

Taping & Strapping



We offer a comprehensive range of Taping & Strapping to full fill all your requirements. Zinc Oxide tapes in regular or high strength variations. Elastic adhesive strapping in the traditional Elastoplast style and the now popular hand tearable style. Cohesive bandages that stick to their self instead of the skin. Kinesio Tapes and the very popular Dynamic Taping.

Full range of bandages and Taping accessories. We offer all the top brands including Jaybird, Mueller, BSN, Powerflex and some of our excellent quality Sports Physio brands.

We are here to offer you advise on choice of tapes for different applications



Zinc Oxides— Regular



Sports-Tape Ex 1

With excellent adhesion and tensile strength properties, the Sport-Tape EX1 is our most popular regular strength zinc oxide. Bleached hypo-allergenic zinc oxide. Serrated edge for easy tearing. Unwinds smoothly and easily for fast application. Serrated edge and easy unwind make it an ideal solution for the busy dressing room

13.7m long—See widths in table

Tape width	Sports-Tape Ex25 Order # / Price (Qty)	Box Price € excl VAT
1.0"(2.5cm)	100-152 / €1.54 (1+)	
1.0"(2.5cm)	100-152 / €1.23 (48+)	€65.90
1.5"(3.8cm)	100-151 / €2.57 (1+)	
1.5"(3.8cm)	100-151 / €2.05 (32+)	€65.90
2.0"(5.0cm)	100-153 / €3.43 (1+)	
2.0"(5.0cm)	100-153 / €2.74 (24+)	€65.90



Mueller M tape

100% Cotton Zinc Oxide tape. Easy unwind allows fast use in the busy dressing room.

13.7m long available in 2.5cm(1"), 3.8cm (1.5") & 5.0cm(2") widths



Tape Width	Mueller M Tape Order # / Price (Qty)	Box Price € excl VAT
1.0"(2.5cm)	100-116 / €2.16 (1+)	
1.0"(2.5cm)	100-116 / €1.72 (48+)	€79.90
1.5"(3.8cm)	100-108 / €3.24 (1+)	
1.5"(3.8cm)	100-108 / €2.59 (32+)	€79.90
2.0"(5.0cm)	100-117 / €4.31 (1+)	
2.0"(5.0cm)	100-117 / €3.45 (24+)	€79.90



Sports Physio Supplies are the Authorised Irish distributor for the Jaybird Taping Range. If you haven't used the tapes before & would like to try it, please call us for samples



Finger Tape zinc Oide

Narrow 0.5" (1.25cm) zinc oxide tape—ideal for finger taping applications

10m long available in 1.25cm(1.0") width

Tape width	Sports-Tape Ex25 Order # / Price (Qty)	Box Price € excl VAT
0.5"(1.25cm)	100-127 / €2.13 (1+)	
0.5"(1.25cm)	100-127 / €1.70 (12+)	€20.40

Zinc Oxides — Advanced / Extra Strong



Customer Choice High strength white Zinc Oxide

Sports-Tape Pro

Superior Quality 100% rayon woven fabric tape designed for heavy duty applications or acute taping requirements where extra strong adhesive & strength are required. Hypoallergenic adhesive. Very popular— Great customer feedback

10m long available in 2.5cm(1"), 3.8cm (1.5") & 5.0cm(2") widths

Tape width	Sports-Tape Pro 95 Order # / Price (Qty)	Box Price € excl VAT
1.0"(2.5cm)	100-132 / €1.90 (1+)	
1.0"(2.5cm)	100-132 / €1.52 (48+)	€72.90
1.5"(3.8cm)	100-131 / €2.85 (1+)	
1.5"(3.8cm)	100-131 / €2.28 (32+)	€72.90
2.0"(5.0cm)	100-133 / €3.80 (1+)	
2.0"(5.0cm)	100-133 / €3.04 (24+)	€72.90



Sports-Tape Pro Plus

Arguably the best Quality white zinc oxide strapping tape on the market. Serrated edge for easy tearing and application. Excellent adhesive and tensile strength.

Identical tape to the brown Premium Sports Strapping Tape, but in white

10m long available in 3.8cm (1.5") width

Tape width	Sports-Tape Pro 95 Order # / Price (Qty)	Box Price € excl VAT
1.5"(3.8cm)	100-160 / €3.87 (1+)	
1.5"(3.8cm)	100-160 / €3.10 (30+)	€92.90

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Zinc Oxides — Advanced / Extra Strong



Sports-Tape Premium

Best Quality Zinc oxide on the market. Viscose fabric with a hypoallergenic adhesive mix. Excellent alternative to Leuko-P. High Tensile strength and Strong adhesion for heavy use application or acute injury taping. Excellent for long term applications.

13.7m long in 2.5cm(1"), 3.8cm (1.5") & 5.0cm(2") widths

Best Selling Tan Strapping Tape



Strappal Tape from BSN

Finest quality zinc oxide strapping tape from brand leader BSN Medical. High tensile strength is ideal for treating joint and ligament injuries. Water resistant Viscose / Rayon construction

10m long available in 1.25cm(0.5"), 2.5cm(1"), 4.0cm(1.6"), 5.0cm(2") width



Mueller Euro Tape Platinum

Extra Strong adhesive with serrated edge for easy tearing. Suitable for heavy duty applications

11m long available in 2.5cm(1"), 3.8cm (1.5") & 5.0cm(2") widths



Jaystrap Tan High Strength

Alternative to Leukotape P. from Jaybird
Very strong adhesion and high tensile strength.
Serrated edge for easy tearing.

