effective pre-exercise and recovery strategy?
Designed by eVLA SportScience

Fortius: beneficial effects of resistance training for young athletes
By Faigenbaum et al. BJSM, June 2015
Resistance training programs that are properly designed to enhance neuromuscular fitness and function (eg, agility, balance, coordination, reaction time and speed) is the foundation of athletic development for all sporting young athletes
Younger athletes will be better prepared to learn motor movements, master sport tactics and withstand the demands of long-term sport training and competition
A structured approach to physical conditioning can be the basis of youth and elite athletes that engage in multifaceted strength and conditioning programs are more resistant to sports-related injuries
Instruction on proper resistance training techniques and procedures should start young interest in this type of training
Traditional focus regarding the effects of resistance training on the neuromuscular system have been replaced by scientific evidence that indicates that resistance training can be the basis of a successful training program associated with resistance training
6.

GPA Partners

The Gaelic Players Association (GPA) has delivered recovery packs to its members nationwide to help them reduce injury risk, and support pre-game preparation and post-game recovery.

Following recent research undertaken by the ESRI, highlighting the extent of time constraints faced by players thus limiting the time for recovery and increasing the risk of injury, this initiative aims to support players with their injury prevention and recovery strategies.

Under the stewardship of their Player Safety and Welfare Group, which is chaired by former Limerick footballer Dr. Jim O'Donovan, the GPA, has teamed up with Co. Tipperary-based Sports Physio & Performance to provide the packs for all players to use at home or at training to aid with activation, mobilisation and core strengthening.

The project is part of a wider focus on player welfare by the GPA underpinned by a number of key research projects in the areas of physical and emotional health, and the wellbeing of inter county players aimed at raising the standards of the playing and training environment.



"Player welfare is one of our three core pillars [player welfare, development & representation] and we are delighted to team up with Sports Physio & Performance to assist our members with their recovery protocols. This is a great initiative as it involves players in their own injury prevention and recovery. The benefits of using the tools in the packs are backed by solid research and the packs will play a big part in recovery and performance for teams throughout the rest of the season."

Paul Flynn
GPA CEO

"As an inter-county player, it can often be challenging to manage my time effectively between my playing and work commitments and finding appropriate time for rest & recovery. It is great that the GPA has provided all players with a practical means to help with pre-game prep and post-game recovery. It's great to see the GPA taking a keen interest in our physical welfare."

Matthew O'Hanlon
Wexford hurler

"We are delighted to partner with the GPA on this Recovery Project and to see at first hand the importance the GPA places on Player Welfare. It's very satisfying to know that all GPA members will have a Sports Performance Kit and that it helps with some of the concerns raised in the recent ESRI report. Our Sports Performance Kit is designed to aid in Recovery, Injury Prevention and Rehabilitation".

Matt Carr
Sports Physio & Performance



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Build Your Own kit options










Player Benefits

Reduce Injury
Increase Flexibility
Improve Mobility
Increase Strength
Improve Core



Team Benefits

Keep players on the field
Studies—teams with less injuries win championships or make finals
Improved Performance
Great Team Discount
Overall Cost saving
Less Injuries - less Medical Bills

Product Options	Tick Box For Your Selected Product		
Performance Bag	Blue <input type="checkbox"/>	Navy <input type="checkbox"/>	
Trigger Pt Roller	<input type="checkbox"/>		
Myofascial ball	<input type="checkbox"/>		
0.5" powerband	<input type="checkbox"/>		
Mini Band Selection	Single <input type="checkbox"/>	Multiple <input type="checkbox"/>	
Green Theraband 1.5m	<input type="checkbox"/>		
Slide Pads pair	<input type="checkbox"/>		
Stretching strap	<input type="checkbox"/>		
Speed Bands	<input type="checkbox"/>		
Team Logo	<input type="checkbox"/>		We can provide your team Logo on each kit bag
Sponsor Logo	<input type="checkbox"/>		We can provide your team sponsor on each kit bag
Quantity of Kits			Scan Selection Page and Send to sales@sportsphysio.ie to Receive Quote

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Recovery—Normatec



€1350+VAT
Volume discounts
available

- Many **Studies highlighting Importance of Recovery** for Injury Prevention & Increased Performance.
- Teams get **huge Recovery benefits** by utilising 2-3 sets of NormaTec Recovery systems & scheduling their use across the team members.
- We also offer **Rental options** for teams on training weekends or busy periods of games.
- See our **Team testimonials** on the next page with great feedback as to the benefits of NormaTec.
- Teams are also introducing **Recovery Rooms** to their facilities and we can help support teams to set this up.



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.

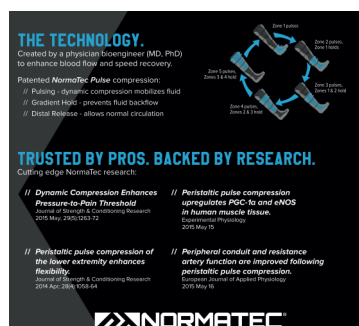
The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Our systems include a control unit & 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 USA**



Numerous Research studies

One such Research Study in the Journal of Athletic Enhancement... This study was carried out using a 20 minute time in the boots and concluded;

"NormaTec was able to significantly decrease blood lactate concentrations compared to other passive recovery methods in just a 20 minute treatment."



Irish Sports using NormaTec



Feedback from Teams using NormaTec



Using the NormaTec devices as part of our allied approach to recovery became part of a routine that the players enjoyed and engaged with on a regular basis.

The players ability to be proactive in their own recovery is key & NormaTec provides a solution.

