

# Injury Management

SportsPhysio  
Supplies Ltd



## First Aid/Hot & Cold



## Treatment Therapies



## Taping & Strapping



## Physio Sideline Bags



190-249	First Aid bag Physio Deluxe (20"x13"x12")	€79+VAT
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Specially designed Ex-Large Rigid multi compartment bag for the Therapist who covers regular games. Allows you to carry all your supplies in one bag. Will comfortably fit all your taping and all other Emergency first Aid requirements. **Bag Size: 20" long (excl end pocket) x 13" wide x 12" High**



190-156	First Aid bag multi compartment (18x12x12")	59+VAT
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For Therapist covering regular games with all supplies clearly visible. 5 internal pockets, one full length for longer items. Spacious Lid with vinyl pockets. 2 Large end pockets. Large front pocket with additional pockets and gusseted organizer. Water Resistant, Heavy Duty Cordura Nylon. **Bag Size: 18" long x 12" wide x 12"**

## Physio Run on Bags



**190-162 Premium Run on black**  
**16.5 x 12.5 x 8.5"** €29 + VAT

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.

The main compartment has three adjustable compartments 2 side pockets. Front, gusseted organizer keeps regular used items within easy reach. Water-resistant, Ballistic Nylon

**190-221 Economy Run on Bag 15 x 10 x 9"** €19.90 + VAT

Available in Green or Blue. Standard first aid bag for club first aid use.

One large internal compartment. Good size to fit all first aid supplies.



## First Aid Contents / Refill Kits



3 different Refill kits for use with the bags across. **Kits A, B & C** are designed to provide a range of supplies in a single contents pack. Contents below  
These kits will not meet everyone's requirements.  
For additional supplies see First Aid pages

**190-226** Contents Kit A— €29 + VAT  
Recommended for use by Sports Physios.

**190-229** Contents Kit B — €49 + VAT  
Contents Kit B - Professional Sports First Aid Kit. Extensive range of supplies. More comprehensive than KIT A.  
Recommended also for the Sports Physio.

**190-231** Contents Kit C— €25 + VAT  
Contents Kit C—Club First Aid Kit. Recommended for Clubs and First Aiders.

**190-380** Contents Kit D- €39 + VAT  
Contents Kit D— Rugby Club First Aid Kit. Recommended for Rugby Clubs.

Please also refer to our **Trauma Care** Kits—more advanced Kits that may meet your requirements

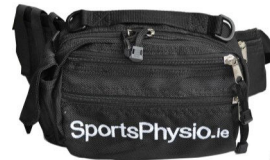
Product	Kit A	Kit B	Kit C	Kit D
Single Use Instant Cold Pack	1	1		4
Wound Wash Spray (100ml)	-	1		12
Small Trigger Spray Bottle	1	1		
Eyewash Bottle 250ml	-	1		
Sterile Dressing Assorted	1	2	3	
First Aid Guidance Leaflet	-	1	1	
Sterile Eye Pad with Bandage	1	1	1	
HypaCool Spray 150ml	1	1	1	
Sterile Eyewash Pods 20ml	2	2	2	3
Hot/Cold Pack (Standard)	1	1	1	
Sterile Washproof Plasters	20	20	20	
Fabric strap tape 2.5cmx1m			1	
Gauze Swabs 8ply 7.5x7.5cm	1	5	2	
Triangular Bandage	1	6	2	8
Low Adh. Dressing Assorted	1	2	5	
Vapour Rub 50g	-	1		
Premier EAB Tape, 5cm	1	1		
Zinc Oxide Tape Assorted	-	2		
Petroleum Jelly 225g	-	1	1	1
Cotton Cohesive Bandage	-	1		
Polythene Apron	-	1		
Drinks Bottle (750ml)	1	-		
Antiseptic Cream 15g	1	-		
Blister Plasters	6	-		
Adhesive Dressings	1	10		Ass
Microporous Dressing Tape	1	1	1	
M-Wrap Underwrap	-	1		
Moist Wipes	10	10	5	
Black PVC Tape	-	1		
Resuscitation Face Shield	1	1	1	1
Closure Strips 4x38mm	-	8	6	
Safety Pins	12	6	10	
Conform Bandage 7.5cmx 4m	1	1	3	
Scissors	1	1	1	1
Crepe Bandage 5cm x 4.5m	1	2		
Nasal Plugs	-	50		
Crepe Bandage 7.5cmx4.5m	2	1		
Self Seal Waste Bags	2	2	1	
Muscle Rub, 40g	1	1		
Heat Spray			1	
Silver Foil Survival Blanket	1	2	1	1
Disposable Gloves (Pair)	2	2	3	

## Bum Bag

### 190-150 FIRST AID SPS MULTI COMPARTMENT BUM BAG

First Aid Bum Bag with internal pockets and compartments.  
Side pocket for cold spray or ice.  
Premium Quality with strong waist strap.  
Will easily hold all supplies needed to treat an injury on the field.  
Material: Polyester.

