



Graduate & Student Offers

Sports Physio & Performance

Racecourse Road, Killinan,
Thurles, Co. Tipperary

Tel : 062-77014

sales@sportsphysio.ie

www.sportsphysio.ie

@sportsphysioirl

Sports Physio & Performance are based in Thurles, supplying a detailed Range of Physiotherapy, Rehab and Performance Supplies and Equipment.

We work closely with many of the Universities and Colleges throughout the country providing materials and equipment for many of the courses. In appreciation we endeavour to give support back to the Students & recent Graduates of those courses.

We have put together some very affordable discounted start up packages to help graduates starting out, in terms of setting up a new Clinic or Rehab room or if you're starting to work with teams. We have detailed these on this flyer. They are suggested Start up Packages and of course they can be tailored to suit your specific needs.

Supporting Students & Graduates

In appreciation for the support we get from Universities & Colleges we endeavour to support students in terms of; Prizes at Graduation, Sponsorship support of course material such as Taping courses, Student presentations, Special student group discounts on products e.g taping, Bum Bags etc



Centrally Located Demo Rooms



If you are looking at setting up a Physio Clinic, Rehab / Recovery Room, Testing Area or just want to see some of the Equipment and supplies you're welcome to visit us in Thurles to see our Demo Show rooms. Get Ideas on Room Layouts and to see what will fit in the space you have. Give us a call a day in advance to arrange a visit.



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See www.sportsphysio.ie/graduate-starter-kits for more details

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[@sportsphysioirl](https://www.instagram.com/sportsphysioirl)

Ultrasound Special Offer



Ultrasound

~~€1045 + VAT~~

€730 + VAT (€899)

30% OFF



Clinic Start up Equipment



Clinic Start Up Offer

€995 + VAT

Portable Couch, Carry Bag, Chattanooga Ultrasound, 2 wall charts,

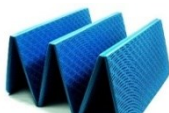
Comprehensive range of Clinic Room Equipment & Supplies. We have a clinic room kit out checklist that we can offer. We offer technical support, demos & training on all the equipment supplied.



Clinic Rehab Room Kit Out



Shoulder Rope Pulley



Gym Mat



Exercise Band 5.5m Red & Blue



Balance Dome

Rehab Room Kit Out

€199 + VAT

Performance Kit, shoulder Pulley, Gym Mat, Balance Pad, Exercise Band, Balance Dome

Create a comprehensive Rehab area at very affordable cost. A Rehab area to help demonstrate your Rehab protocols with your patients.

Pitchside Cover Essentials

Graduate Essentials Team Kit



Graduate Essentials Team Kit

€339 + VAT

[First Aid Premium Run on Bag](#) Top quality rigid run on First Aid bag. Quality, long lasting design. For the therapist who prefers to carry on the full bag to the injury instead of a bum bag.

[SPS Bumbag](#) First Aid Bum Bag with internal pockets & compartments. Premium Quality with strong waist strap.

[Portable Couch Affinity](#) Portable Couch Affinity A truly portable table at just 14.5kgs. With its rapid set up, one touch height control, the couch has been designed to be used and taken to the next appointment with the minimum of strain and difficulty for the therapist.

[Taping Starter Kit](#) Ideal taping starter kit to familiarise with the different tapes available. Allows you to decide what tapes you would like to use in the future.

[First Aid Refill Kit](#) Recommended for use by Sports Physios. Meets most Sports Associations requirements

[Naqi Sports 500ml Lotion](#) Naqi Massage Lotion Sports Especially oil-rich massage lotion with excellent gliding and dispersal properties, specially developed for extended massages such as sports massages. Particularly suited for hairy skin.

First Aid & Taping Starter Kit

First Aid & Taping Starter Kit

€99 + VAT

Premium run on Bag,
Physio Kit contents,
Detailed Taping starter Kit,
12 x Instant Ice packs,
Cloth Fabric Ice Bag.