**Joe O' Connor—Head of S & C
Limerick Senior Hurling**

**Andrew Conway
Munster & Ireland
Rugby**



Limerick Hurlers
All Ireland Senior
Hurling Champions 2018



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



**Irish Womens Hockey
Team World Cup Silver
Medalists 2018**

RECOVERY

HYPERVOLT

R3 ROLLER

DIMPLE FIRE BALL

NORMATEC

"The Hypervolt is a really useful tool in my recovery arsenal, helping me stay in the best shape possible to train.

As an athlete it's not only the hard miles out on the road or track that get me to the startline, it's also all the work in between.

Recovery is such a key part of my life, using the Hypervolt pre & post training has helped me tackle the rigours hard training has on my body"

Ciara Mageean

Olympic Games Semi Finalist 2016
European Bronze Medalist Outdoor 2016
European Bronze Medalist Indoor 2019



We have been using the NormaTec recovery system for the last 2 years and find it as an excellent tool to help reduce muscle soreness – it allows players to recover a lot faster which is needed when the volume of training increases. It only takes about 3 minutes to set up and the portable system is convenient as it can be used whenever you want.

**Martin McIntyre
Mayo Senior Football Team Medical
& Performance**



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 & freshen the legs before the next training session. I also like to use them in the days prior to a game as good preparation.

**Pádraic Maher
Tipperary Senior Hurler**



Recovery—Hypervolt



180-282 Hypervolt €325 + VAT

The Hypervolt is a handheld device that applies 3 levels of powerful vibrations (with up to 3200 percussions a minute) to areas of the body.

What that translates to is a very quick and smooth action that will stimulate the tissues to help improve movement and recovery.

Helps relieve muscle soreness and stiffness
Improves range of motion
Promotes circulation
Accelerates warmup and recovery
Lightweight, easy-to-use for self-myofascial release

Technology Specifications and Features

Powerful high-torque motor featuring Quiet Glide™ technology



180-283 Hypervolt Case €49.00 + VAT

Slim and sleek, the Hypervolt Case provides lightweight protection to store and carry your Hypervolt. Custom inlay holds the Hypervolt, 4 head attachments and battery charger.

RECOVERY

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@SPORTSPHYSIOL @TEAMNBMC @PENINSULASPORTS

Injury Management



When Injury occurs— Applying Cold Therapy in the first days is very important in managing the injury and helping to recover faster. In many cases a Team may have some Cold Therapy solutions such as Ice packs for immediate use but often they do not cover the first few days where cold therapy is still needed.

Its normal to pick up 3-4+ knocks or injuries in a game and its difficult to manage all those in the days ahead with limited Cold Therapy devices.

We have put together an affordable bundle here that can manage multiple injuries at a time and allow the players to take home the systems and use themselves in those days immediately after the Injury for best results.

Injury Management Pack

- Aircast Cryo System x2 (knee + Ankle)
- Cold comp therapy wraps x1 (shoulder)
- Cloth Ice Bag x2

Team Offer **€290+VAT**

Injury Management Pro Pack

- Upgrade to Aircast Cryo **IC** systems—Intermittant Compression Pump systems for better results
- Include additional cold comp wraps knee & Thigh

Team Offer **€490+VAT**

Injury Management & Recovery



Recovery is Key to Injury Prevention and Improved Performance. Countless studies supporting this and recommending Recovery as a key element.

Team Recovery sessions are very popular and is often now one session in the week.

Combining NormaTec Recovery boots & Aircast IC Cryo systems a full squad can manage injuries & get great Recovery benefits.

Injury Management & Recovery Pack

- NormaTec Recovery System x2
- Aircast Cryo IC System x1
- Aircast Cryo Standard system x2
- Aircast wraps x3 (ankle x1, knee x2)

Team Offer
€2,750+VAT

Recommended Recovery Protocol—Developed in conjunction with Physios, S&C coaches who currently utilise these systems.

- Allocate Aircast systems to injured players after game.
- Recovery session rotate non injured players through NormaTec systems. 20 mins per player.
- Allocate NormaTec boots to players for take home and rotation between players during the week.

Team Medical Supplies



Offer a comprehensive range of Top brand Tapes & Strapping

"In my capacity as Chartered Physiotherapist to Cork County Board I have dealt with many suppliers of physiotherapy consumables. However in the last 10 years it is testament to Matt & his team that I have not used another provider since meeting him. Their personable manner & willingness to provide an immediate service is their biggest quality. I have no hesitation in recommending Sports Physio Supplies to any Allied Health Professional working in this area.

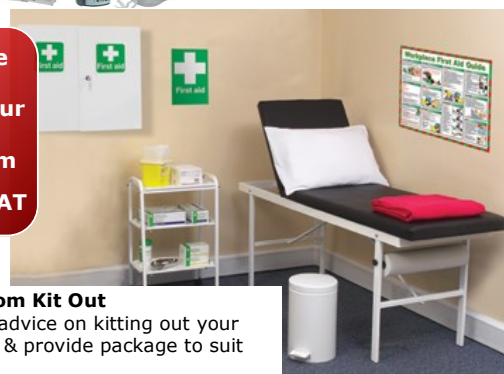
Declan O Sullivan, Senior Physiotherapist Cork GAA



First Aid Bags & Kits

Wide Range of first Aid Kits and supplies to suit your School, Team or Club's requirements. See www.sportsphysio.ie for full range.

Kit out the First Aid Room at your Club or School from €190+VAT



First Aid Room Kit Out

We can offer advice on kitting out your Medical room & provide package to suit your needs

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