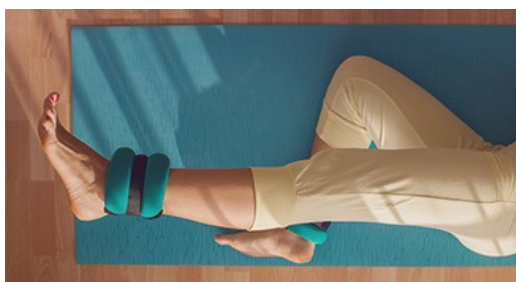


Wrist & Ankle Weights for Strength & Balance Exercise Programs

Sports Physio Supplies Ltd.
Killinan, Thurles,
Co. Tipperary
Tel: 062 77014
sales@sportsphysio.ie

We have seen a big demand for Ankle/Wrist weights from HSE and Private Practice Physios. These are being used with Strength & Balance Exercise programs for patients as recommended in the OTAGO Exercise program. Here is a summary of the weights we offer, from the Adjustable weight Cuffs for use in the clinic, to the cuffs that patients can use at home between sessions. If you have any queries please don't hesitate to call us on 062-77014 or by email to sales@sportsphysio.ie

As recommended by the OTAGO Strength & Balance Exercise Program



Adjustable weight cuffs for
exercise progression in clinic



Velcro closure for easy home use for
patients 0.5kg, 1.0kg and 2.0kg pairs

Order #	Product	Price ex VAT	Bulk Qty	Disc %	Price ex VAT	Bulk Qty	Disc %	Price ex VAT
140-520	Adjustable Ankle/ Wrist Weights (2 x 2.5kg pair) Each Cuff has 10 x 0.25kg weights to allow cuff to be adjusted from 2.25kg downwards.	49.90	5+	10	44.90	10+	15	42.40
140-202	Ankle/ Wrist Weights (2x0.5kg)	12.90	5+	10	11.61	10+	15	10.96
200-203	Ankle/ Wrist Weights (2x1.0kg)	17.90	5+	10	16.11	10+	15	15.21
140-502	Ankle/ Wrist Weights (2x2.0kg)	20.90	5+	10	18.81	10+	15	17.76

**For Larger volumes
please call us for
discount terms**

Features

- As recommended in the **OTAGO Strength & Balance Exercise Program**
- Adjustable Weight** Cuff for use in the **Physio Clinic or Physio Department**
- Each cuff has **10 x 0.25kg** so weight can be progressed with the patient through the program
- 0.5 & 1.0kg Cuffs for home use are Velcro closing** no difficult rings to thread the strap through
- Infection Control** — Cuffs can be cleaned down easily with disinfectant wipes.