13.7, long in 1.5"(3.8cm) width

Tape width	Sports Tape Premium Order # / Price (Qty)	Box Price € excl VAT
1"(2.5cm)	100-137/ €3.71 (1+)	
1"(2.5cm)	100-137/ €3.25 (40+)	€125.90
1.5"(3.8cm)	100-101 / €5.24 (1+)	
1.5"(3.8cm)	100-101 / €4.72 (15+)	€70.74
1.5"(3.8cm)	100-101 / €4.19 (30+)	€125.90
2"(5cm)	100-154/ €7.43 (1+)	
2"(5cm)	100-154/ €6.50 (20+)	€139.90

Tape width	Strappal Tape Order # / Price (Qty)	Box Price € excl VAT
0.5"(1.25cm)	100-158 / €1.84 (1+)	
0.5"(1.25cm)	100-158 / €1.47 (36+)	€52.99
1.0"(2.5cm)	100-148 / €3.29 (1+)	
1.0"(2.5cm)	100-148 / €2.63 (36+)	€94.90
1.6"(4.0cm)	100-111 / €4.16 (1+)	
1.6"(4.0cm)	100-111 / €3.24 (24+)	€77.90
2.0"(5.0cm)	100-149 / €5.55 (1+)	
2.0"(5.0cm)	100-149 / €4.43 (18+)	€79.90

Tape width	Mueller Euro Tape Order # / Price (Qty)	Box Price € excl VAT
1.0"(2.5cm)	100-141 / 2.34 (1+)	
1.0"(2.5cm)	100-141 / 1.73 (48+)	€89.90
1.5"(3.8cm)	100-145 / €3.51 (1+)	
1.5"(3.8cm)	100-145 / €2.81 (32+)	€89.90
2.0"(5.0cm)	100-146 / €4.68 (1+)	
2.0"(5.0cm)	100-146 / €3.24 (24+)	€89.90

Tape width	Sports Tape Jaystrap Order # / Price (Qty)	Box Price € excl VAT
1.5"(3.8cm)	100-136 / €4.16 (1+)	
1.5"(3.8cm)	100-136 / €3.56 (15+)	€53.40
1.5"(3.8cm)	100-136 / €3.33 (32+)	€99.90

Leukotape P & Alternatives



Leukotape P

Top quality tape from BSN. Extremely adhesive. Very high tensile strength.
Used extensively for patella and shoulder taping

13.7m long in 1.5" (3.8cm) width

Tape width	Leukotape P Order # / Price (Qty)	Box Price € excl VAT
1.5"(3.8cm)	100-103 / €9.65 (1+)	
1.5"(3.8cm)	100-103 / €8.68 (6+)	€52.11
1.5"(3.8cm)	100-103 / €7.72 (20+)	€154.40



Sports-Tape Premium

Best Quality Zinc oxide on the market. Viscose fabric with a hypoallergenic adhesive mix. Excellent alternative to Leuko-P. High Tensile strength and Strong adhesion for heavy use application or acute injury taping.
Excellent for long term applications.

13.7m long in 2.5cm(1"), 3.8cm (1.5") & 5.0cm(2") widths

Best Selling Tan Strapping Tape

Tape width	Sports Tape Premium Order # / Price (Qty)	Box Price € excl VAT
1"(2.5cm)	100-137/ €3.71 (1+)	
1"(2.5cm)	100-137/ €3.25 (40+)	€125.90
1.5"(3.8cm)	100-101 / €5.24 (1+)	
1.5"(3.8cm)	100-101 / €4.72 (15+)	€70.74
1.5"(3.8cm)	100-101 / €4.19 (30+)	€125.90
2"(5cm)	100-154/ €7.43 (1+)	
2"(5cm)	100-154/ €6.50 (20+)	€139.90



Jaystrap Tan High Strength

Alternative to Leukotape P. from Jaybird
Very strong adhesion and high tensile strength.
Serrated edge for easy tearing.

13.7, long in 1.5"(3.8cm) width

Tape width	Sports Tape Jaystrap Order # / Price (Qty)	Box Price € excl VAT
1.5"(3.8cm)	100-136 / €4.16 (1+)	
1.5"(3.8cm)	100-136 / €3.56 (15+)	€53.40
1.5"(3.8cm)	100-136 / €3.12 (32+)	€99.90

Combi Packs & Alternative



100-104 Leuko-tape P Combi Pack

1 x Leuko-tape P + 1 x hypafix 5.0cm.

Supplied together in a combi box as shown

**Renowned Leuko
Tape P Combi Pack**

Leuko-P Combi Pack Combi Price / Qty	Box Price € excl VAT
€12.35 (1+)	
€11.12 (10+)	€111.20
€10.50 (20+)	€209.95



100-102 Sports-Tape Premium Combi Pack

1 x Sports-tape Premium + 1 x hypafix 5.0cm

(Note: both supplied loose—not in a combi box together)

Best Value Combi Pack!

