

SportsPhysio

& Performance

Sports Performance
&
Recovery



Recovery



Measurement
& Testing



Performance
Training



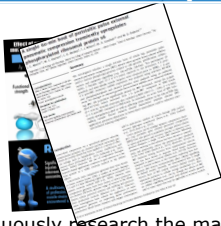
Pre-habilitation



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



Working with the Top teams & Associations



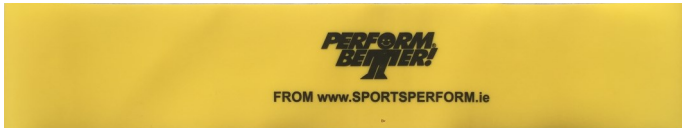
Trusted to represent the Top Brands in the Irish Market



"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

210-121 Functional Movement Screen Kit + Slide Box €185 + VAT

FMS identifies people at risk of injury, and by correcting these movement patterns can alleviate injury and even improve performance



Motor Control Screen Slide Box was designed to be placed onto the kit for more efficient testing. MCS Slide Box is a stability test that gives vital information on how you stabilize, balance and control movement through single limb competency.



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



210-116 Sit & Reach Box
€95 + VAT



310-348 SPS Sit & Reach Box
€65 + VAT



Digital Goniometer

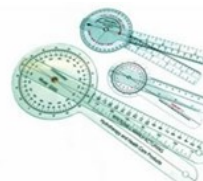
150-299 8" Goniometer €38.50 + VAT
150-300 12" Goniometer €41.50 + VAT



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



210-313 HALO Digital Dual Goniometer & Inclinometer
€265.50 + VAT



This is HALO the accurate, speedy dual goniometer inclinometer that fits in your pocket.

Accurate within 1 degree. The new standard has arrived. Single Handed to use. So you can write or support your patient.

Long Lasers intersect landmarks for a repeatable measure. Pocket size. It is with you when ever you need.

Measures in 3 planes. You can take any range, in 5 secs.

Durable Casing. To survive that accidental drop from your desk.

Memory Feature. Capturing your last 5 ROM in the memory.

FDA, TGA, CE registered.



Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Measurement & Testing

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



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
 €199 + 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
€139+VAT

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 therefore saving valuable time



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 Pastelle (3ml) (500)
 €18.00+VAT



210-102 Urine Sample Bottles (400 pack)
 €79+VAT



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

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 1cm² 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.

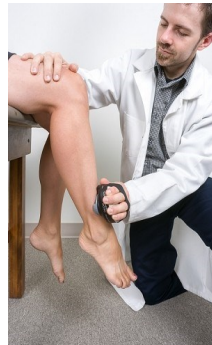


210-296 Baseline MMT Dual-Grip:

€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.

BASILINE 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 Sphyg and version with larger Thigh cuff. Welch Allyn version also in stock



WelchAllyn



Welch Allyn Sphyg DS55 The Welch Allyn Durashock Sphyg provides a traditional thumbscrew-style air release valve. Long lasting, easy to use, Welch Allyn cuffs are the top choice for hospitals and clinics around the world. All Welch Allyn DuraShock hand-held devices provide users with a shock-resistant gauge which can fall 0.9m onto a hard surface and still remain accurate without requiring recalibration.



210-343 **Baseline Handheld Dynamometer** €130 + VAT

The Baseline® Electronic Grip Strength Hand Dynamometer is a muscle training & measurement device.

1. High precision power gauging, giving momentary digital read-out of gripping power.
2. Auto capturing of maximum achieved grip strength and display of the value.
3. Assessment of results according to a persons age and gender group.
4. Includes saving/storage, and retrieval of results for different users.
5. Max Measuring Capacity: 90kg

210-342 **Takei Handheld Dynamometer** €290 + VAT

The Takei Hand Grip Dynamometer is designed to examine the static flexor power of each forearm. Adjustable comfort grip will allow the user to change the distance between the palm and fingertips for an accurate measurement of strength for any sized individual.

1. LCD shows three digits on the display on the handgrip test dynamometer.
2. Maximum and averaged displayed on the screen.
3. 100 hours of life on one set of batteries.
4. Max Measuring Capacity: 100kg



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Performance Testing

Benefits of Performance Testing

Team sports are characterized as being intermittent in nature, whereby players are required to frequently transition between brief bouts of high-intensity running and longer periods of low-intensity activity. In addition, players may perform movements such as tackling, blocking, jumping, and directional changes integrated alongside technical skills. Despite success being influenced by a myriad of factors, it is clear that athletes should possess physical proficiency for their sport. Performance testing allows the team to track physical characteristics and implement procedures to enhance athletic ability, therefore increasing the likelihood of success.

Timing Measurement

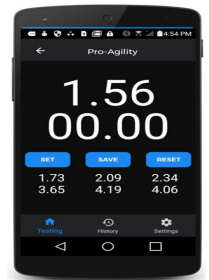


Dashr Wireless Timing Speed Gates

210-332-G



The Dashr electronic timing system is entirely wireless and is controlled by an 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.



The Pro Agility Kit

The Pro-Agility Kit €425.00 + 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

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

The Dash Kit €650.00 + VAT

Tests that can be completed:

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

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



The Dash Kit

The Multi-Event Kit (Most Popular) €890.00 + 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)
4. Flying Events (Dynamic or Moving Start)
5. Flying Events with 1 Split Time (Start - 10m - 20m)
6. Lap Events & Custom Events

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



The Multi Event Kit

The Elite Kit €1150.00 + 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)
4. Dash Events with 2 Split Time (Start, 10m - 20m - 30m)
5. Flying Events (Dynamic or Moving Start)
6. Flying Events with 1 or 2 Split Times (Start - 10m - 20m - 30m)
7. Lap Events & Custom Events

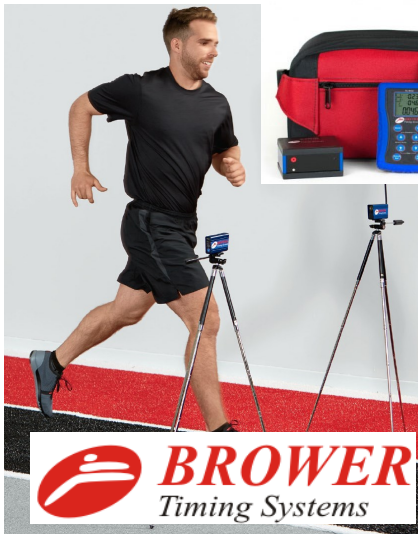
Kit Contents; 4 Laser Modules, 4 Reflectors, 6 Regular Tripods, 2



The Elite Kit

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

Timing Measurement



Brower TCI Timing Gates

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.

SKU	Product	€ Price ex VAT
210-199	Brower TCI Standard system	1195.00
210-199 (Gate)	Brower TCI Standard system + Additional TCI Gate	1395.00
210-231	TCI Test Centre Gate	495.00



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



130-408 4 Digit Interval Timer
€195 + VAT

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)



130-147 Set of 50 Marker Cones
€19.90 + VAT



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.



Jump Testing



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.



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Jump Testing



210-341 **Vert Jump Tester** €139 + 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** €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** €690 + VAT

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**
€695 + VAT

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"

Performance Testing Kit



Performance Test Kit
€790 + VAT

- Vert Jump Tester
- Dashr Gates (Dash Kit)
- Set Cones (50)
- Stopwatch

Add SPS Sit & Reach Test for additional €65



To Order: Tel: 062-77014

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website: www.sportsphysio.ie

Performance Training

Heart Rate Monitoring



**Very Affordable
Team Solutions**

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

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

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



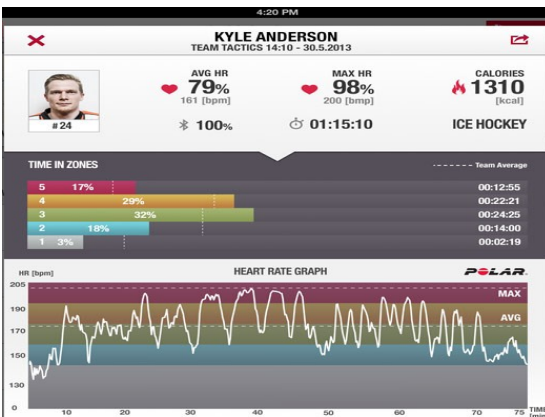
Polar Heart Rate Sensor

When it comes to accuracy and connectivity, Polar H10 heart rate sensor is the go-to choice. Monitor your heart rate with maximum precision and connect your heart rate to your training equipment. With Polar H10, heart rate monitoring is more accurate than ever.

Polar heart rate monitors are known globally for their durability and accuracy. Our selection gives you options to meet your classroom needs.