**Bag Size: 11.5" x 5" x 7.5"** €19+VAT



## Club First Aid Kit



**Club First Aid Kit E** €29 + VAT

**190-235** Club First Aid Kit E - Club/Sports First Aid Kit Kitted

This is Kit C contents supplied in a small compact run on bag.

Bag has individual compartments for tidy storage.

More cost effective than choosing the empty bags but doesn't provide the same space or durability of the empty bag solutions.



## School First Aid Kits



### School / Club First Aid Cabinet

Safe and Secure Storage Of  
First Aid Supplies  
British Standard Compliant  
Fully stocked  
Sturdy lockable design  
Supplied with two keys  
Chose from 3 Cabinets depending  
on contents. See contents  
table across

**Small** €79 + VAT  
**Medium** €89 + VAT  
**Large** €99 + VAT



### School First Aid Kit

Extra contents for common teenage injuries  
British Standard compliant  
Ideal for dealing with common teenage injuries  
Available in hard or soft case  
Extra contents includes:  
HypaClens Eyewash Pods and  
HypaCool Instant Cold Packs

**Full range of School First Aid Kits  
for Primary & Secondary Schools  
Please see website for details**

## Workplace First Aid Kits

**BS 8599-1**  
British Standard  
Compliant  
First Aid Kit



Product	Small	Medium	Large
First Aid Guidance Leaflet	1	1	1
HypaCover First Aid Dressings 12x12cm	4	6	8
HypaCover First Aid Dressings 18x18cm	1	2	2
HypaBand Triangular Bandages	2	3	4
HypaBand Safety Pins	12	12	24
HypaCover Eye Dressings	2	3	4
HypaPlast Wash proof Plasters	40	60	100
HypaClean Sterile Wipes	20	30	40
HypaPlast Microporous Tape 2.5cmx5m	1	1	1
HypaTouch Nitrile Gloves (pair)	6	9	12
HypaCover Finger Dressings	2	3	4
HypaGuard Face Shields	1	1	2
HypaGuard Foil Blankets	1	2	3
Burn Dressings 10x10cm	1	2	2
Clothing Cutters	1	1	1
HypaBand Conforming Bandages 7.5cm	1	2	2

### Workplace First Aid Kit

British Standard Compliant, Available for small, medium and large kits, Durable hinged case, Fully stocked.

Chose from 3 Kits depending on contents. See contents table above.

- **Small** €29.90 + VAT
- **Medium** €45.90 + VAT
- **Large** €59.90 + VAT

**For our full range of work place  
First Aid Kits Please email  
[sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)**



**Wall brackets  
also available**

**Wound Cleaning****190-105**

Cleans skin to ensure greater adhesion of dressings. Supplied in a dispenser carton. (100/carton)



Just point and spray, Painlessly removes bacteria & Debris, Sterile saline solution **190-134**

**190-121**

A topical, sterile eye wash solution, containing Sodium Chloride BP 0.9% w/v in purified water BP. No antimicrobial agent or other substance has been added. The product is sterile and pyrogen free. 25 x 20ml pods per box



Swabs

**190-112** Sterile Non woven swabs. 5 swabs individually packed in a sterile pocket. 25x5 swabs per box

**190-158 / 190-210** Non sterile swabs 100/pack. Protects wounds, absorbs blood & Fluids. Prevents wound dryness



Hypacover  
**190-275  
& 276**

Melolin  
**190-247  
& 256**



Low adherent, absorbent wound dressing. Hypacover & Melolin brands Helps draw exudates away from the wound. Film surface helps prevent pad from sticking to the wound surface & minimises trauma for casualty upon removal. Individually wrapped and sterile Suitable for abrasions, superficial cuts and lightly exuding wounds Also suitable for burns treatment

**190-379** alcohol-based skin and wound cleanser for use prior to dressing minor cuts and grazes



**190-198** Trigger Spray Bottle. Ideal accessory for your first aid bag



Latex, Nitrile & Vinyl gloves. Chose powdered or pre-powdered

Order Code	Product Description	Excl VAT
190-105	Sterowipes (carton of 100)	6.90
190-134	Blairax saline sterile wound wash 90ml	8.90
190-379	Medicare Wound Wash Spray 70ml	6.90
190-121	Eye wash box of 25 x 20ml pods	11.95
190-198	Trigger Spray Bottle 500ml	3.90
190-106	Latex gloves Pre Powdered (100) (S,M,L)	6.95
190-258	Latex Gloves Powder Free (100) (S,M,L)	7.95
190-114	Nitrile Gloves (100) Powder Free (S,M,L)	9.95