Sports-Tape Premium Combi Pack Combi Price / Qty	Box Price € excl VAT
€9.19 (1+)	
€8.27 (10+)	€82.71
€7.35 (20+)	€147.04



Hypafix / Fixomull

A high quality hypo allergenic, soft conforming stretch fabric tape. Water resistant. Use under Leuko-tape P or alternatives for patella or shoulder taping etc

Hypafix 5.0cm 100-112 Roll Price / Qty	Box Price € excl VAT	Hypafix 10cm 100-135 Roll Price / Qty	Box Price € excl VAT
€3.95 (1+)		€6.59 (1+)	
€3.33 (10+)	€33.30	€5.93 (10+)	€64.80
€2.96 (20+)	€59.20	€5.27 (20+)	€115.20

Spatting Tape



Mueller Spatting tape

Mueller ® Spatting Tape features a light, strong and low-profile design that's perfect for practice and game-day use.



Tape Width	Mueller Spatting Tape Order # / Price (Qty)	Box Price € excl VAT
2.0"(5.0cm)	100-164 / €3.99 (1+)	
2.0"(5.0cm)	100-164 / €3.32 (24+)	€79.90
3.0"(7.5cm)	100-165 / €5.99 (1+)	
3.0"(7.5cm)	100-165 / €4.99 (16+)	€79.90



****** Team Offers ******

**For Bulk team offers on our full range please
contact us on sales@sportsphysio.ie or call us
on 062-77014**



Jaybird & Mais, Inc.

Premium Adhesive Tapes designed for the Physio Therapist

Sports Tape EX1



Sports Tear Plus



- Lightweight Stretch Tape
- White Cotton/Polyester/Spandex Blended Woven Fabric Tape
- White Proprietary Synthetic Rubber Adhesive Formulation with Zinc Oxide
- 100% Latex Free
- Hand Tearable
- Long Stretch Elasticized Tape with Strong Memory
- 100% Use down to the Core

- Rigid White Tape
- Strong Bleached White Woven Textile Base
- Bi-Directional Hand Tearing
- Soft & Supple Textile Base for ease of Application and Conformability
- Computerized Unwind Tension for Consistent Taping Application
- 100% Latex Free
- Proven Proprietary White Synthetic Rubber Adhesive Formulation with Zinc Oxide

Jaybird® branded products are used at every level and league of sport in the US market from amateur to the professional ranks. Jaybird & Mais, Inc. manufactures it's adhesive taping products in it's own production facility in Lawrence, Massachusetts since 1985. Please visit our website site at www.jaybird.com for additional product information.



Sports Physio Supplies Ltd. is a valued Jaybird & Mais Factory Authorized Distributor. We continue to work closely with Matt Carr and his team at Sports Physio Supplies to provide top quality taping solutions for the Irish Sports Medicine market.

Made in the USA

Scott Garfield

Scott Garfield, President
Jaybird & Mais, Inc.



Elastic Adhesive Bandages — Hand Tearable

Lightweight Elastic adhesive bandages. Easy to Use, Hand Tearable, Conforms well to the joints. Not as bulky as standard E.A.B. Very popular around thighs in Rugby—outer texture gives greater grip for lifters. Popular for wrists & ankles in the 1.5" or 2.0" versions in all Sports. Excellent compression taping in the 3.0" width e.g Quad or hamstring strains.



Tape width	Sports Tear Plus Order # / Price (Qty)	Box Price € excl VAT
1.0" (2.5cm)	110-186 / €1.48 (1+)	
1.0" (2.5cm)	110-186 / €1.07 (48+)	€56.90
1.5" (3.8cm)	110-157 / €2.22 (1+)	
1.5" (3.8cm)	110-157 / €1.78 (32+)	€56.90
2.0" (5.0cm)	110-154 / €2.96 (1+)	
2.0" (5.0cm)	110-154 / €2.37 (24+)	€56.90
3.0" (7.5cm)	110-155 / €4.44 (1+)	
3.0" (7.5cm)	110-155 / €3.55 (16+)	€56.90

Most Popular Hand Tearable EAB

Sports Tear Plus

Renowned Jaybird strength & excellent adhesion. Latex Free adhesive.
Conforms well to body contours.
Lightweight and hand tearable.
Top performance in demanding situations in all sports.

6.8m long

Excellent solution for around the thighs for the jumpers in Rugby or for Thumb taping (less bulk around the thumb area and more conformable). Very popular for wrist taping in all sports and for closure taping on ankles (conforms well). Excellent for muscle compression taping also



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NOTE: All Hand tearable EABS extra long at 6.8m. Traditional EAB's are 4.5m long



Lightplast Pro

Excellent adhesion. Conforms well to body contours. Moisture resistant adhesive keeps strapping firmly in place
6.8m long

Tape width	Lightplast Pro Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-158 / €4.16 (1+)	
2.0" (5.0cm)	110-158 / €3.33 (24+)	€79.90
3.0" (7.5cm)	110-159 / €6.24 (1+)	
3.0" (7.5cm)	110-159 / €4.99 (16+)	€79.90



110-191 Rugby lifting block foam €0.55 + VAT

Rugby Lifting Block are foam blocks used by players to provide added grip for lifters, tape on their upper legs to support lifting while taking lineouts, Most effective when combined with hand tearable EAB tape such as sports tear plus, Lightplast Pro and Mueller Tear Light and also Mueller Tuffner pre tape spray.