Taping starter kit - selection of tapes



Cloth Fabric Instant Ice Pack

Cold Therapy Essentials



Premium First Aid Bag



First Aid Kit contents

Taping Starter Kit



X1 Sports Premium Tape 3.8cm
X1 Mueller underwrap 7.0cm
X3 Sports Tape Ex1 3.8cm
X1 Sports Tape Ex1 2.5cm
X1 Steroplast 5.0cm EAB
X1 Sports Choeseive 7.5cm
X1 Sports Tear Plus 7.5cm
X2 Sports Tear Plus 5.0cm
X1 Taping Carry Bag



If a group of students or graduates want to join together to create a bulk order e.g tape, bum bags, first Aid bags etc. we can do a special volume discount rate. Please call or email us with details on no's.

Taping Starter Pack

€29 + VAT

All the Tapes you need to get started. Starter pack will help familiarise with the different tape types and usage rates and help decide which tapes and qtls you will need going forward for training and games.



Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Sports Science Testing & Training

Squad Monitoring



Squad Monitoring

Kit €139+VAT

Kit Contents:

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

Performance Testing

VERT Jump Tester



- 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.

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

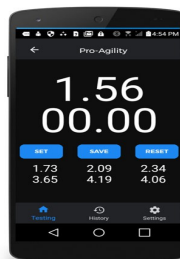
Dashr Speed Timing System



Available on the App Store



Introducing the Dashr wireless Electronic Timing Speed Gates



- Visible Beam for very easy Set Up
- Simply download the free APP on IOS or Android
- Most Cost effective Speed Gate system

Tests that can be completed:

- Pro-Agility Tests (5m-10m-5m)
- T-Test
- Start & End Time (10 / 20m Dash)
- Lane Agility Drills
- Lap Events & Custom Events

Additional Equipment



To Order: Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Athletic Development

Fundamental Movement Kit

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)



Injury Management
Prehab & Rehab
Performance Training
Recovery
Measurement & Testing

www.sportsphysio.ie

€119+VAT

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 Kit

Speed Development Kit to enhance

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

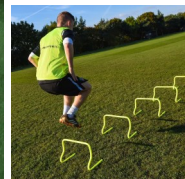
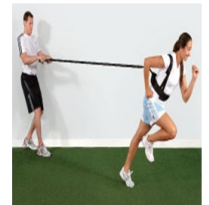
€139+VAT



Injury Management
Prehab & Rehab
Performance Training
Recovery
Measurement & Testing

www.sportsphysio.ie

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



Additional Speed Training Equipment

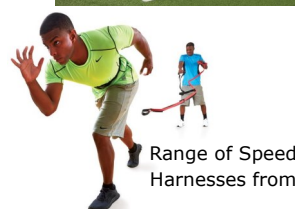


Foam Plyo Boxes



Aerobic Step

Smart Training Hurdles



Range of Speed Harnesses from



K bands Training Kit



Skipping Ropes

Athletic Development

Mini Bands

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



Strength Resistance Power Bands

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



Band Width	Order Code	Price € Ex VAT
0.5"	140-139	€8.40
1.0"	140-191	€14.90
1.75"	140-317	€19.90
2.5"	140-321	€25.90

For larger volumes please call for pricing

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

For larger volumes please call for pricing

Bulk Bands Kit



€159+VAT

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

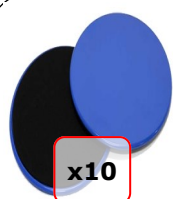
Mini Band & Power Band Quality Assurance

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

PERFORM BETTER!

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

Squad Activation Kit



x10



x5

x5



x10



x1

€199+VAT

Up to 30 players can perform session in circuit format

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

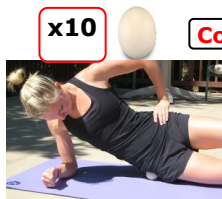
Squad Stretching / Rehab Kit



x10



x10



x10

Covers 30 Players



x1

€259+VAT

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



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

Gym Rehab & Testing Equipment

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

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

To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie