

SportsPhysio

& Performance

Athletic Development & Sports Performance

Sports Physio & Performance

Killinan, Thurles, Co. Tipperary

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www.sportsphysio.ie

sales@sportsphysio.ie



Sports Physio & Performance is based in Thurles since 2006 and has built up huge 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.



GPA
Sports Physio & Performance have partnered with the GPA to deliver over 2000 Sports Performance Kits to all GPA members to help reduce injury risk and support pre-game and post game recovery

Kit Out of the Cork GAA Gym at Pairc Uí Chaoimh

Kit out of the Rehab facility at the Irish Institute of Sport



Sports Physio Supplies provided us with all our Physiotherapy supplies for the London 2012 & Rio 2016 Olympic Games. The service was superb, Matt and his team couldn't have been more professional and were great to work with at all times. I look forward to working with them again in the future.

Aidan Woods – Lead Physiotherapist Irish Olympic Team



Sports Physio Supplies provide a very reliable service and are the nominated Medical Supplier to the Football Association of Ireland for all International teams

"In my capacity as a Chartered Physiotherapist to Cork County Board for the last 11 years I have dealt with many suppliers of Physiotherapy consumables. However in the last 10 years it is testament to Matt & his team that I have not used another provider since meeting him. Their personable manner & willingness to provide an immediate service is their biggest quality. I have no hesitation in recommending Sports Physio Supplies to any Allied Health Professional working in this area."

Declan O'Sullivan. Senior Physiotherapist Cork GAA



Trusted To Represent The Top Brands In The Irish Market



"Sports Physio & Performance has been our partner and official distributor within Ireland for three 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."

Dan Canina, Director NormaTec



Testing & Monitoring

DASHR SPEED TESTING KITS



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

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

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



	KIT 1	KIT 2	KIT 3	KIT 4
	<p>The Pro Agility Kit</p> <p>€425+VAT</p>	<p>The Dash Kit</p> <p>€650+VAT</p>	<p>The Multi Event Kit</p> <p>€890+VAT</p>	<p>The Elite Kit</p> <p>€1150+VAT</p>
	The Pro Agility Kit	The Dash Kit	The Multi Event Kit	The Elite Kit
KIT CONTENT	<ul style="list-style-type: none"> 1 x Laser Module 1 x Reflector 2 x Regular Tripods 1 x Briefcase 	<ul style="list-style-type: none"> 2 x Laser Modules 2 x Reflectors 2 x Regular Tripods 2 x mini Tripods 1 x Briefcase 	<ul style="list-style-type: none"> 3 x Laser Modules 3 x Reflectors 4 x Regular Tripods 2 x Mini Tripods 1 x Briefcase 	<ul style="list-style-type: none"> 4 x Laser Modules 4 x Reflectors 6 x Regular Tripods 2 x Mini Tripods 1 x Briefcase
TEST SUITABILITY	<ul style="list-style-type: none"> 1. Pro-Agility Tests (5m-10m-5m) 2. T-Test 3. Lane Agility Drills 4. Lap Events & Custom Events 	<ul style="list-style-type: none"> 1. Pro-Agility Tests (5m-10m-5m) 2. T-Test 3. Dash Tests - (20m Dash) 4. Lane Agility Drills 5. Lap Events & Custom Events 	<ul style="list-style-type: none"> 1. Pro-Agility Tests (5m-10m-5m) 2. T-Test 3. Dash Events with 1 Split Time eg. (Start, 10m - 20m) 4. Flying Events 5. Flying Events with 1 Split Time e.g (Start - 10m - 20m) 6. Lap Events & Custom Events 	<ul style="list-style-type: none"> 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 6. Flying Events with 1 or 2 Split Times



"I am delighted to have been involved with Dashr and Sports Physio & Performance over the past year. They have been a major part of our success both on and off the field. I have been using Dashr for over a year now and a massive part has been the ease of use & set up, both in the gym and outside of the gym. The Dashr has been huge for me & for Galway camogie as part of their success in 2018 & 2019.

Robbie Lane. Head of Performance and S & C Galway Camogie

DASHR SPEED TESTING KITS ACCESSORIES

RFID Module



RFID Wristband



2 Drill Auto ID Kit



Roster Spots (Software)



Tripod Weight

Roster Spots (100): €100+VAT

Roster spots are used to track your athletes testing scores. An athlete will occupy one spot, of which do not expire, and all scores can be pushed instantly from your app to the online Dashboard where you track and monitor testing scores of your athletes.

RFID Module: €220+VAT

Each of your unique athletes will use a single roster spot for as long as they are with your program. Roster spots do not expire and will stay as a credit on your account until you assign them all.

RFID Wristband (25): €120+VAT

Reusable unique RFID wrist bands that you link to your Dashr Sprint account roster. RFID wrist bands can be used to quickly identify an athlete at each drill on testing day.

2 Drill Auto ID Kit: €690+VAT

Link Dashr test results to your athlete's Dashr Sprint roster spot. Each kit comes with all the hardware needed to perform one to four simultaneous drills. Each athlete will require a roster spot and either an RFID band or a barcode band. The two drill kit contains two RFID modules, four regular tripods, two phone holder, 30 RFID wristbands, and 100 Roster Spots.

Tripod Weight System: €10+VAT

This tripod weight system greatly reduces the effects of wind if the system is used outdoors. Simply attach to tripod and add weight.



We provide technical support for all our Test Equipment. If you need help in setting up the Speed Gates, Jump testing equipment etc or on site support using them for the first time, Call us on 062-77014 or visit our Demo rooms here in Thurles. Sean or Declan from our Sports Science Team will be happy to help you. Both Sean and Declan hold degrees in Strength & Conditioning from LIT Thurles and have a wide range of experience and bring great expertise to this area.

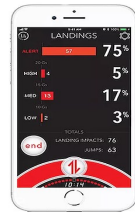
PERFORMANCE TEST KIT BUNDLE

BUNDLE 1



The Dash Kit

€790+VAT



The Vert Jump Tester x 1

This performance test kit bundle is a popular kit amongst teams and athletes as speed gates and jump testers are the most popular combo for athlete testing their speed and power.

Performance testing allows the team to track physical characteristics and implement procedures to enhance athletic ability. therefore increasing the likelihood of success.

Jump Testing



210-341 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, number of jumps etc.

€159+VAT



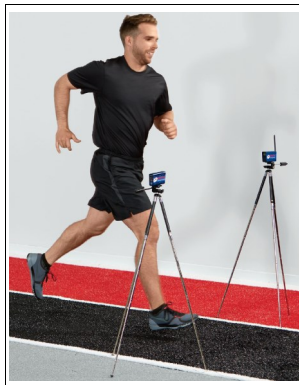
This wearable device allows you to measure the quality and power of dynamic movement, seen in real-time on the VERT app. accurately measures jump height, landing force, total energy, power and stress.

Free App gives you measurements for Jump Height, Total Jumps Completed, Highest Jump, Average Jump Height and Height of Last Jump Completed.

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

Testing & Monitoring

Speed Testing



BROWER
Timing Systems



Brower Timing System

210-199 Brower TCI Standard System €1195 + VAT

210-231 TCI Test Centre Gate €545 + VAT

Jump Testing

210-192 ChronoJump System
€285 + 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.

210-308 Vertec €840 + 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.

210-186 Just Jump Mat Plyometric version
€795 + 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.

AGILITY & REACTION TESTING

ROXs Pro™
A-Champs

210-358 The ROXs Pro

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

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

€795+VAT



Testing & Monitoring

OCCLUSION TRAINING



210-270 Occlusion Cuff

€105+VAT

Blood flow restriction/ occlusion training is a training method involving the use of cuffs or wraps placed around a limb during exercise, to maintain arterial inflow to the muscle while preventing/ reducing venous return.



One of the most optimal situations to use blood flow occlusion training is early stage rehab. This where a patient/ athlete is in a phase of injury rehabilitation where they cannot perform exercises of above 60% 1rm.

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

<p>Application</p> <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 		<p>Passive</p> <ul style="list-style-type: none"> ✓ Sets: 3-5 ✓ Duration: 5 minutes ✓ Pressure: 70-100% LOP ✓ Rest: 3-5 minutes between inflations ✓ Application: Continuous
<p>Aerobic Training</p> <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 		<p>Resistance Training</p> <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)

VELOCITY BASED TRAINING



210-284 Push Band 2.0 with strap €269 + VAT

210-309 Push Starter kit (Band, strap & Bar Sleeve) €339 + VAT

210-330 Push Assessment kit (Band, strap, Bar Sleeve, Waist strap) €389 + VAT

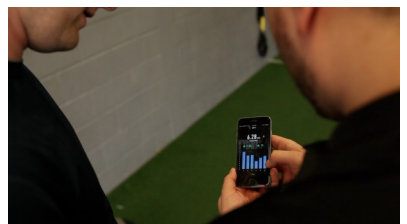
210-285 Jump Testing Waist Band €75 + VAT

210-285(2) Bar Sleeve €59 + 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.



Testing & Monitoring

ADDITIONAL EQUIPMENT

		 <p>1) Aneroid Sphyg 2) Aneroid Sphyg with thigh cuff 3) Welch Allyn Durashock</p>	
<p>210-288 Single Monitor €79.90 + VAT</p>	<p>210-290 10 Pack of Monitors €699 + VAT</p>	<p>1) 210-113 €24.90 + VAT 2) 210-129 €35.90 + VAT 3) 210-161 €79 + VAT</p>	
			
<p>120-249 €425 + VAT</p>	<p>120-40 €495 + VAT</p>	<p>210-102 €79+VAT</p>	
			
<p>210-218 €29.90+VAT</p>	<p>210-139 €18.90+ VAT</p>	<p>210-133(2) €9.90+ VAT</p>	
	 <p>Harpenden</p>	 <p>Baseline Skinfold Calipers</p>	
<p>210-158 €285 + VAT</p>	<p>210-137 €199 + VAT</p>	<p>210-123 €19.90 + VAT</p>	<p>210-159 €6.90 + VAT</p>
			
<p>130-408 €195 + VAT</p>	<p>210-118 €9.90 + VAT</p>	<p>210-173 €29 + VAT</p>	<p>210-271 €120 + VAT</p>

Testing & Monitoring

ADDITIONAL EQUIPMENT

		
<p>210-329 €185 + VAT</p>	<p>210-116 €95 + VAT</p>	<p>210-110 €79 + VAT</p>
 <p>HALO MEDICAL DEVICES</p> <p>Halo Handheld Goniometer HALO is the most accurate device available for Range of Motion Measures. Accurate within 1 degree. Single Handed to use. So you can write or support your patient. Measures in 3 planes. You can take any range, in 5 seconds.</p>		 <p>Goniometers & Inclinometers</p> <p>6" €7.90 + VAT 8" €10.90 + VAT 12" €12.90 + VAT</p> <p>Digital: 8" €38.50 12" €41.50 Inclinometer €79.90+VAT</p>
<p>210-313 €295 + VAT</p>		

SQUAD MONITORING SET

 <p>Digital Scales x 1</p>	 <p>€139+VAT</p> <p>Height Measure x 1</p>	 <p>12" Goniometer x 1</p>	 <p>Aneroid Sphygh x 1</p>	 <p>Knee to Wall Tester x 1</p>
<p>€44.90 + VAT</p>	<p>€26 + VAT</p>	<p>€12.90 + VAT</p>	<p>€36 + VAT</p>	<p>€25 + VAT</p>

SQUAD TESTING SET

 <p>Digital Scales x 1</p>	 <p>€239+VAT</p> <p>Portable Height Measure x 1</p>	 <p>Sit & Reach Box x 1</p>	 <p>50m Tape Measure x 1</p>
<p>€44.90 + VAT</p>	<p>€79 + VAT</p>	<p>€95 + VAT</p>	<p>€29 + VAT</p>

Strength Testing

COMMANDER[®]
ECHO



150-317 Handheld Dynamometer—Call for Pricing

Quickly and accurately quantify muscle strength and identify areas of weakness with the Echo Wireless Muscle Tester and Commander Echo Console. 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.

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, Uses rechargeable lithium ion battery, Self-activating “sleep” mode after 3 minutes of non-use to extend battery life.

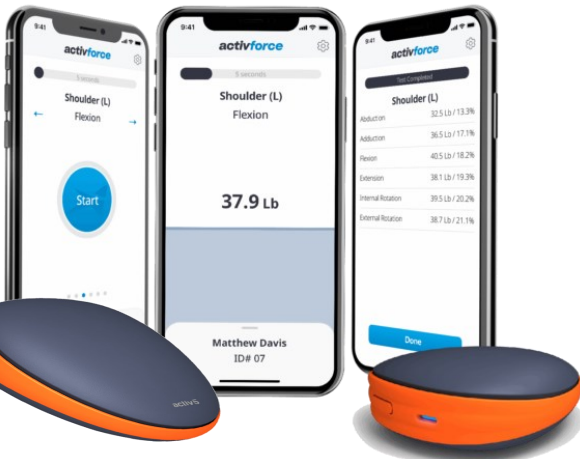


210-195 MicroFet 2 Dynamometer €990 + VAT

The wireless microFET[®]2 Digital Handheld Dynamometer muscle tester is an accurate, portable Force Evaluation and Testing (FET) device. It is designed specifically for taking objective, reliable, and quantifiable muscle testing measurements. It is a modern adaptation of the time-tested art of hands-on manual muscle tester.

The microFET[®]2 aids in diagnosis, prognosis, and treatment of neuromuscular disorders. Now with wireless capability, you can enjoy freedom from inconvenient cord tangling and being wired to the data-collecting computer. No more cables, cords, or wires.

This unique, handheld dynamometer muscle tester is battery operated, weighs less than a pound, and is ergonomically designed to fit comfortably in the palm of your hand. The microFET[®]2 muscle tester is microprocessor controlled, to provide accurate, repeatable muscle strength readings



210-367 ActivForce Dynamometer €269 + VAT

Activforce includes a digital dynamometer that enables you to measure strength objectively, and evaluate right/ left symmetry. The free app provides testing protocols for all major muscle groups.

Testimonial:

"Throughout the 2019 Rugby World Cup the Japanese Team used the activ5 workout device and training app as one of our daily monitors for fatigue to help prevent overtraining and injury. We also used ActivForce to strengthen and monitor the injury status of one of our key players who had a chronic groin injury. I have no doubt his helped us manage him through a grueling build up and World Cup. The potential uses of this easily portable device are endless and I would highly recommend it as a useful tool in all high performance programs"

**Karl McDonald
Japan Rugby World Cup Lead Physiotherapist .**



210-343 Baseline Digital

210-359 Takei Analogue







210-342 Takei Digital

**210-343 €130+VAT 210-359 €179+VAT 210-342 €290+VAT
Dynamometers**

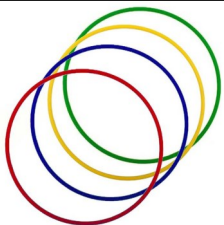



Measuring the maximum isometric strength of the hand and forearm muscles, used for testing handgrip strength of athletes involved in strength training, or participants in sports in which the hands are used for catching, throwing or lifting.

Athletic Development



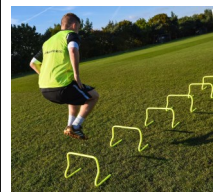



FUNDAMENTAL MOVEMENT KIT

 <p>Injury Management Prehab & Rehab Performance Training Recovery Measurement & Testing www.sportsphysio.ie</p>		<p>The Fundamental Movement Development Kit is designed to help:</p> <ul style="list-style-type: none"> • Catching, Throwing & Kicking, • Agility, Balance, Coordination (ABC of movement) • Jumping, Landing, Rolling, Crawling (Rudimentary movement) • Speed, Agility, Quickness (SAQ) 			
		<p>Kit Includes</p> <ul style="list-style-type: none"> • Marker Cones x 50 • Flat Cones x 10 • Soft Throwing Balls x 6 • Bean Bags x 12 • Adjustable Ladder x 2 • 6" Hurdle x 4 • 9" Hurdle x 4 • Carry Bag x 1 			
		<p>€119+VAT</p>			
					

FUNDAMENTAL MOVEMENT KIT ADD-ON

 <p>Hula Hoop x 6</p>	 <p>1" Powerband x 3</p>	 <p>Dowel Rods x 6</p>	 <p>Mini Bands x 12</p>	<p>Improve your Fundamental Kit with the addition of hula hoops of varying sizes, dowel rods and powerbands. Add to your Fundamental Kit and improve your ability to coach balance, coordination and speed work with these products.</p>
				<p>€99+VAT</p>

SPEED DEVELOPMENT KIT

 <p>Injury Management Prehab & Rehab Performance Training Recovery Measurement & Testing www.sportsphysio.ie</p>		<p>Speed Development Kit to enhance:</p> <ul style="list-style-type: none"> • Jumping & Landing Mechanics • Sprint Technique • Force Production • Speed 		
		<p>Kit Includes</p> <ul style="list-style-type: none"> • Marker Cones x 50 • Speed Harnesses x 3 • Adjustable Ladder x 2 • 9" Hurdle x 4 • 12" Hurdle x 4 		
		<p>€139+VAT</p>		
				

BUILD YOUR OWN KIT OPTIONS



Kit Benefits

Improves:

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

Product Options	Quantity of Product	
Speed Harness	<input type="text"/>	
SASP Round Markers x 10	<input type="text"/>	Set of 10
SASP Marker Cones x 50	<input type="text"/>	Set of 50
SASP Skipping Rope	<input type="text"/>	
Tennis Balls	<input type="text"/>	
SASP Bean Bags x 6	<input type="text"/>	Set of 6
SASP Ladder—4M	<input type="text"/>	
SASP Agility Hurdle	<input type="text"/> 6" <input type="text"/> 9" <input type="text"/> 12"	
SASP Hula Hoop	<input type="text"/> 30cm <input type="text"/> 45cm <input type="text"/> 60cm	
Dowel Rod	<input type="text"/>	
Powerbands	<input type="text"/> 0.5" <input type="text"/> 1" <input type="text"/> 1.75"	
Mini Bands	<input type="text"/> Yellow <input type="text"/> Green <input type="text"/> Blue <input type="text"/> Black	

Every Kit is provided with a free carry bag.








Scan Selection Page and Send to sales@sportsphysio.ie to Receive Quote

Athletic Development

OTHER ATHLETIC DEVELOPMENT EQUIPMENT

 <p>SASP Round Markers x 10</p>	 <p>SASP Kit Bag</p>	 <p>SASP Marker Ladder Set</p>	 <p>SASP Telescopic Poles</p>
130-539 €14.90 + VAT	130-538 €7.90 + VAT	130-544 €25.90 + VAT	130-543 €6.90 + VAT
 <p>SASP Marker Cones x 50</p>	 <p>SASP Skipping Rope</p>	 <p>Tennis Balls</p>	 <p>Bean Bags (6 pack)</p>
130-533 €14.90 + VAT	130-540 €2.90 + VAT	Call for Quantity Pricing	130-383 €5.00 + VAT
" data-bbox="104 391 241 478"/> <p>SASP Agility Hurdle 6"/>"</p>	 <p>SASP Ladder 4M</p>	 <p>Hula Hoops (30cm,45cm,60cm)</p>	 <p>Dowel Rods</p>
130-545 €5.40+VAT/ 130-534 €5.90+VAT/ 130-535 €6.50+VAT	130-536 €14.90 + VAT	30cm 130-546 45cm 130-547 60cm 130-385 €2.00 + VAT each	130-548 €2.00 + VAT

SPEED TRAINING EQUIPMENT

" data-bbox="73 578 241 648"/> <p>130-170 Reebok 6"/>"</p> " data-bbox="78 661 246 704"/> <p>130-189(2) Aerobic Studio Step 4"/>"</p>	 <p>SASP Pro Adjustable Hurdle Height-21"-36" Width-24"</p>	 <p>3 sizes available:</p> <p>Smart Hurdle 3: Adjusts to 12", 15" and 18"(each) €65 + VAT</p> <p>Smart Hurdle 4: Adjusts from 21"- 36" in 3" increments €75 + VAT</p> <p>Smart Hurdle 5: Adjusts from 27"- 42" in 3" increments €85 + VAT</p>	 <p>140-275 €21.90 + VAT</p> <p>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.</p>
130-170 €95 + VAT 130-189(2) €75 + VAT	130-541 €19.90 + VAT		
 <p>Skipping Ropes</p>	 <p>Plyometric Hurdles</p>		
140-229 8ft/9ft/10ft €4.90 + VAT 130-540 SASP Rope €2.90 + VAT	130-405 €35 + VAT	Smart Hurdles	K-Bands

Athletic Development

RESISTED SPRINTING



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

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.



130-542 SASP Speed Resistance
Harness €18.90 + VAT

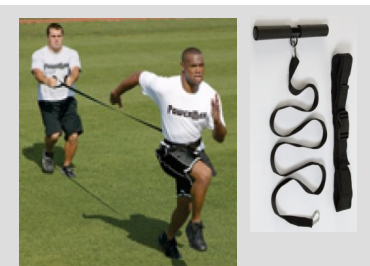
Made of high quality nylon webbing with padded shoulders. Harness size adjustable. Come in a carry bag.



130-411 Gamespeed 360
€99+VAT

The resistance cord attached to the belt provides a complete 360-degree rotation with continuous resistance.

Kit includes:
4 different sizes of waist belts,
Adjustable coaches belt
8" resistance bungee cord



130-228 Sprint Resistor (Waist
Harness) €29+ VAT

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

Arguably the best Quality Belt available. Well padded, extremely strong and robust. The main advantage is the additional rotating ring on the belt which can rotate around the belt almost 360 degrees.



130-235 Quick Release Leash
€29 + VAT

The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training. 3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.



130-522 Power Speed Resistor
€29 + VAT

Resisted sprinting can't be beaten as the easiest & most inexpensive way to develop explosive speed. Excellent for explosive speed and anaerobic fitness workouts.



130-523 The Trainer®
€199 + VAT

The Trainer is the only training resistance training device that allows for easy dial changes in resistance level (0-600 units).

Features of The Trainer:
Provides fixed, steady resistance for forward, backward and lateral movement. Safe- Resistance ends when you stop.
Great for rehabilitating lower extremity injuries, as well as improving acceleration and explosiveness. Portable and easy to use – slip on the padded waist belt, hook to the cord and attach The Trainer to a secure object. Set resistance level and begin training. Includes: The Trainer, two belts, 40-yard cord, carrying case, and manual.







Athletic Development

Balance

 <p>40" Professional Trampoline</p>	 <p>BOSU Balance Trainer/ Pro</p>	 <p>Air Dome Pro II</p>
<p>130-159 €85+VAT</p>	<p>140-148 €129+VAT Pro-140-506 €159+VAT</p>	<p>140-439 €80+VAT</p>
 <p>Wobble Cushion (35cm)</p>	 <p>Balance Pads</p>	 <p>Dual Wobble Board</p>
<p>140-100 €16.90+VAT</p>	<p>SPS-140-199 €28.35+VAT Airex-140-155 €59+VAT</p>	<p>140-174 €21.90+VAT</p>

Exercise Band and Tubing

 <p>45.5m clinic rolls 5.5m rolls 1.2m patient packs</p> <p>140-194 Rolyan Band Dispenser</p>	 <p>Rolyan Band</p> <table border="1" data-bbox="151 1534 997 1691"> <thead> <tr> <th>Product</th> <th>SKU</th> <th>45.7M</th> <th>SKU</th> <th>5.5M</th> <th>SKU</th> <th>1.2M</th> </tr> </thead> <tbody> <tr> <td>Yellow Rolyan</td> <td>140-120</td> <td>44.90</td> <td>140-119</td> <td>7.40</td> <td>140-210</td> <td>1.65</td> </tr> <tr> <td>Red CI Rolyan</td> <td>140-109</td> <td>49.90</td> <td>140-103</td> <td>7.90</td> <td>140-207</td> <td>1.80</td> </tr> <tr> <td>Green CI Rolyan</td> <td>140-110</td> <td>54.90</td> <td>140-104</td> <td>8.90</td> <td>140-208</td> <td>1.95</td> </tr> <tr> <td>Blue CI Rolyan</td> <td>140-111</td> <td>49.90</td> <td>140-105</td> <td>9.90</td> <td>140-209</td> <td>2.10</td> </tr> <tr> <td>Black CI Rolyan</td> <td>140-122</td> <td>59.90</td> <td>140-121</td> <td>10.90</td> <td>140-211</td> <td>2.95</td> </tr> </tbody> </table>	Product	SKU	45.7M	SKU	5.5M	SKU	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
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Athletic Development

MINI BANDS

Great for warm up, rehab and glute activation. Available in 4 strengths, to allow progressive increase in levels

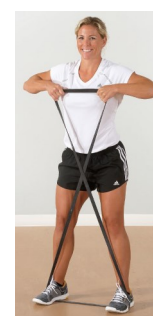
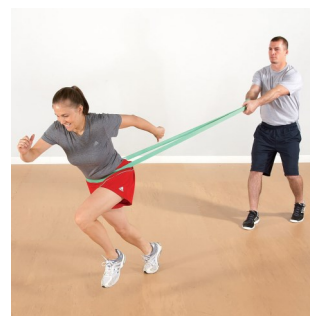


Order Code	Strength	Price ex VAT	10+ price	20+ price
140-255	Light Yellow	€2.20	€1.98	€1.76
140-246	Medium green	€2.40	€2.16	€1.92
140-247	Heavy blue	€2.60	€2.34	€2.08
140-245	Ex. Heavy black	€2.80	€2.52	€2.24
		1 of each band €8.90 + VAT		

For larger volume please call for pricing

RESISTANCE POWER BANDS

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



Order Code	Band Width	Price Ex VAT	5+ Price	10+ Price
140-139	0.5"	€6.90	€6.21	€5.87
140-191	1.0"	€11.90	€10.71	€10.12
140-317	1.75"	€18.90	€17.01	€16.07
140-321	2.5"	€25.90	€23.31	€22.01

For larger volume please call for pricing



Slide Pad (Pair)

130-376 €11.40 + VAT



MFR Foam Roller

130-211(2) €16.90 + VAT



SPS Lacrosse/MFR Ball/Peanut Ball

130-526 €3.90 + VAT
130-527 €7.90 + VAT

Foam one side. Other side sliding surface The Sliding Disks are a pair discs that provide an unstable training surface that allow you to simulate many slide board exercises.

The SPS Massage Foam Roller features a range of different patterns so you can vary the intensity of the massage to suit your individual needs. Size 30.5cm long x 12cm diameter.

Excellent for myofascial release. Ideal for acupuncture, tension and trigger point release. These balls can be used for a full body massage, from your neck to your feet.