5 MAXIMUM	90-100 %	Develops maximum performance	Short intervals only
4 HARD	80-90 %	Increases maximum performance capacity	Shorter exercises or intervals
3 MODERATE	70-80 %	Improves aerobic fitness	Moderately long exercises
2 LIGHT	60-70 %	Improves basic endurance and fat burn	Longer and frequently repeated shorter exercises
1 VERY LIGHT	50-60 %	Improves overall health and helps recovery	Recovery and cool-down exercises

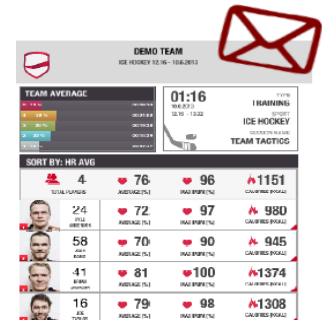
Polar Technology



- Precision** - The improved electrodes make Polar H10 the most accurate heart rate sensor in Polar's history.
- Connectivity** - Compatible with top fitness apps, gym equipment and many other Bluetooth devices.
- Updatable** - Keeps on improving with OTA software updates.
- Suitable for Swimming** - The 5 kHz transmission makes sure you can monitor your heart rate even in water.
- Compatibility** - iPad supports Polar Beat as an iPhone app. Compatible with dozens of leading fitness apps, including Polar Beat & Polar Team Compatible with iPhone 4S and later, and with selected Android devices including Samsung Galaxy S3 and S4 using Android 4.3 or later. Check all compatible devices on 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

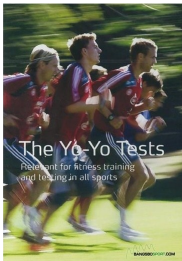
Polar Team and Polar Beat Apps

Polar Team/Beat monitoring system shows accurate real-time heart rate data in every indoor sport. Take advantage of easy to use player tracking analytics and make objective decisions when tailoring your fitness program. Follow heart rates on screen in real time and analyse individual effort.



Performance Training

Aerobic & Endurance Testing



210-119 Yo-Yo Test €52.90 + VAT
Includes 3 Cd's. Intermittent, Intermittent endurance, Intermittent Recovery tests



210-118
Stopwatch
€9.90 + VAT



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



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

Activity/ HR Watches

POLAR
LISTENS TO YOUR BODY

Good volume discounts
for 3+ Units on request

GARMIN

fitbit



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 Training Kit **



x1



x1



x1

Kit Price
€999+VAT

Kit Contents:

- 1 x PUSH Band 2.0 with Sleeve
- 1 x Polar H10 Heart Rate Monitor
- 1 x Dashr Timing System

Optional Extra

- Additional Dashr Small Tripod €30 +VAT
- Additional Dashr Tall Tripod €35 + VAT
- Additional Dashr Laser Module €270 + VAT

Performance Training



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

Performance Training

Power, Speed & Agility Development



Plyometric Hurdles

- 130-145** Hurdle 15cm €5.90+VAT
- 130-146** Hurdle 30cm €6.90+VAT
- 130-219** Hurdle 50cm €9.90 + VAT

The 15cm & 30cm hurdle ideal for stride development, plyometric and leg speed drills for all levels and fast feet and lateral agility drills.

The 50cm Hurdle height is perfect for high knee power and plyometric training drills. Excellent height for the plyometric jumping drills for the larger more powerful athlete.

130-200 Plyometric Hurdle €35+VAT

Hurdle walks, plyometric bounding, jumping & hopping. Safe- Hurdle collapses when hit. Portable – Folds up for storage. Adjusts – From 6" to 42". Perfect for plyometric drills & dynamic flexibility.

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



Plyo boxes—Please call for details and range

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

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

K bands 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.

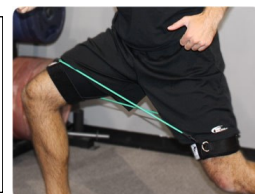
ATHLETES INCREASE SPEED, AGILITY AND VERTICAL LEAP

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

Fundamental Movement Kits

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)



€119+VAT
Physical Literacy

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



Speed Development Kits

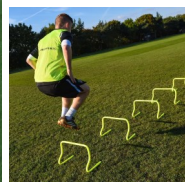
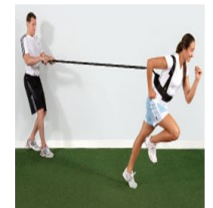
Speed Development Kit to enhance

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

€139+VAT
Speed Development



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



Power, Speed & Agility Development



130-144 Agility Ladder
15 foot €29+VAT

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



140-142
Reaction Ball
€4.95+VAT



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



140-229
Skipping Rope
€4.90+VAT



130-148
Breakaway
Evasion Belt
€4.90+VAT



Agility Marker Dots
€19.90+VAT
Set of 6

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

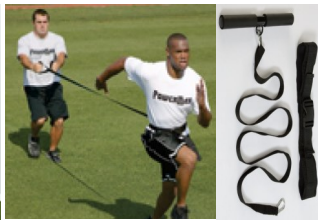
website: www.sportsphysio.ie

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.