Elastic Adhesive Bandages (E.A.B)



Club EAB Jaylastic

Heavyweight 100% cotton stretch tape features an aggressive adhesive and an easy to work with fabric. Quality Product from Jaybird is designed for taping applications that demand maximum support. Short stretch. Available in Tan & White

4.5m long available in 5.0cm (2") & 7.5cm (3") widths

Tape width	Club EAB Jaylastic Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-179 / €2.60 (1+)	
2.0" (5.0cm)	110-179 / €2.08 (24+)	€49.90
3.0" (7.5cm)	110-180 / €3.90 (1+)	
3.0" (7.5cm)	110-180 / €3.12 (16+)	€49.90



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

Elastic Adhesive Bandages (E.A.B)



Tensoplast (formerly Elastoplast)

Top Quality elastic Adhesive Bandage from BSN Medical

4.5m long available in 2.5cm(1"), 5.0cm (2") 7.5cm(3") & 10cm(4") widths



Steroplast Elastic Adhesive Bandages

Traditional EAB with guidance line through the middle of the roll. Feathered Edge. Available in 3 Quality brands.

4.5m long available in 2.5cm(1"), 5.0cm (2") 7.5cm(3") & 10cm(4") widths

Tape width	Tensoplast/Elastoplast Order # / Price (Qty)	Box Price € excl VAT
1.0" (2.5cm)	110-109 / €2.95 (1+)	
1.0" (2.5cm)	110-109 / €2.57 (12+)	€30.90
1.0" (2.5cm)	110-109 / €2.10 (24+)	€50.50
2.0" (5.0cm)	110-104 / €4.75 (1+)	
2.0" (5.0cm)	110-104 / €4.04 (12+)	€48.45
2.0" (5.0cm)	110-104 / €3.59 (24+)	€86.21
3.0" (7.5cm)	110-105 / €6.95 (1+)	
3.0" (7.5cm)	110-105 / €5.90 (12+)	€70.89
3.0" (7.5cm)	110-105 / €5.39 (24+)	€129.41
4.0" (10cm)	110-110 / €10.95 (1+)	
4.0" (10cm)	110-110 / €9.86 (12+)	€111.69

Tape width	Steroplast Order #	Qty	Price € excl VAT
1.0" (2.5cm)	110-144	1	€1.97
1.0" (2.5cm)	110-144(Box)	48	€74.90
2.0" (5.0cm)	110-101	1	€3.36
2.0" (5.0cm)	110-101(Box)	30	€80.88
3.0" (7.5cm)	110-102	1	€4.41
3.0" (7.5cm)	110-102(Box)	30	€105.84
4.0" (10cm)	110-103	1	€5.95
4.0" (10cm)	110-103(Box)	30	€142.80

Cohesive Bandages

Cohesive Bandages Same as Hand Tearable elastic adhesive bandage but sticks to itself & not to the skin. High Strength, Lightweight & comfortable. Very easy to apply and hand tearable. Easy to remove afterwards. No need for Underwrap when using cohesive tape as it doesn't stick to the skin.



Powerflex Cohesive

Top Quality Cohesive. One of the strongest on the market and very popular. Firm support. Hand tearable.

5.5m long available in 5.0cm (2") 7.5cm (3") & 10cm(4") widths

Tape width	Powerflex Cohesive Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-135 / €2.44 (1+)	
2.0" (5.0cm)	110-135 / €1.95 (24+)	€46.90
3.0" (7.5cm)	110-133 / €3.66 (1+)	
3.0" (7.5cm)	110-133 / €2.93 (16+)	€46.90
4.0" (10cm)	110-125 / €4.47 (1+)	
4.0" (10cm)	110-125 / €3.90 (12+)	€46.90



Sports Cohesive (Cotton)

Top Quality Cohesive alternative to Powerflex. Very strong conforms well to body contours. Firm support. Hand tearable.

4.5m long in 5.0cm (2") 7.5cm(3") & 10cm(4") widths

Best Selling Cohesive

Tape width	Sports Cohesive Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-112 / €2.23 (1+)	
2.0" (5.0cm)	110-112 / €1.79 (24+)	€42.90
3.0" (7.5cm)	110-113 / €3.35 (1+)	
3.0" (7.5cm)	110-113 / €2.68 (16+)	€42.90
4.0" (10cm)	110-107 / €4.46 (1+)	
4.0" (10cm)	110-107 / €3.57 (12+)	€42.90



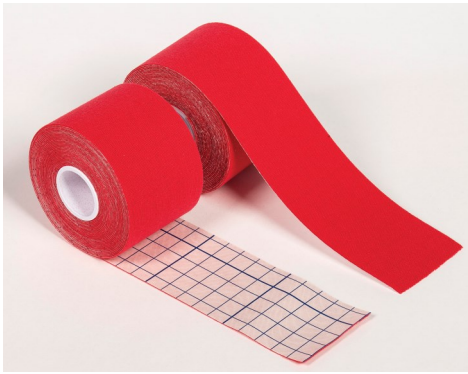
Sports Sock Tape and Cohesive colour wrap.

Available in Red, Pink, Black, Blue and Green. 4.5 M in Length
Check website for details and enquiries.

Tape width	Sports Sock Tape Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-197 €2.60 (1+)	
2.0" (5.0cm)	110-197 €2.08 (24+)	€49.90
3.0" (7.5cm)	110-198 €3.50 (1+)	
3.0" (7.5cm)	110-198 €2.80 (16+)	€44.80

Kinesio Taping

Sports K Tape



Sports K Tape is a high-quality, cotton tape with elastic properties, and a self-adhesive acrylic-coating (adhesive properties of the tape). The adhesive coating allows air and water circulation. The tape can be worn for several days and is water resistant.

Excellent alternative to Kinesio Tex brand. Excellent Quality & adhesion. Available in 5cm x 5m rolls in colours Black, Beige, Blue & Red

Great solution for Sports Event Taping or for longer taping over several days

Sports K Order codes

110-160	Beige 5cm x 5m
110-173	Blue 5cm x 5m
110-161	Black 5cm x 5m
110-176	Red 5cm x 5m

Tape Length	Sports K Price (Qty)	Box Price € excl VAT
5m	€5.90 (1+)	
5m	€5.32 (6+)	€31.90
5m	€5.01 (12+)	€60.20

We have excellent feedback from customers who use this tape



Kinesio Tex Tape



What are the new features and benefits of Kinesio Tex Gold FP?

Higher Grade Cotton – the tape is **lighter**, more **comfortable** and has improved **breathability**

Micro -Grip Adhesion – gives better **grip** and **hold**

Patented Finger Print Technology – greater '**stickiness**' and **breathability** with less adhesive

Nano Touch Stimulation – **stimulation** to the cells of the epidermis & underlying areas, which will be more effective at stimulating tissues during the healing process.

New colour – available in **white** in both single and clinic rolls, as well as existing colours – beige, blue, black and pink



Designed to be used even during the most strenuous exercise, this tape can be left on for up to 3-4 days without irritation.

It stays on even during hydrotherapy, and will not leave any adhesive residue when taken off.

Kinesio Tex Tape available in 5m rolls & 31.5m clinic rolls

Kinesio Tex Order codes

110-116	Beige 5cm x 5m
110-117	Beige 5cm x 31m
110-118	Blue 5cm x 5m
110-151	Blue 5cm x 31m
110-119	Black 5cm x 5m
110-152	Black 5cm x 31m
110-120	Pink 5cm x 5m
110-153	Pink 5cm x 31m

Kinesio Taping Courses / Workshops

We provide regular training on our products. Our Kinesio Taping courses are run in conjunction with Kinesio UK. Please see the Training & Courses page on our website www.sportsphysio.ie for upcoming courses The Kinesio® Taping Association highly recommends that you consult a CKTP (Certified Kinesio® Taping Practitioner) prior to applying Kinesio® Tex Tape



Tape Length	Kinesio Tex Price (Qty)	Box Price € ex VAT
5m	€12.20 (1+)	
5m	€9.53 (6+)	€57.19
31m	€57.19 (1+)	€57.19
	€54.32 (3+)	€54.32

Rock Tape



5cm x 5m length Kinesiology Tape €12.60 + VAT or 6+ rolls €11.34 + VAT

Clinic Roll 5cm x 32m

Stickier, hypoallergenic adhesive that won't fall off during movement and exercise.

80% stretch, the same elasticity as skin, to promote full range of motion.

97% cotton, 3% Nylon 6/12, low moisture absorption.

Tighter weave, which enables muscle to more easily 'snap back' to neutral.

Sweat and water resistant.

Variety of designs and colours. (all colours have the same properties)

5 metres in length by 5cm in width in each roll.

Wearable for up to 5-7 days depending on body part.

Rock Tape Order codes

100-183	Beige 5cm x 5m
100-182	Blue 5cm x 5m
100-181	Black 5cm x 5m
100-184	Black H2O 5cm x 5m

Dynamic Taping



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

What are the advantages of Dynamic Tape?

Dynamic Tape allows the wearer to move through full range of motion without limitation but with strong **biomechanical assistance** (as opposed to a primary neurophysiological approach). Dynamic Tape can strongly **assist** or **resist** movement, **facilitate** or **inhibit** and **offload** tissue through full range of motion. This is only possible due to the highly elastic nature (**no endpoint** like Kinesio tapes) and **four way** stretch necessary when taping multi joint muscles or movements and performing complex, three-dimensional skills. Dynamic Taping can quickly be integrated into the clinician's treatment approach and provides an additional treatment tool which combines well with other taping methods.

Dynamic Tape is extremely **soft** to touch & is **highly conformable**. A strong adhesive which has been independently tested and rated as **non-sensitizing**, **non-irritating** and **non-toxic**. The fabric is highly **breathable**, allowing water in to wash the skin but **dries quickly**. The result is a well tolerated, long lasting tape that is quite possibly **the most comfortable athletic tape on the market**.