Valslides

140-283 €32.90 + VAT



Stretch Strap

140-266(2) €5.90 + VAT (black)



Performance Bag

190-363 €9.90 + VAT

The Valslide is a pair of discs that provide an unstable training surface that allow you to simulate many slideboard exercises. Turns carpet & floors into an unstable training

The versatile Stretch Out Strap is 16"W x 21"L SPS Stretch Out Strap (Black) Supplied on its own without poster. A stretching strap designed to give you the extra length and support you need in deep stretches and binds.

A very good quality & robust bag with carry handle and 2 side pockets to carry your supplies.

Athletic Develop-



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 retractability.

- 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.

Power Band Bundle



140-512 4 pack of Power Bands (1 of each size—0.5", 1", 1.75" and 2.5")

€59+VAT

Mini Band Bundle



€8.90+VAT

BULK BAND KIT



€149+VAT

Activation & Speed Development

- 40 x Mini-Bands Mixed
- 10 x 0.5" Power Bands
- Free Performance Carry Bag

SQUAD ACTIVATION KIT



Slide Pads (pair) x 10



Blue Mini Band x 5
Green Mini Band x 5



0.5" Resistance Band x 10



Carry Bag x 1 (FREE)

A coach can create a circuit where players can alternate between muscular activation and strengthening exercises. This a great way for players/ athletes to increase muscle activation prior to a gym session, training, match etc. This activation kit can be used for a strength development circuit where coaches do not have access to gym equipment.

Up to 30 players can perform session in circuit format

€199+VAT

Stretching and Rehab Kit



MFR Roller x 10



Stretching Strap x 10



Lacrosse Balls x 10



Carry Bag x 1 (FREE)

A coach can create a circuit where players can alternate between self myofascial release and static stretching exercises. This a great way for players/ athletes to improve their mobility and flexibility.

Up to 30 players can stretch and recover together

€259+VAT

INJURY PREVENTION / PERFORMANCE KIT



The Performance Kit Benefits...

- Increase Muscle Activation**
- Improve Mobility**
- Injury Prevention**
- Self Myo-facial Release**
- Develop Core**
- Allows you to train at home**

The **'Sports Performance Kit'**

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

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

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

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

FREQUENTLY ASKED TEAM QUESTIONS

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

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



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

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

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

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

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

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

Q. Can we change the kit contents?

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

BACKED BY RESEARCH

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




Avery Faigenbaum
@AFaigenbaum

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



MOST POPULAR TEAM KITS

Teams can pick their own kit contents and we have numerous variations. Here are the 3 most popular kits.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">KIT 1</p>		<h3 style="text-align: center;">Athletic Development Kit</h3> <ul style="list-style-type: none"> 1 x 0.5" Power Band 1 x Lacrosse Ball 1 x Green Mini Band 1 x Blue Mini Band 1 x Performance Bag 1 x Instructions Leaflet <p style="text-align: center;">Most popular for Development Squads and underage teams in clubs and counties.</p> <p style="text-align: right;"><u>Team Price (20+)</u></p> <p style="text-align: right; background-color: #00a0e3; color: white; padding: 5px; border-radius: 10px;">€20.90+VAT</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">KIT 2</p>		<h3 style="text-align: center;">Athletic Performance Kit</h3> <ul style="list-style-type: none"> 1 x Green Mini Band 1 x 0.5" Power Band 1 x Lacrosse Ball 1 x Green Mini Band 1 x Performance Bag 1 x Instructions Leaflet <p style="text-align: center;">Teams can pick their own kits content. This is our most popular kit chosen by teams.</p> <p style="text-align: right;"><u>Team Price (20+)</u></p> <p style="text-align: right; background-color: #00a0e3; color: white; padding: 5px; border-radius: 10px;">€29.90+VAT</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">KIT 3</p>		<h3 style="text-align: center;">Elite Performance Kit</h3> <ul style="list-style-type: none"> 1 x MFR Foam Roller 1 x Slide Pads (pair) 1 x 0.5" Power Band 1 x Stretch Out Strap 1 x Lacrosse Ball 1 x Green Mini Band 1 x Blue Mini Band 1 x Performance Bag 1 x Instructions Leaflet <p style="text-align: center;">Includes slide pads for additional strengthening exercise and rehab devices.</p> <p style="text-align: right;"><u>Team Price (20+)</u></p> <p style="text-align: right; background-color: #00a0e3; color: white; padding: 5px; border-radius: 10px;">€44.90+VAT</p>

For individual Kit prices or smaller quantities please call us on 062-77014 or see our website www.sportsphysio.ie

BUILD YOUR OWN KIT OPTIONS










Player Benefits

- Reduce Injury
- Increase Flexibility
- Improve Mobility
- Increase Strength
- Improve Core



Team Benefits

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

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

TEAMS & DEVELOPMENT SQUADS ALREADY USING KITS



Óglaigh
na hÉireann
DEFENCE FORCES IRELAND



WHAT THE COACHES SAY

Cathal Cregg— Head Strength & Conditioning Officer, Connacht GAA

"As Head Strength & Conditioning Officer at Connacht GAA I recommend our approved supplier "SPORTS PHYSIO SUPPLIES". When dealing with county academy squads reliability and speed of service is of the utmost importance, we have found that "SPORTS PHYSIO SUPPLIES" work to the highest degree of professionalism and quality.

We have been supplying our squads with Sports Performance Kit as part of their prehab, warm up and strength training sessions. The kits have played a huge part in helping us implement our programs across the various counties. The kits we use include foam roller, mini bands, Swiss ball and lengths of TheraBand. All of this coming in a small convenient compact bag makes it a vitally important part of our players training and match day kit. The compact kit allows players to carry equipment around in their gear bag."