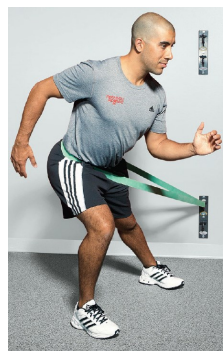
Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.



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.

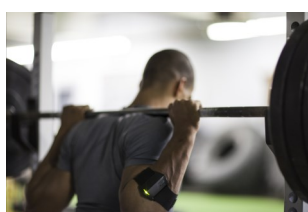


The Push Band can be used to collect key performance data for over 250 exercises, all at the push of a button. The Push Band allows coaches instantly monitor fatigue and readiness by being able to identify reductions in movement velocity or power output (Wattage).

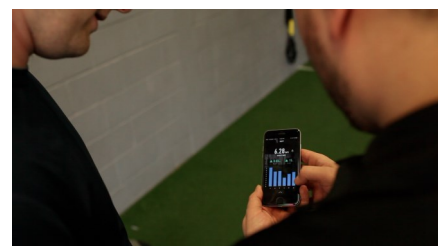
Increase buy-in by providing purposeful and actionable training feedback. Whether it's for long-term trend analysis or rep-by-rep coaching cues, data collected by PUSH will make a difference.

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.



'Man Utd Pre-season 2018'



140-148 BOSU Balance Trainer €129 +VAT
140-506 BOSU Balance Trainer Pro €159 + VAT

The BOSU and BOSU Pro are integrated balance trainers and are truly unique balance, core stability and proprioception training devices. BOSU Balance: Maximum loading 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



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



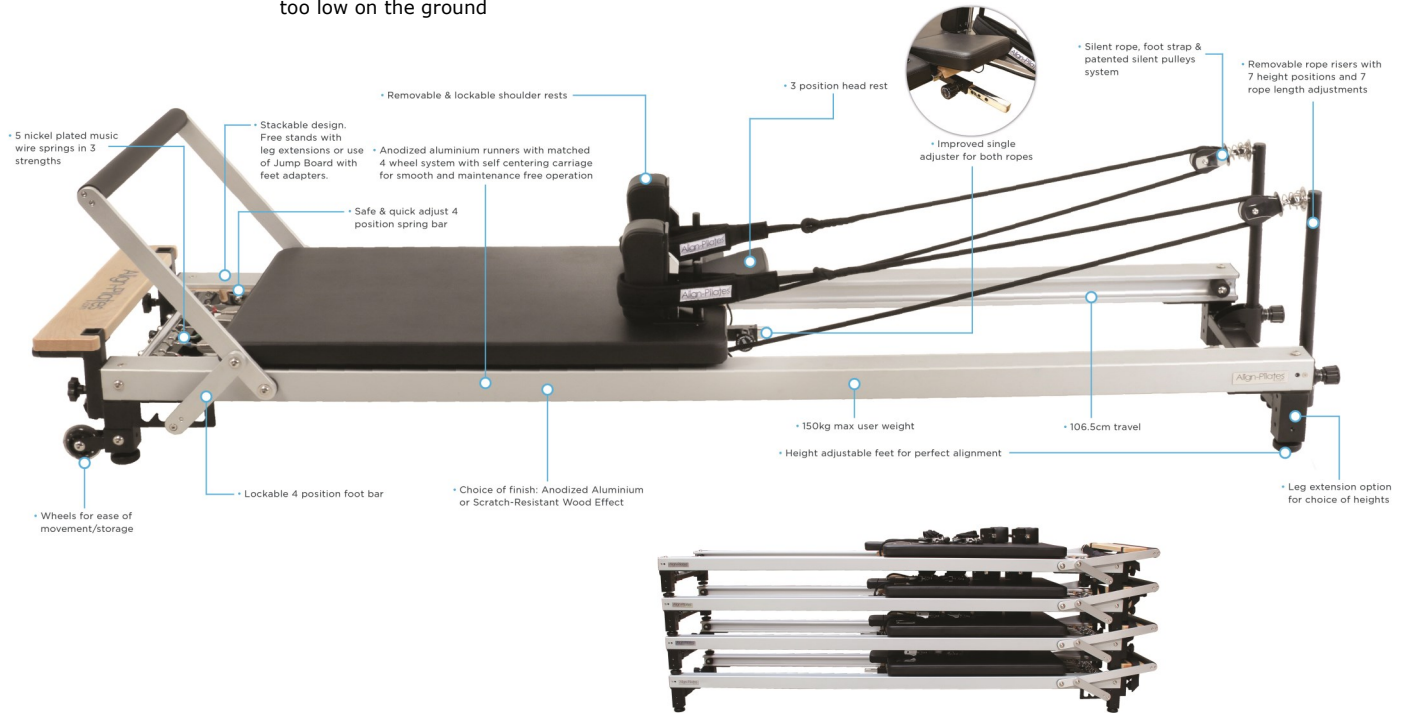
140-174 €21.90 + VAT
Dual Wobble Board with removable dome base for added difficulty

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

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

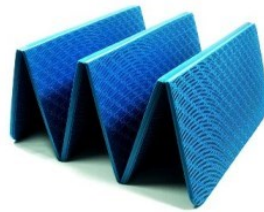
Rehab & Prehab

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 Overball 10"
140-234 Soft Overball 9"
140-235 Soft Overball 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



140-242(2) Yoga Warrior II Mat €16.90 + VAT



140-500 Yoga Bricks €6.90 + VAT



140-175 Yoga Warrior II Plus Mat €19.90 + VAT

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



140-194 Yoga Straps 2M €6.90 + VAT



140-193 Yoga Blocks €5.50 + VAT

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

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 @sportsphysioirl 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

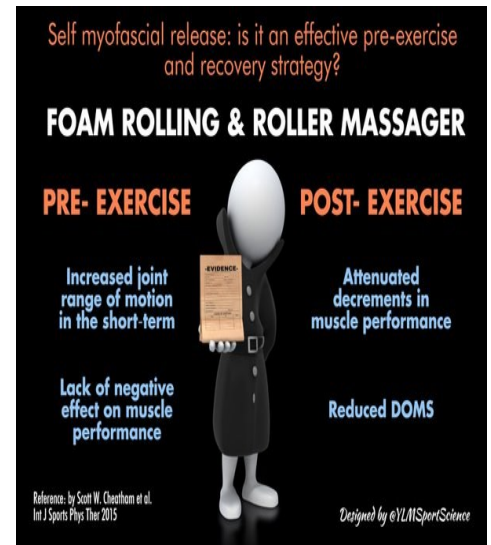
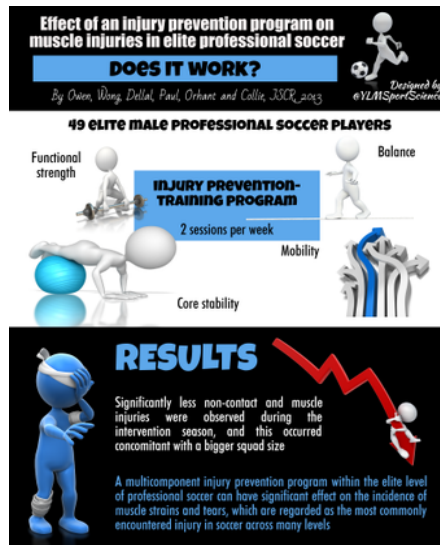
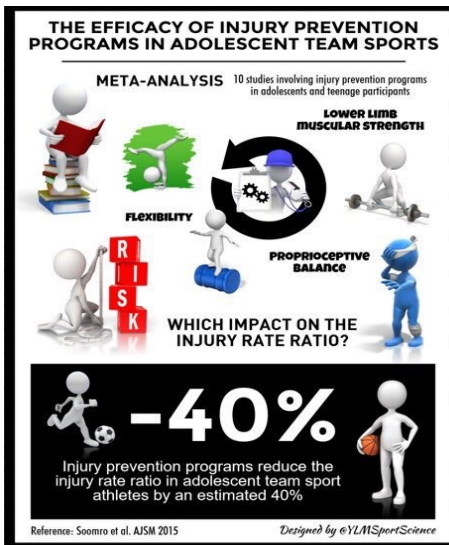
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website: www.sportsphysio.ie

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

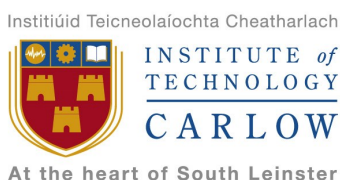
Ciaran Sloan - Down GAA Senior Strength & Conditioning Coach

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



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 of 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.

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.



PERFORM BETTER!

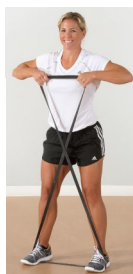
Order Code	Strength	Price € ex VAT	10 + price	20 + price
140-255	Light Yellow	€2.95	€2.65	€2.36
140-246	Medium green	€2.95	€2.65	€2.36
140-247	Heavy blue	€2.95	€2.65	€2.36
140-245	Ex. Heavy black	€2.95	€2.65	€2.36

**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



PERFORM BETTER!

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**



**1 of each band
€65 +VAT**



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.



MFR Roller	€19.90 + VAT
MFR Ball	€5.90 + VAT
Double MFR Ball	€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



To Order: Tel: 062-77014

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 **



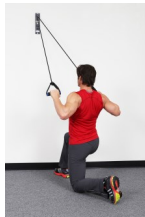
For 30 Players

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



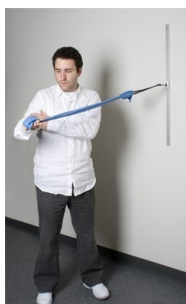
140-347 Hammer Head Anchor Gym €79 + VAT
A wall mounted system for anchoring your resistance bands and straps. Made of steel and capable of supporting up to 300 lbs. of resistance. Hammer Head Anchor Gym H2 Units have 2 hooks that extend 3" from the wall - each hook measures 11 1/2" high x 2 1/2" wide.
Hardware included for mounting to wood studs only

Squad Bulk Bands Kit



Activation & Speed Development
- 40 x Mini-Bands Mixed
- 10 x 0.5" Strength training Bands
or 5 x 1.75" Speed Training bands
- Free Carry Bag

€179+VAT
Bulk Bands



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.

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

	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

45.m clinic rolls



5.5m rolls



1.2m patient packs



140-194
Rolyan Band
Dispenser
€79 + VAT

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

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

Exercise Tubing Alternative to Exercise Banding. Available in 30m lengths

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

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** €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.

Blood Flow Restriction

A Current Research Informed Guide

@dr.caleb.burgess + @thehpm

<h4>Application</h4> <ul style="list-style-type: none"> ✓ ANY SIZE cuff or material can be used as long as limb occlusion pressure (LOP) is calculated ✓ SMALLER cuffs may require LARGER pressures than wider cuffs ✓ WIDER cuffs may IMPEDE movement ✓ Elastic or nylon show SIMILAR benefits 		<h4>Passive</h4> <ul style="list-style-type: none"> ✓ Sets: 3-5 ✓ Duration: 5 minutes ✓ Pressure: 70-100% LOP ✓ Rest: 3-5 minutes between inflations ✓ Application: Continuous 
<h4>Aerobic Training</h4> <ul style="list-style-type: none"> ✓ Pressure: 40-80% LOP ✓ Intensity: < 50% VO2Max or Heart Rate Reserve ✓ Duration: 5-20 minutes ✓ Mode: Cycling or walking ✓ Application: Intermittent* or continuous* ✓ Frequency: 1-2x/day for 1-3 weeks or 2-3x/week for 3+ weeks 		<h4>Resistance Training</h4> <ul style="list-style-type: none"> ✓ Pressure: 40-80% LOP ✓ Reps/sets: 30-15-15-15 or failure (2-4 sets) ✓ Rest: between 30-60 sec ✓ Loads: 20-40% 1RM with HIGHER pressures needed at lower %RM ✓ Application: Intermittent or continuous ✓ Frequency: 1-2x/day for 1-3 weeks or 2-3x/week for 3+ weeks ✓ Tempo: 1-2 second concentric & eccentric 

*Continuous: on during exercise + rest
 *Intermittent: on during exercise, off at rest (SIMILAR benefits, LESS discomfort)



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.