How does the tape work?

In many cases the tape is applied in such a way that it mimics the action of the injured muscle or tendon. The tape is placed on the body with the muscle or joint in the **shortened** position and with **stretch** on the tape. As the muscle or joint lengthens, the tape is stretched further and thereby **absorbs load** just as a bungee cord decelerates the jumper, absorbing load. This reduces the eccentric work of the muscles. Once full range is reached, the absorbed energy is stored in the form of **elastic potential energy**. As the muscle or joint begins to shorten, the energy is released back into the biomechanical chain as **kinetic energy**, thereby assisting the concentric action of the muscle. This results in **decreased workload** and **improved biomechanical efficiency** of the musculo-tendinous unit, **decreased metabolic demand** and **improved tolerance to fatigue**. Reducing load may result in **less pain, better healing** (can load sooner resulting in functional stress and better scar formation), **improved endurance** and **performance**. Dramatic improvements in **circulation** and **lymphatics** have also been observed. There are a number of mechanical and physiological mechanisms that are likely to contribute. These are outlined in our **free eLearning** programs located on the resources page.

Please visit our website www.sportsphysio.ie where you will find links to video clips on taping guidelines & E-learning Opportunities

Dynamic Tape is available in black or beige tattoo and is available in 5cm (2.0") & 7.5cm (3.0")

Tape width		Dynamic Tape Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	Dynamic Tape Black Tattoo	110-163 / €(1+)	9.53
2.0" (5.0cm)	Dynamic Tape Black Tattoo	110-163 / €(6+)	51.46
2.0" (5.0cm)	Dynamic Tape Beige Tattoo	110-181 / €(1+)	9.53
2.0" (5.0cm)	Dynamic Tape Beige Tattoo	110-181 / €(6+)	51.46
3.0" (7.5cm)	Dynamic Tape Black Tattoo	110-164 / €(1+)	13.68
3.0" (7.5cm)	Dynamic Tape Black Tattoo	110-164 / €(4+)	49.24
3.0" (7.5cm)	Dynamic Tape Beige Tattoo	110-182 / €(1+)	13.68
3.0" (7.5cm)	Dynamic Tape Beige Tattoo	110-182 / €(4+)	49.24

Dynamic Taping Courses / Workshops

We provide regular training on our products. Our Dynamic Taping workshops are very popular. Please see the Training & Courses page on our website www.sportsphysio.ie for upcoming courses.

Dynamic Taping Workshops are highly practical 3 hour workshops which give participants a clear understanding of the major principles and equips them with a number of techniques that can be used immediately in clinical practice.

It builds on the clients own knowledge of biomechanics & encourages them to develop their own techniques in order to meet the individual client needs



110-183/110-183(Box) Dynamic Eco Tape 5cm Single €9.53 + VAT/ Box of 6 €51.46 + VAT

This is Dynamic Tape Eco, the patent pending addition to the Dynamic Taping range. Each box of tape is composed of 15 recycled plastic bottles.

"Dynamic Tape Eco.....Helping People, Helping the Planet"

Dynamic Taping™ is a novel approach developed by a Musculoskeletal Physio, that uses a specially designed, highly elastic tape to contribute energy into the kinetic chain. It is not designed to limit range like rigid tapes but rather to permit full range whilst still providing strong support where needed.

Posture Pals



Due to the innovative material & design a range of applications can be catered for with 2 Posture Pals DT Pre-cut shapes – the X tape & the Box tape. PosturePals DT are made from the same innovative material as Dynamic Tape. This unique fabric provides genuine mechanical assistance yet allows full, unhindered range of motion.

PosturePals DT may help to:

reduce pain, reduce load on injured, overworked or fatigued muscles, improve postural or joint awareness, correct technique, improve biomechanical efficiency and improve lymphatic drainage and microcirculation

Posture Pals are available in 3 sizes. Thoracic Large, Thoracic Small & Lumbar. They are supplied in packs of 5 each

110-167
Lumbar
Pack of 5
€29.90
VAT FREE

110-165
Thoracic Large
Pack of 5
€29.90
VAT FREE

110-166
Thoracic Small
Pack of 5
€29.90
VAT FREE

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

Underwrap



100-107 Foam Underwrap Mueller
Foam tape for protecting skin when
applying tape. 7.0cm width

Order Code	Price € ex VAT
100-107	1.56
100-107(Box) 48	59.90

Mueller
SPORTS MEDICINE



100-150 SPS Foam Underwrap (Jaybird)
Foam tape for protecting skin when applying
tape. 7.0cm width

Order Code	Price € ex VAT
100-150	1.22
100-150(Box) 48	46.90

USA
Jaybird & Mais
jaybird.com

Elastic Bandage



Standard Bandage



Reinforced Bandage



Cramer Deluxe Bandage



Elastic Brown Bandage

Non adhesive Bandage. Excellent for compression support situations. Clips on ends for easy fastening

Available in 2", 3", 4" and 6" widths. Standard version from €0.95 per roll. Reinforced version from €1.95 per roll. Cramer Deluxe from €2.75 per roll