Julie Davis—Head of S&C Armagh Senior Football

"Along with their boots the Sports performance kits are vital to the Armagh GAA players kit bags. We use them before games, pitch and gym for myofascial release along with the bands for Activation.

Preparation is key to optimal Performance."



Ciaran Sloan - Senior Strength & Conditioning Coach

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

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

GPA PARTNERS

The Gaelic Players Association (GPA) has delivered recovery packs to its members nationwide to help them reduce injury risk, and support pre-game preparation and post-game recovery. Following recent research undertaken by the ESRI, highlighting the extent of time constraints faced by players thus limiting the time for recovery and increasing the risk of injury, this initiative aims to support players with their injury prevention and recovery strategies. Under the stewardship of their Player Safety and Welfare Group, which is chaired by former Limerick footballer Dr. Jim O'Donovan, the GPA, has teamed up with Co. Tipperary-based Sports Physio & Performance to provide the packs for all players to use at home or at training to aid with activation, mobilisation and core strengthening. The project is part of a wider focus on player welfare by the GPA underpinned by a number of key research projects in the areas of physical and emotional health, and the wellbeing of inter county players aimed at raising the standards of the playing and training environment.



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

Paul Flynn
GPA CEO

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

Matthew O'Hanlon
Wexford hurler

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

Matt Carr
Sports Physio & Performance



RECOVERY—NORMATEC



€1295+VAT
Volume discounts available

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



NormaTec is the leader in rapid recovery—our systems give a competitive edge to the world’s elite athletes, coaches, and trainers. Our goal is to establish recovery as an integral part of every athlete’s training, and we feel NormaTec systems are the best way to accomplish that.

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

Our systems include a control unit & attachments which go on the legs, arms, or hips. They use compressed air to massage your limbs, mobilize fluid, and speed recovery with our patented NormaTec Pulse Massage Pattern.

When you use our systems, you will first experience a pre-inflate cycle, during which the connected attachments are molded to your exact body shape. The session will then begin by compressing your feet, hands, or upper quad (depending on which attachment you are using). Similar to the kneading and stroking done during a massage, each segment of the attachment will first compress in a pulsing manner and then release. This will repeat for each segment of the attachment as the compression pattern works its way up your limb.

Why choose NormaTec?

- **Speeds up Recovery**
- **Increases circulation**
- **Reduces pain & inflammation**
- **Patented technology proven results**
- **Backed by Research studies**
- **Relied on by 97% of pro teams in USA**

THE TECHNOLOGY.
Created by a physician bioengineer (MD, PhD) to enhance blood flow and speed recovery.
Patented NormaTec Pulse compression:
// Pulsing - dynamic compression mobilizes fluid
// Gradient Hold - prevents fluid backflow
// Distal Release - allows normal circulation

TRUSTED BY PROS. BACKED BY RESEARCH.
Cutting edge NormaTec research:

- // Dynamic Compression Enhances Pressure-to-Pain Threshold
Journal of Strength & Conditioning Research
2015 May; 29(5):1263-72
- // Peristaltic pulse compression upregulates PGC-1 α and eNOS in human muscle tissue.
European Journal of Applied Physiology
2015 May 15
- // Peristaltic pulse compression of the lower extremities enhances flexibility.
Journal of Strength & Conditioning Research
2016 Apr; 30(4):1048-54
- // Peristaltic pulse compression and resistance artery function are improved following peristaltic pulse compression.
European Journal of Applied Physiology
2015 May 15

NORMATEC

Numerous Research studies

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

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



Irish Sports using NormaTec

FEEDBACK FROM TEAMS USING NORMATEC



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

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

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

Limerick Hurlers
All Ireland Senior
Hurling Champions 2018



I've been using the NormaTec boots regularly over the past two seasons. I find them great immediately after games & the following day to help remove any stiffness or soreness & freshen the legs before the next training session. I also like to use them in the days prior to a game as good preparation.

Pádraic Maher
Tipperary Senior
Hurler



Andrew Conway
Munster & Ireland
Rugby



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

Martin McIntyre
Mayo Senior Football Team
Medical & Performance



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

**Irish Women's
Hockey Team World
Cup Silver Medallists
2018**

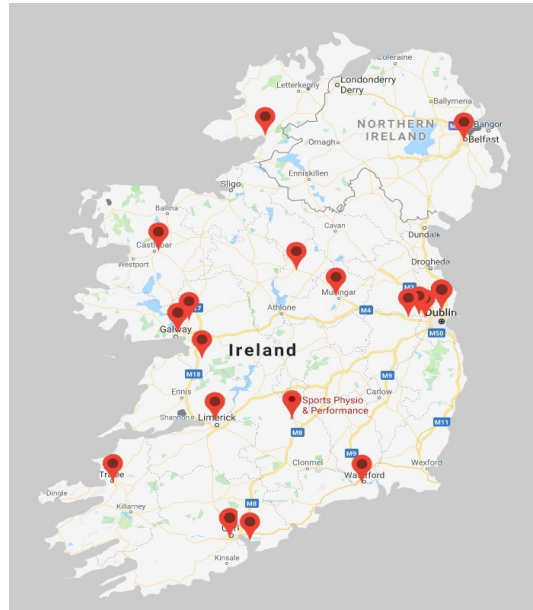


RECOVERY ROOMS

“Recovery rooms powered by NormaTec are the new standard of excellence. Sports Physio and Performance are our partners and official distributor in Ireland, 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, recover, & performance in their sport. Matt and the team have helped design, set up and support several Recovery Rooms across the country and we work closely with them to support these developments.”