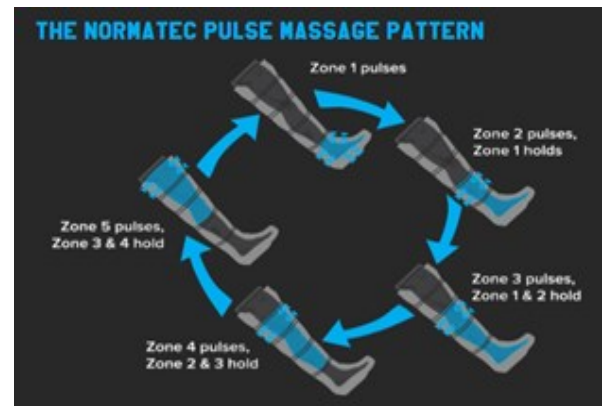
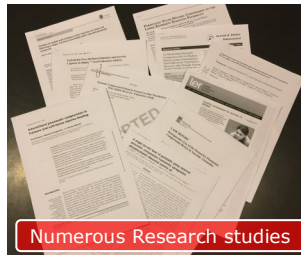
Our systems include a control unit and attachments which go on the legs, arms, or hips.

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



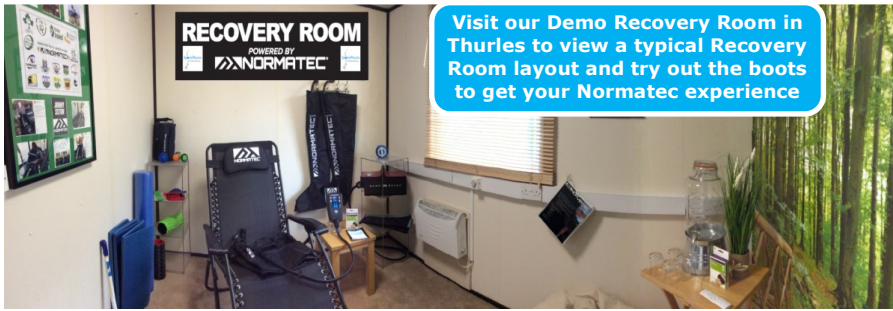
To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

The 'Recovery Room'



Visit our Demo Recovery Room in Thurles to view a typical Recovery Room layout and try out the boots to get your Normatec experience



Rehab & Recovery Room



SPORTS SURGERY CLINIC
Sports Medicine, Orthopaedic & Specialist Services



Introducing The Recovery Room for your Facility

- [Athletes can recover at your facility](#) between training sessions.
- Excellent for [Injury Rehab](#) Isolate the injured joint & compress
- Great [Addition to your clinic or Gym](#). Recovery is huge now.
- [Don't need to Monitor](#) Free to work with other patients/clients
- Additional [Revenue](#). Investment covered after 2/3 use.
- Clinic becomes a destination for [athletes that are not injured!](#)
- [Rent out to your athletes/teams](#) at weekend when clinic closed



Team Recovery Room



Stretching & Flexibility Area

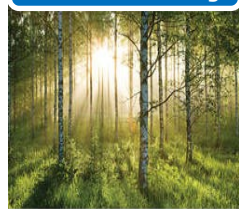


Zero Gravity Chairs



Recovery Room Design
We can help you with the design & layout of your Recovery Room. Maximise your athletes experience Another feature to your clinic / gym

Wall Mural for Relaxation setting



Hydration Station

Recovery—Irish Teams & Athletes



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



Irish Womens Hockey Team
 World Cup Silver Medalists 2018

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



Niamh Maguire @niamhmiley · 4d
 Recovery day for @IreMenHockey 🍀 after a tough few days of matches & training. Thanks as always to @Sportsphysioirl for the support on our WC Journey #RoadToBhubaneswar @julianne_ryan



**Andrew Conway
 Munster & Ireland Rugby
 Visits our Recovery Room in Thurles**

See the video on our NormaTec Page where we discuss the Features and Benefits of the NormaTec with Andrew

Recovery— GAA Teams using NormaTec



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



TJ Reid @_tjreid · Mar 12

Thanks to @Sportsphysioirl for the normatec compression boot for recovery, badly needed after a tough game in thurles last night, #recovery



Limerick GAA All Ireland Senior Hurling Champions 2018



SportsPhysioSupplies @Sportsphysioirl · Mar 7
@ColinFennelly using our Normatec Pulse recovery boot after a tough game against cork at the weekend. #recovery #normatec



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



To Order:

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e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

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

Following

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 α 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 α 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



Order Code	Product Description	€ excl VAT	
120-101	Bucket + Piping	59.00	
120-239	Cryo Cuff IC	129.00	
120-102	Artic Flow Knee/Thigh wrap	59.00	VAT Free
120-103	Artic Flow Ankle Wrap	59.00	VAT Free
120-104	Artic Flow Shoulder wrap	69.00	VAT Free
120-105	Artic flow Elbow wrap	59.00	VAT Free
120-164	Aircast Ankle Cuff	69.00	VAT Free
120-165	Aircast Knee Cuff Large	69.00	VAT Free
120-166	Aircast Thigh Cuff	69.00	VAT Free
120-167	Aircast Shoulder Cuff	85.00	VAT Free
120-204	Aircast Knee Medium	69.00	VAT Free
120-167	Aircast Elbow Wrap	85.00	VAT Free
120-201	Aircast Hand & Wrist Wrap	79.00	VAT Free

AIRCAST



120-239- The Cryo/Cuff IC
€129 + VAT
Provides both gravity & motorized cold and compression therapy for flexibility of care. An integrated pneumatic pump within the cooler lid provides automated cold and compression therapy, with simplicity of design and ease-of- use operation

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	VAT Free
120-214	Compression Cold Therapy Knee	29.00	VAT Free
120-215	Compression Cold Therapy Thigh	29.00	VAT Free
120-216	Compression Cold Therapy Shoulder	34.90	VAT Free
	Replacement Cold Wraps	15.00	VAT Free

To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

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.

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

Recovery



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
- 3 speed settings deliver up to 3200 percussions per minute
- Rechargeable lithium-ion battery (Up to 3 hours of use per charge)
- 4 interchangeable head attachments



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

HYPERVOLT

R3 ROLLER

DIMPLE FIRE BALL

NORMATEC

Ciara Mageean

"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

@SPORTSPHYSIOGIRL @TEAMNBMC @PENINSULASPORTS

Stretching & Flexibility



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

130-375 MFR Roller €4.50 + VAT
130-397 Double Ball €9.90 + VAT



180-285 VYPER 2.0
 €111.20 + VAT
 The next generation of the world's most powerful vibrating fitness 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+)



130-211(2)
 MFR Roller

The ultimate roller for myofascial release and to help massage and release tight muscles.
 €19.90 + VAT
 €16.92 (10+)



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

€25.90 + VAT
 €22.02 (10+)



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+)

130-110



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

130-157

Dual density foam material ensures that the roller will hold its shape much longer than the traditional white or light blue foam roller



130-199
 Grid Roller
 33cm long x 13cm diameter

€36.00+ VAT
 €30.60(5+)



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



140-266
 Stretch Out strap
 €16.00+VAT

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



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



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



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



200-257 Pro Stretcher €34.90 + VAT

Reduce the domino effect of chain reaction injuries. Flexibility and strength are critical factors in achieving peak physical potential and in preventing and treating injuries.

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'

150-305 Theta €1,390 + VAT

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...)

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 ensure the optimal electrode placement.



The 'Rehab'

150-272 Rehab €590 + VAT

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

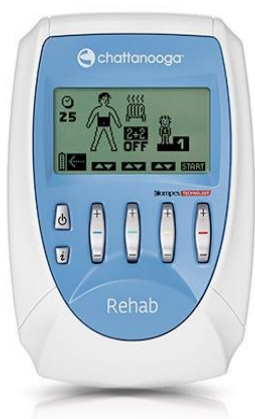
Start the stimulation on demand by pressing a trigger button when needed (Hemiplegic foot, spasticity...)

SKIP

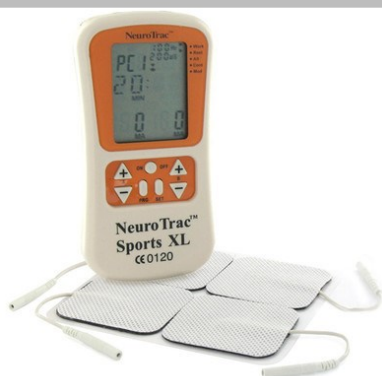
Manage the session time and move directly to the next phase (recovery) when needed.

MOTOR POINT PEN

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



Muscle Stim & TENS Recovery



150-107 Neurotrac Sports Muscle Stim
€89 + VAT



150-216 Neurotrac Rehab €85 + VAT



150-506 Blue Tens €139 + VAT

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

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

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

Other brochures from Sports Physio & Performance



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