Compression Bandage



Tubular Bandages

Available in all sizes from Size B to Size G.
10m rolls in each size

Order Code	Sports Cohesive Economy Description	Price €	VAT
190-116	Tub Bandage B (Small hands & limbs)	8.90	0% VAT
190-117	Tub Bandage C (Small ankles & wrists)	9.40	0% VAT
190-118	Tub Bandage D (Med Ankles /Large Wrist)	9.90	0% VAT
190-119	Tub Bandage E (Large Ankles Med Knee)	11.40	0% VAT
190-120	Tub Bandage F (Large Knee ,Med Thigh)	12.90	0% VAT
200-104	Tub Bandage G (Large thighs)	13.90	0% VAT

Insulation Tape

Insulation Tape 19mm

Available in all colours.
€1.20 + VAT per roll
33m long rolls



Order Code	Colour	PVC Insulation Tape Description	Price € excl VAT
100-121	Black	PVC Insulation Tape 33m	1.20
100-121	Blue	PVC Insulation Tape 33m	1.20
100-121	Green	PVC Insulation Tape 33m	1.20
100-121	Red	PVC Insulation Tape 33m	1.20
100-121	White	PVC Insulation Tape 33m	1.20
100-177	Pink	PVC Insulation Tape 33m	1.90
100-177(2)	Red	PVC Insulation Tape 33m	1.90

Premier Insulation Tape 19mm

Available in all colours.
€1.90 + VAT per roll
33m long rolls



Taping Starter Kit



We've designed a taping starter kit with a selection of tapes and strapping to help get started. The kit is a suggestion only. If you need a different selection please let us know

Kit contents

1.5" zinc oxide x3, 1" zinc oxide x1. 1.5" Premium tan zinc oxide x1. 2" Sports Tear Plus EAB x2, 3" Sports Tear Plus x1, 2" Sportsplast EAB x1, 3" Sports Cohesive x1 Underwrap x1

€29 + VAT. 20% less than if you purchase the tapes separately

Adherent Sprays & Removers



Pre Tape Spray & Remover



Zoff Remover Wipes

Order Code	Product Description	€ excl VAT
100-113	Mueller Tuffner Spray 4oz	6.90
100-113	Mueller Tuffner Spray 10oz	9.90
100-115	Mueller Remover spray 4oz	6.90
100-115	Mueller Remover spray 10oz	11.90
190-290	Zoff Adhesive Remover wipes (box 20)	9.90

Grip Enhancers & Anti Glare Solutions



Mueller Rosin & Stickum



Trimona handball spray

Order Code	Product Description	€ excl VAT
190-138	Rosin Shaker Powder	7.90
100-139	Mueller Stickum Spray 4oz	6.90
180-153	Trimona Handball Spray 200ml	11.60

Scissors & Tape Cutter



Paramedic Scissors

Lister Scissors

Tape Cutters



Sharp / Blunt Scissors



Kinesio & Dynamic Taping Scissors

Order Code	Product Description	€ excl VAT
190-123	Double Ring Lister Scissors 7.5"	5.90
190-237	Double Ring Lister Scissors 5.5"	4.90
190-122	Paramedic scissors	3.30
190-316	Scissors Sharp/Blunt	4.90
190-124	Shark tape cutter	11.00
190-155	Shark tape cutter blades	4.90
190-223	Mueller tape cutter	12.90
190-278	Mueller tape cutter blades	4.50
160-180	Kinesio Scissors	39.00

Foams, Felts & Gel Protection



Felt & Foam sheets



Foam Rolls



Microfoam Tape

Order Code	Product Description	€ excl VAT
Felts — Adhesive & Non Adhesive		
200-084	Adhesive Felt 7mm (4 sheets x 22.5 x 45cm)	36.00
200-252	Adhesive Felt 5mm (4 sheets x 22.5 x 45cm)	32.90
200-471	Adhesive Felt 10mm (4 sheets x 22.5 x 45cm)	40.90
200-057	Non Adhesive Felt 1/4"(6.5mm) x 21" x 36"	14.90
200-058	Non Adhesive Felt 1/2"(13mm) x 21" x 36"	29.90
Foams		
200-230	Adh SwanFoam 7mm (4 sheets x 22.5 x 45cm)	29.00
190-222	Adhesive Foam roll 1/4"(6.5mm) x 5" x 72" roll	11.90
190-222(2)	Adhesive Foam roll 1/8"(3.2mm) x 5" x 72" roll	8.90
100-118	Microfoam tape 2.5cm x 5m	7.90
100-124	Microfoam tape 5.0cm x 5m	13.90
100-114	Heel & Lace Pads x2000 (call for part box qties)	24.90
200-371	Temper Stick Adh Foam 8"x12"	7.60
190-336	Mueller Dermal Pad 10x10cm 12.5mm thick	22.90
200-395	Coll-o-Gel Sheet 3/8"x12"x12" 2/pk	50.00
200-353	Gel Squares 4" x 4" (x2) 3mm thick	14.95
200-351	Pressure Relief Padding (4" x 36")	29.50
200-352	Pressure Relief Padding (8" x 36")	42.00



Heel & Lace Pads



Temper Stick



Mueller Dermal Pad
secure in place to prevent burns and blisters. Natural shock absorber to pressure areas under pads. Adhered directly to skin with mesh, gauze or wrap. 10cm square x 1.25cm thick



Silicone Coll-o-Gel Sheet 2/pk
ORTHO GEL 3/8" X 12" X 12"



Gel Squares
Gel square is 1/8" (3mm) thick and 4" (10cm) x 4" (10cm) cushion made entirely of Silipos® gel that is designed to protect, cushion, soften, and moisturize the skin against abrasion and shear forces. Can be trimmed to customized size



Pressure Relief Padding
Perfect for use as a lightweight padding, this gel sheeting can be easily applied to splinting materials or used to line braces, prosthetics, orthotics & sports related padding. Insulates against shock & vibration and conforms to all body contours. 2mm self adh. thick gel pad

Gel Protection



Achilles Heel Pad

A lightweight, comfortable, toeless sleeve that cushions, and protects the Achilles area while releasing medical grade mineral oil to help soften & moisturize the skin. Can wear with all footwear. This product is washable and reusable



Heel/Elbow Sleeve

The Heel/Elbow Slip Over is designed with a mineral oil gel cushion that contours around the heel or the elbow to protect the area from pressure, friction, and shear forces. The gel cushion is unique for containing a mineral oil which gradually releases from the gel onto the skin to moisturize the skin. Product is washable and reusable.



Metatarsal Gel Strap

Comfortable elastic sleeve with anatomically designed gel pad to cover all five metatarsal heads Helps reduce pain and discomfort in the forefoot Measure circumference around ball of foot. S/M 6"-10", L/XL 8"-14"



Gel Metatarsal Pad

Absorbs shock, impact, & provides even distribution of pressure in the forefoot area. Helps to reduce the burning sensation in metatarsal heads. Ideal for conditions such as fat pad atrophy, metatarsalgia, and Morton's neuroma



Digital Caps

A soft, comfortable and stretchable fabric cap fully coated with Silipos® gel slowly releases a medical grade mineral oil to soften & moisturize the skin. Ideal for relieving pressure and friction on the affected toe or finger.



Antibacterial Digital Caps.

Specially formulated with a tested and proven Anti- microbial ingredient that kills up to 99.9% of bacteria and fungus. Antibacterial Digital Caps are a soft, comfortable, and stretchable fabric cap fully coated with Silipos® gel to help soften and moisturize the skin.



Silipos Digistrip

Digi-strips are approximately 24" long and can be cut to preferred size. This product is washable and reusable. Coated on one side with medical grade mineral oil gel strip. Fabric cuts easily to preferred size. After sizing, product should be turned inside out so gel is applied directly to the skin



Gel Toe Spreaders

Gel Toe Spreaders align & straighten toes with gentle, constant pressure. Silipos® gel releases a medical grade mineral oil that lubricates the skin as it separates troubled toes. Gel will not flatten or lose its shape like foam. This product is washable & reusable



Arch Support

Elastic sleeve without gel provides gentle compression & comfort to arch of foot Comfortably lifts and supports the plantar fascia. Helps to relieve heel and arch pain Product is washable and reusable



Protec Arch Support

One Size Fits All Alleviates arch pain and discomfort. Alleviates conditions of plantar fasciitis (inflammation and tenderness of the plantar fascia)

Order Code	Product Description	€ excl VAT
200-332	Achilles Heel Pad S/M & L/XL	15.90
200-331	Silipos Skin Heel/elbow Sleeve S/M & L/XL	14.25
200-329	Metatarsal Gel Strap S/M & L/XL (pair)	19.45
200-087	Metatarsal Gel Pad—Universal (pair)	12.90
200-369	Toe spreader Gel S,M, L (4/pk)	6.90

Order Code	Product Description	€ excl VAT
200-117	Silipos Digital Caps (S/M) (6 per pack)	22.90
200-117	Silipos Digital Caps (L/XL) (6 per pack)	22.90
200-347	Antibacterial Digital Caps S/M or L/XL (6/pk)	16.90
200-348	Antibacterial Digital Pads S/M or L/XL (6/pk)	16.90
200-356	Silipos Digistrip 50" long (gel inside) Med	34.90
200-021	Protec Arch Support	22.90

Blister Care



Blister Cushions



Spenco 2nd Skin 1" squares or 3" circles



Compeed Blister Cushions

Order Code	Product Description	€ excl VAT
190-103	Blister Cushion (10)	5.00
190-113	Spenco 2nd Skin 1"x1" squares (x 200)	28.90
190-292	Spenco 2nd Skin 3" Circles (x48)	36.90
190-293	Compeed Blister cushions—small (x6)	7.90
190-294	Compeed Blister cushions—med (x5)	7.90

Heel & Foot Gel Support



Sorbothane Double strike Insoles
€17.90 + VAT
5+ €15.22



Silicon Heel Cups
Small, Med, Large from
€15.90 + VAT
per pair
5+ €13.52



Sorbothane Heel Pads Small, Med, Large
€9.90 + VAT
per pair
5+ €8.42