Dan Canina, Business Development Director, NORMATEC



Elite Sports Recovery

“We have developed a great relationship with Matt and his team in Sports Physio & Performance. Their support is evident in our recovery room in Cork.

They provide the best sports supplies in all of Ireland. Quality is the best business plan and it is bringing our new business great results”.

TJ Brosnan



If you are considering setting up a Recovery Room for your club, your clinic or Gym we can help you with the design and layout, trial the Normatec Boots and chairs etc. You are welcome to visit us at our Demo Recovery Room in Thurles to get ideas on layout and contents or we can come and do onsite demos at your facility and support the design of the Recovery area.



Connacht Rugby Recovery Room

RECOVERY — HYPERVOLT



180-282 Hypervolt €325 + VAT

The Hypervolt is a handheld device that applies 3 levels of powerful vibrations (with up to 3200 percussions a minute) to areas of the body. What that translates to is a very quick and smooth action that will stimulate the tissues to help improve movement and recovery.

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

Technology Specifications and Features

- Powerful high-torque motor featuring Quiet Glide™ technology
- 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
- Lightweight (2.5 lbs), ergonomic design



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.



"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

CRYO THERAPY



COLD THERAPY—CCT WRAPS

						
Knee CCT Wrap	Thigh CCT Wrap	Lower Back CCT Wrap	Wrist CCT Wrap	Ankle CCT Wrap	Shoulder CCT Wrap	Hip CCT Wrap
120-214 €29.00	120-215 €29.00	120-257 €34.90	120-246 €29.00	120-213 €29.00	120-216 €34.90	120-247 €34.90

COLD THERAPY— CRYO CUFF COLD THERAPY SYSTEM

 <p>Cryo/Cuff Gravity Cooler An affordable, effective cold therapy system that is gravity fed. In addition to providing effective cold to the area, the specially designed elastic wraps also apply compression. The combination of ice and compression will dramatically reduce pain and swelling and help facilitate rehabilitation. Once the wrap is filled the patient can disconnect from the unit and will be free to move around. The wrap will stay cold for up to 30 minutes, then the patient just re-connects the wrap and re-filters cold water back in for up to 3 hours of continuous treatment.</p> <p>€59+VAT</p>	 <p>WITH INTERMITTENT COMPRESSION PUMP</p> <p>The Cryo/Cuff IC (Integrated cold & compression pumped system) Integrated cold and compression helps to reduce post-operative swelling. The Cryo/Cuff IC provides both gravity and 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. Ideal for post-operative recovery, trauma, athletic training rooms, and home use. Includes bucket, piping & integrated pump. Choose from any of the wraps listed below.</p> <p>€129+VAT</p>				
120-101 €59.00 + VAT	120-239 €129.00 + VAT				
					
Aircast Shoulder Wrap	Aircast Thigh Wrap	Aircast Elbow Wrap	Aircast Hand & Wrist Wrap	Aircast Knee Wrap	Aircast Ankle Wrap
120-167 €85	120-166 €69	120-203 €69	120-201 €79	120-165 €69	120-164 €69

ICE BATHS

 <p>Inflatable Ice Bath (Team) Designed for sports teams and clubs. INFLATING: Comes complete with a re-chargeable battery air pump. Takes 2 minutes to inflate. Takes 10-15 minutes to fill. The pump can then be used to fully deflate.</p> <p>120-162 €152 + VAT</p>	 <p>Inflatable Ice Bath (single) For individual player to aid recovery. Used internationally by elite athletes. Easy to inflate, fill, deflate & transport.</p> <p>120-227 €129 + VAT</p>
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Injury Management & Recovery Bundles

KIT 1	 <p>Aircast Cryo System x2</p>	 <p>Cold compression therapy wraps x1 (shoulder)</p>	 <p>Cloth Ice Bag x2</p>
	Injury Management Pack		

KIT 2	 <p>Aircast Cryo IC System x2 (knee + Ankle)</p>	 <p>Cold compression therapy wraps x3 (shoulder, thigh & knee)</p>	 <p>Cloth Ice Bag x2</p>
	Injury Management Pro Pack		

Kit 1 & Kit 2

Applying cold therapy for the first days post-injury is vital in managing the injury and helping to recover faster. Although solutions such as ice packs for immediate use are available, recovery interventions are needed in the following days. Knocks and injuries are difficult to manage 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.

KIT 3	 <p>NormaTec Recovery System x2</p>	 <p>Aircast Cryo IC System x1 (ankle)</p>	 <p>Aircast Cryo IC System x2 (knee)</p>
	Injury Management & Recovery Pack		

Kit 3

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.

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

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



We also specialise in Physio, First Aid & Medical Supplies

Please call us on 062-77014 or by email to sales@sportsphysio.ie or see www.sportsphysio.ie for details of our full range



Customer Service & Technical Support

Call us on 062 77014 or email sales@sportsphysio.ie

- Dedicated team to offer you product advice.
- Physiotherapy, Sports Science and S&C expertise.
- Account Manager who takes care of your orders.
- Excellent courier network to ensure prompt delivery.

Quality Assurance & Research

- We work only with reputable suppliers.
- Ensure a consistent quality product.
- We continuously invest in product development and research.
- Aim to carry products backed by evidence based research.

Visit Our Demo Show Rooms

If it suits you can see all the equipment in our demo room at our offices in Thurles. Try out the equipment and see it in use before making a decision.