**190-110** Nasal Plugs 50 / pack



**190-372** Cotton Buds

Order Code	Product Description	€ excl VAT
190-112	4ply Sterile swabs 10cm x 10cm (25x 5)	6.95
190-158	Non Sterile Swabs 7.5cmx7.5cm (100/Box)	4.90
190-210	Non sterile swabs 10cm x 10cm (100/Box)	5.90
190-110	Nasal plugs x50	3.90
190-247	Melolin dressing 10cm x10cm (pack of 10)	9.90
190-264	Melolin dressing 10cm x10cm (pack of 100)	79.90
190-256	Melolin Dressing 5cm x 5cm (pack of 10)	79.00
190-263	Melolin dressing 5cm x5cm (pack of 100)	45.00
190-275	Hypacover Low adherent absorbent dressing 5x5cm (pack of 25)	5.90
190-276	Hypacover Low adherent absorbent dressing 10x10cm (pack of 25)	9.90
190-277	Cotton Wool Balls Large (pkg of 200)	5.90
190-372	Cotton Buds (100) J&J	2.50
100-112	Hypafix Dressing Retention 5cm	3.95
100-135	Hypafix Dressing Retention 10cm	6.59



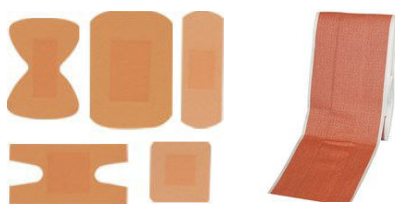
**190-277** Large cotton wool balls 200/bag



**100-112 & 100-135** Dressing retention Tape in 5cm and 10cm widths

**Wound Closures & Covers**

**190-107&190-108** Wound Closure / Skin sutures in 3mm or 6mm widths



Range of plasters. Assorted (100/box) in waterproof or in Fabric. Also Fabric Plaster 1m strip



Adhesive Dressings Hospital approved. Hypo-allergenic adhesive. Exceptional stretch & conforming properties. Sterile / individually wrapped. Highly absorbent wound pad. Supplied in a peel able pouch **2 brands available** Steropore 190-115, 190-111 Primapore 190-314, 190-317, 190-318 See table above for sizes and pricing



Order Code	Product Description	€ excl VAT
190-107	3mm sutures x50 (steri strips)	4.95
190-108	6mm sutures x30 (steri strips)	4.95
190-101	Washproof Plasters - Assorted sizes (100)	7.90
190-213	Fabric Plaster Strip 7.5cm x 1m	2.90
190-301	Fabric Plasters—Assorted Sizes (100)	8.95
190-259	Fabric Plasters 7.2cm x 2.5cm (100)	6.90
190-115	Steropore Adhesive dressings 9x10cm x25	5.90
190-111	Steropore Adhesive dressings 8.x 6cm x25	4.95
190-317	Primapore Adhesive dressings 8.3x 6cm x50	22.90
190-314	Primapore Adhesive dressings 10x 8cm x20	13.90
190-318	Primapore Adhesive dressings 20x10cm x20	23.90
190-137	Surgical glue Skinstitch 0.2ml (Single use)	24.90
190-241	Surgical Glue Liquiband 0.5g (Single use)	15.90
190-253	Surgical Glue Dermaflex (Single use)	15.90
190-255	Skin Stapler Precise	24.90
190-254	Staple Remover Kit	9.90
190-319	Wound Care Pack Medium	3.95

**190-255** Skin Stapler Disposable

A lever action skin stapler with a unique angled head that is designed to provide a clear view of your work. 35 staples included

**190-254** Staple/Suture removal Kit



**190-319** Wound Care Pack. All the items required to treat a range of wounds & minor incidents such as gloves, swabs, dressing towel, disposable bag and others. Kit is sealed to ensure the items inside are sterile Ideal for first aid rooms & medical rooms. provide immediate treatment in case of emergency.



**190-137** SkinStitch Surgical glue 0.2ml The world's finest liquid bandage suited for small cuts, scrapes & minor irritations of the skin and help protect them from infection. User Friendly applicator contains 0.2 ml of Skinstitch. SkinStitch® is intended for professional use,

## Wound Bandages



Conforming bandages High stretch, light bandage for holding dressings in place. Conforms easily to all areas of the body including joints. Nylon/viscose, fray resistant construction. Individually wrapped for cleanliness

190-127, 28, 129



190-130, 131, 132

Wound Bandage & Ambulance Dressing Sterile. Individually wrapped. Built in wound pad in the bandage Perfect on wounds where blood loss occurs. Chose the ambulance dressing for heavy bleeding

## Scissors



190-122 Paramedic Scissors  
€3.30+VAT



190-123 Lister 8" Scissors  
€5.90+VAT



110-114, 115, 108 Cotton Crepe Bandages. Woven elastic bandage. Ideal for giving light support to sprains & strains. Can also be used for dressing retention. Natural unbleached cotton.

Order Code	Product Description	Excl VAT
190-127	Conforming bandage 5.0cm (x12)	3.95
190-128	Conforming bandage 7.5cm (x12)	4.95
190-129	Conforming bandage 10.0cm (x12)	5.95
190-130	Wound bandage medium	0.55
190-131	Wound Bandage Large	0.75
190-132	Ambulance Dressing (xlarge bandage)	1.15
110-114	Cotton Crepe Bandage 5cm	0.75
110-115	Cotton Crepe Bandage 7.5cm	0.85
110-108	Cotton Crepe Bandage 10cm	0.95



For Cohesive Bandages, Elastic Brown Bandages, Fabric Strapping Tape etc Please see the Tapes & Strapping Section



Full Range of Tubular Bandages



Triangular Bandages

Order Code	Product Description	€ excl VAT	
190-116	Tubular 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 /arge 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 thigh)	13.90	0% VAT
190-208	Triangular Bandages non woven	1.20	0% VAT
190-133	Calco triangular bandage	1.80	0% VAT

## Antiseptic Creams & Sprays



190-126, 153, 261 Vaseline & Petroleum Jelly 50g, 200g & 220g



190-109 Blood clotter spray 3oz

Aids in the healing of superficial bleeding. Treats minor cuts, burns and scrapes. Promotes healing and helps prevent infection. Contains no fluorocarbons. Contains Benzethonium Chloride .2 % and Lidocaine 4%. 3 fl oz aerosol



190-125 Cetrimide antiseptic cream 30g



190-154, 176 & 188 Savlon Antiseptic spray, cream and wash



190-187 Opsite Spray on Dressing 40ml

Provides a water repellent plastic layer over the skin Moisture vapour permeable spray dressing Reduces risk of secondary infection to wounds Quick and easy application



190-274 Jason Aldren Haemostatic Spray 70ml

Controls bleeding from wounds immediately Natural ingredients will not cause irritation or sensitisation Stops bleeds from wounds immediately Each compact canister contains approximately 20 treatments 70ml spray canister



190-295 Hypacover Spray Plaster

Spray dressing for sealing cuts and grazes Forms a protective transparent film over cuts or grazes Lasts all day until washed off with soap and water Supplied in a 32.5ml spray

Order Code	Product Description	€ excl VAT
190-126	Vaseline 50g	1.80
190-261	Vaseline 200g	2.95
190-153	Petroleum Jelly 220g	2.95
190-109	Blood Clotter spray 3oz	9.90
190-125	Cetrimide antiseptic cream	2.90
190-154	Savlon Dry Antiseptic Spray 50ml	4.90
190-176	Savlon Antiseptic Rub 30g	4.95
190-188	Savlon First aid Wash 100ml	4.20
190-187	Opsite Spray on Dressing 40ml	5.00
190-295	Hypacover Spray Plaster	4.90
190-274	Jason Aldren Haemostatic Spray 70ml	6.90
190-135	Medistat Spray on Bandage	9.95



## Sprays & Analgesics



120-148

120-191

120-112, 120-115 & 120-212

180-208

Order Code	Product Description	€ excl VAT
120-148	Cold Spray 150ml	3.95
120-211	Deep Freeze Patches Pk 4	10.90
120-229	Heat spray 150ml	4.40
120-191	Deep Heat Rub 100g	5.95
120-112	Bio freeze Gel 16oz	29.90
120-112	Bio freeze gel 4oz	11.90
120-115	Bio freeze spray 4oz	12.90
120-212	Bio Freeze Single 5g Sachets100/Box	49.90
180-208	NAQI cool Gel 50ml	13.90

## Vapour Rubs & Decongestants



Order Code	Product Description	€ excl VAT
190-177	Olbas Oil 10ml	5.90
190-178	Olbas Oil 28ml	6.80
190-179	Olbas Inhaler Stick	5.39
180-141	Bells vapour rub	4.50
190-199	Smelling Salts 17ml	7.90

## Massage Balms with Arnica



Code	Product Description	€ excl VAT
180-122	Weleda massage balm with Arnica 50 ml	7.95
180-122	Weleda Massage Balm with Arnica 100ml	11.90
180-123	Weleda Arnica ointment 25g	7.75
180-124	Weleda Arnica tablets 30c	7.90
180-207	NAQI Arnica Gel 100ml	13.90
180-214	Songbird Sports Massage Wax 550g	25.50

## Pharmacy Supplies

We can provide you with all your pharmacy needs

This is a very fast, efficient service and the Pharmacy supplies can be delivered with the remainder of your order



## Medical Room Hygiene



190-173

190-216, 217 & 218

190-224 & 225

**Clinell™ Disinfectant Spray & Wipes - proven effective against the H1N1 virus**  
MRSA killed in 10 secs. Last 72 hours. No bleach used in the formulation. Skin safe, & dermatologically tested

**Safetec Hand Sanitiser**—Kills 99.9% of Germs. Enriched With Aloe Vera. No Towel

Order Code	Product Description	€ excl VAT
190-173	Bio-Hazard Bags (x25)	6.95
190-218	Clinell Hand & Surface Sanitiser 60ml	2.95
190-216	Clinell Universal Sanitising Wipes 200	7.90
190-217	Clinell Disinfectant Spray 500ml	4.90
190-224	Safetec Hand Sanitizer (237ml)	3.90
190-225	Safetec Hand Sanitizer (118ml)	2.90
190-367	Hand Sanitizer Nuevo 500ml	8.80
190-368	Nuevo Hand Sanitizer 50ml	4.35
190-373	Nuevo foam 800ml Refills (pack 6) with free dispenser	59.00
180-259	Nuevo Foam Dispenser	10.00

## Clinic Hygiene Dispensers

Order Code	Product Description	€ Price Ex VAT
190-373	Nuevo FOAM 800ml dispenser drum (pack 6) + FREE dispenser with initial order	59.00
180-259	Nuevo Foam Dispenser	10.00
180-251	Towel Z Fold(3000) FREE dispenser with initial order	29.00
180-250	Towel Z Fold Dispenser	10.00
190-374	Centre Feed Toilet Tissue 200m Roll (6 Pack) FREE dispenser with initial order	29.00
180-258	Toilet Tissue Dispenser Centre Fold	10.00



**Alcohol FREE- Safe on skin, FOAM Application, Kills 99.99% of all Bacteria, Medical alternative to regular alcohol based hand rubs**

**FREE Dispenser Upon Initial Purchase of Towel Z Fold (3000)**

**FREE Dispenser Upon Initial Purchase of Centre Feed Toilet Tissue 200m Roll (6 Pack)**

## Immobilisation



190-141

**190-141** Ambu Perfit Adjustable Collar  
Comprehensive sizing system for accurate fit  
16 precise settings to fit all sizes  
Preshape to fit the chin, facilitate intubation  
& removal of vomitus from the casualty's mouth  
CT and MRI compatible



**190-141 W** Wiz-Loc Head Immobiliser  
Convenient compact, adjustable to any neck sizes  
Adjustable fit collar. Suitable for most adult and paediatric casualties. Variable chin and occipital  
X-ray translucent



**190-329** Scoop Stretcher  
Provides a protective and safe transport of patients with severe injuries, especially where fractures in the spinal area are suspected as no rolling or lifting of the patient is required. Scoop stretchers split into two halves and slide under the casualty without moving him/her. The scoop stretcher extends from 167cm to 214cm to be suitable for a wide variety of patients. Can accommodate weights up to 159kg. The Scoop Stretchers are recommended to be used only by professionals.



**190-174** Folding Stretcher & Carry Bag  
Casualty movement for minor accidents. Lightweight folding stretchers manufactured from high-grade aluminium for maximum strength. PVC coated, polyester bed is anti-bacterial, stain, chemical and crack resistant. Rubber handles offer excellent grip. Includes free Carry Bag



**190-165** Spinal Board with Straps

X-ray translucent for quick and effective patient diagnosis  
Ideal for quick immobilisation of a casualty  
Rugged 1 piece design from hard wearing polyethylene  
Twelve large hand holds for easy handling  
X-ray translucent; Built in runners on base of board; Three straps for securing/immobilising the casualty.



**190-142, 250, 251** Sam Splint & Flex All Splint  
Compact, reusable—ideal for stabilising spine, forearm humerus etc.  
X Ray translucent



**190-209, 211 & 238** Frac Immobiliser  
Instant immobilisation for fractures  
Prevents further damage to surrounding nerves and tissue. X-ray translucent



**190-271** Inflatable Splint Set  
Provide stabilisation and enhance casualty comfort  
Suitable for suspended fractures of the arm and leg  
Available in Full Arm, Half Arm, Full Leg & Half Leg sizes or as a set containing all four sizes  
Pressure on the limb can be controlled by opening or closing the pull/push valve  
Transparent to allow observation of the injured limb  
**Available Individually - Call for details**



200-073



200-078



200-079



200-364



190-143



Range of Aluminium finger splints with foam padding.



**200-040**  
Padded Arm Sling.  
In sizes small, Med & Large  
Alternative to triangular bandages



**190-104**  
Foil Blanket



**190-207** Cotton thermal blanket

Order Code	Product Description	€	
190-141	Stiffneck Brace—adjustable	17.90	0% VAT
190-141 W	Wiz-loc Universal Head immobiliser	29.90	0% VAT
190-329	Scoop Stretcher	320.00	0% VAT
190-165	Spinal Board with Straps	179.00	0% VAT
190-240	Spinal Board with Straps & Immobiliser	329.00	0% VAT
190-174	Folding Stretcher + FREE carry Bag	199.00	0% VAT



**200-284** Crutches Standard Pair  
Other Crutches on request

Order Code	Product Description	€	
190-142	Sam splint 4" x 36"	19.00	0% VAT
190-250	Splint - Flex All 36 x 4"	10.90	0% VAT
190-251	Sam Splint 4"x18"	8.00	0% VAT
190-143	Sam splint finger splint	4.00	0% VAT
190-209	Frac Splint Immobiliser 5 strap	75.00	0% VAT
190-238	Frac Splint Immobiliser 4 strap	69.00	0% VAT
190-211	Frac Splint immobiliser 2 strap	59.00	0% VAT
190-309	Frac Straps	79.00	0% VAT
190-310	Loxley Box Splint (Set of 3)	119.00	0% VAT
190-271	Inflatable splint Set (set of 4 in plastic case) Contains 4 splints—Short Arm, Short Leg, Long Arm, Long Leg. Individual splints available also on request	89.00	0% VAT
200-284	Crutches Standard Pair	19.90	0% VAT

Order Code	Product Description	€	VAT
200-073	Finger Splint	3.20	0%
200-078	Premium Finger Splint	3.20	0%
200-079	Baseball Finger Splint	4.20	0%
200-364	Alumafoam Finger Splint 3/4" x 9"	2.95	0%
190-143	Sam Splint finger	4.00	0%
200-071	Stax splints (all sizes)	1.80	0% VAT

**200-071 Stax splints**—full range of sizes available.  
Sizes 1-7 Please see www.sportsphysio.ie for full details

Order Code	Product Description	€ excl VAT	
200-040	Padded Arm Sling (S, M or L)	9.90	0% VAT
190-104	Foil blanket	2.00	+VAT
190-207	Thermal Blanket cotton	29.90	+VAT



## Resuscitation



**190-139** Resuscitation face shield with mouthpiece  
Plastic one-way valve reduces risk of cross infection  
Resuscitation protocols included



**190-140** CPR Pocket Resuscitator  
One way valve with membrane to prevent cross infection  
Comes in a compact hard case



**190-140L** Laerdel Pocket Resuscitator  
Professionals choice  
Provides superior protection  
Single use one-way valve with a disposable hydrophobic filter  
Supplied with an oxygen inlet



**190-281** Disposable resuscitation kit  
Avoid cross infection from bodily fluids during resuscitation  
Supplied in a Evolution Series carry case  
Complete with Ambu Spur II Disposable Resuscitator, one adult mask and four Guedal airways. Single use only

Order Code	Product Description	€ excl VAT
190-139	Resuscitator Face shield	1.95
190-140	CPR Pocket Resuscitator	8.95
190-140 L	Laerdel CPR Resuscitator	22.90
190-281	Disposable Resuscitation Kit - Airways x4, Adult BVM, CPR pocket rescus in a hard case	49.00
190-244	Non Re-breathe Mask	3.20



**190-244** Non Rebreathing, "Trauma Mask"  
Provides a high concentration of oxygen & the reservoir bag allows for adequate oxygen to be available to meet the unpredicted patient's breathing pattern.  
Mainly recommended for Paramedic use  
Delivery of 99% to 100% Oxygen Concentration  
Oxygen Tubing Supplied and Pre-Connected



**190-220** AMBU Spur II Disposable Resuscitator  
Single use manual resuscitator  
Disposable, one use only  
Equipped with a medication port that allows quick medication delivery  
Provides optimum stroke volume with just one hand  
Unique shape that is small and easy to hold  
**Infant & child versions also available**



**190-110** Single use airways  
Decrease the risk of damage of delicate tissues  
Designed to ensure a clear patient airway during resuscitation  
Available in 7 different sizes



**190-243** Nasopharyngeal Airways  
Made from Ultrasil latex free material  
Soft and flexible makes for easy insertion  
Resists kinking while protecting nasal tissue  
Provides maximum patient comfort  
Available singly or in multi-packs



Compact, hand held, comfortable and easy-to-use aspirator  
Supplied with flexible catheter as standard  
Does not require any power source  
Can be handled with one hand

Order Code	Product Description	€ excl VAT
190-220	BVM - Ambu Spur II Disposable Resuscitator	25.90
190-272	BVM- Infant- Ambu Spur II	21.90
190-273	BVM- Child - Ambu Spur II	21.90
190-190	Guedel airways (7 sizes)	1.20 each
190-243	Nasopharyngeal Airways (4 sizes)	4.95 each

## Trauma Care Supplies

Range of Trauma Care Supplies  
Please see  
[www.sportsphysio.ie](http://www.sportsphysio.ie)



Mini Trach II



Chest Seal



Syringes



Sterile needles



Sharps Box



Aneroid sphygmomanometer



Stethoscope

## Trauma Care Kits



### Pitch Side Trauma Care Kit

Professional quality first aid kit carefully designed to meet immediate Emergency requirements in Sports Care

**Kit Contents:** 1 Nasopharyngeal Airways set(7,7&8), 1 Guedal Airways Set, 2 Non Rebreath O<sub>2</sub> Masks, 1 CPR Mask, 1 Hand Held Suction, 1 Adult BVM Vinyl, 1 Vent Aids, 1 Nebuliser Mask, 1 O<sub>2</sub> Tubing, 2 Stiffneck Select Collar, 1 Clinical Waste Bag, 4 IV Cannula 22g, 4 IV Cannula 20g, 4 IV Cannula 18g, 4 IV Cannula 16g, 5 5ml Syringe, 5 10ml Syringe, 5 21g Green Needles, 5 23g Blue Needles, 5 25g Orange Needles, 2 Quick Release Tourniquet, 2 Sterile IV Giving Set, 2 IV Dressings, 1 Mediwrap, 1 Magill Forceps, 1 Tuff Cut Scissors, 1 Sharps Box 1 Litre, 1 Pen Torch, 1 Sterile Gloves Medium, 1 Sterile Gloves Large, 2 Saline Solutions 0.9% 1000ml, 1 Stethoscope, chest drain kit x1 & chest seal x1, Portex Mini Trach II, KY Jelly

Trauma Care Kit can be supplied with 2 different bag options

### Trauma Care Kit A

With Green Paramedic Bag  
€595 + VAT

### Trauma Care Kit B

With Blue Multi-Compartment First Aid Bag  
€535 + VAT

(Main Body) 23"x17"x12"  
Measured when bag is closed



Deluxe Physio Bag (22"x13"h x14"w) 190-249

For Spinal Boards, Resuscitation, Defibrillators & Medical Oxygen please email to [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)



**Emergency EFR Kit**  
With Blue Multi-Compartment

### Emergency First Responder (EFR) Kit

Ideal for the First Responder with a range of equipment in addition to a full first Aid Kit

**Kit Contents:** 1 x Steroply Bandage 7.5cm, 1 x Steroply Bandage 10cm, 8 x Triangular Bandage, 2 x Burn Bag for Hands and Fingers, 2 x Water-Jel Dressing 10cm x 40cm, 1x Sterile Eye Wash 500ml, 5 x 20ml Sterile Saline Pod  
20 x Sterile Saline Wipes, 1 x Alcohol Hand Rub 50ml, 2 x Clinical Waste Trolley Bag - 20x25cm, 12 x Pair Large Purple Nitrile Gloves, 4 x No 1 Ambulance Dressing, 6 x No 2 Ambulance Dressing, 6 x No 3 Ambulance Dressing, 4 x Eye Pad Sterile HSE Dressing, 3 x Pack of 20 Waterproof Plasters, 5 x Steropad Dressing Pads 5cm x 5cm, 5 x Steropad Dressing Pads 10cm x 10cm, 1 x Leukopor Tape 2.5cm x 5m, 20 x Sterile Swabs 7.5cm, 2 x T4 Wound Dressing 10cm x 18cm, 2 x T6 Wound Dressing 15cm x 18cm, 1 x Multi Trauma Dressing, 1 x 5" Scissors, 1 x Tuf Cut Shears - Red, 6 x Safety Pins  
Equipment; 1 x Clip On Aneroid Sphyg, 1 x Dual Head Stethoscope, 1 x Disposable Pen Light Torch, 1 x Set of 6 Guedel Airways size 00-4, 1 x CPR Face Mask in Case, 1 x Forceps 4.5", KY Jelly, Stiffneck Adjustable Hard collarFlexall Splint, Mediwrap blanket

### Full Emergency Kit with Stretcher €295+VAT

Be prepared for any serious incidents such as a broken limb or an unconscious casualty. Superb value for money. Over 100 items

Kit contents:

First Aid Bag with comprehensive kit of first Aid contents  
Folding stretcher & Carry Bag. CPR Face Mask in Case  
Stiffneck Adjustable Hard collar & Flexall Splint  
Body Fluid Disposable Kit & Accident book





## Emergency Room Kit Out



First Aid Kits & Cabinets



Full Resuscitation Range



Hand Wash & Towel Dispensers



Defibrillators



Portable Oxygen

**Kit Out the First Aid Room at your Club or School for as little as €545+VAT (contents shown below)**



**We can kit out to meet your full requirements with any of the supplies & equipment shown here**



Range of Emergency Kits



Full Range of Immobilisation Devices



Range of First Aid Guidance posters.  
Essential first aid advice. 59x42cm  
4 different charts available  
**€24.90 + VAT each**



Range of First Aid Signs & booklets available

**If you require any support in kitting out your First aid or Medical room please let us know and we can offer advice or visit the premises if required also**





## Instant Cold Packs

**120-146** Instant ice pack 5"x10" €1.20+VAT  
(Order 24+ - €0.96 each)

**120-146(2)** Hypacool Instant Ice pack 6" x 9"  
€1.20+VAT (Order 24+ - €0.96)  
Becomes cold instantly once compressed.



## Reusable Hot/Cold Packs

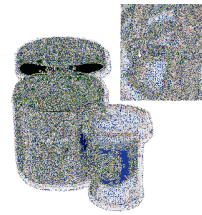
**120-140** Flexi-Pac hot/cold 5" x 10"  
€2.24+VAT  
(Order 12+ - €1.79 + VAT each)

**120-140(L)** Flexi-Pac hot/cold 8" x 14" €4.49  
Will conform to any body contour at any temp  
(stays pliable and flexible even when frozen)  
Made from non-toxic flexible gel & vinyl



**120-111** Cryo-Cup Massager €6.90+VAT

Economical Ice Massage Tool. Treatment of Strains & Sprains. Fill with water & Freeze. Use for Ice massage to give very effective treatment  
**Caution :- Do not hold stationary on skin**



**120-121** Ice Up Massager €19.90+VAT

Reduces icing time. Supplied with carry cooler.  
**Caution :- Do not hold stationary on skin**



**120-108** Reusable Hot / Cold 5" x 10" €2.24  
(Order 12+ - €1.79 + VAT each)

Put in the freezer or microwave for hot/cold effect



**200-062** Igloo Legend Ice box 8L  
€32.90 +VAT

**200-062(2)** Igloo Legend Ice box 16L  
€42.90 +VAT

**200-062(3)** Igloo Legend Ice box 32L  
€79.00 +VAT



For storage of ice packs and Icing Tools before and during games.

**Please call for details of larger wheeled Ice Box coolers available**  
**Please see website for details**



**120-194** Hot / Cold Wrap Covers €1.30+ VAT

Can be used with both the Instant Cold Pack and the standard Gel Packs  
Elastic strapping allows treatment on most parts of the body



**120-190** Ice Pack Cover & Velcro Strap  
€4.90 + VAT

Top Quality Compression support. Keeps ice packs away from the skin & allows cold through  
Fits all standard instant and reusable ice packs  
Comes with Adjustable Velcro Straps to close and maintain compression



**120-149** Handy Wrap System €6.90

Simple solution to hold on Hot & Cold Packs. Supplied with handle as shown  
Just wrap around the ice pack for fast effective compression 500ft long

**120-160** Handy Wrap Refill €5.90+VAT



**120-221** SPS Ice Bag 11" €8.90+VAT

For use with Ice cubes or crushed ice. Fills into body contours well.  
Cold effect lasts longer than Ice packs.  
Reusable again & again  
Immediate on field treatment possible



**120-192** Ice Bags & Dispenser €89+VAT  
Disposable bags & dispenser  
(10" x 18") 1500 bags/roll

**120-196** Disposable bags (10" x 18") 1500 bags/roll €75+VAT



**120-222** Ice Bag holder €9.90+VAT

fits the blue Ice bag above. (Note doesn't fit the Brown Ice bag above)

**NOTE:** Ice bag not included



Ice Bag Wall Mount Dispenser €49 + VAT

Ice Bags (Roll of 250) €11.95 + VAT



**120-222(L)** Large Ice Bag Wrap €19.90+VAT

Bag compression holder fits the blue Ice bag above. Screw top cap of the ice bag fits through the wrap. Allows the ice bag to be easily compressed to the injured area

**NOTE:** Ice bag not included



**120-162** Inflatable Ice Bath (Team)  
€152 + VAT

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.



**120-211** Deep Freeze Cold Patches (pack of 4)  
€10.90+VAT

Self-Adhesive patches acts quickly to cool the injured area, reduce swelling & help beat the



**120-227** Inflatable Ice Bath (single)  
€129+ VAT

For individual player to aid recovery  
Used internationally by elite athletes.  
Easy to inflate, fill, deflate & transport

## Cold Therapy – CCT Therapy



### CCT Cold Compression Therapy Wraps

A unique & patented circumferential compression therapy system incorporates a gel cold pack covered with frost free lining to allow application directly to the skin.

With the Cold Therapy combined with the adjustable inflation you can fulfil 2 of the 4 ideal treatments for soft tissue injury. RICE - R - Rest, I - Ice, C - Compression, E - Elevation. the Rest and elevation can easily be controlled by the injured player/patient.

Intermittent compression can also be achieved by giving the player/patient guidelines on how often to inflate and deflate the device

- Precise fit to provide deep tissue treatment
- Circumferential Compression and Cold Therapy together
- Mobility while being treated
- Lightweight and easy to use

Cold therapy systems use advanced technology to provide deep, consistent cooling to injured areas. Combined with active compression, cold therapy can help your body heal more quickly by preventing tissue damage, encouraging healthy circulation, and stimulating tissue repair.



Each system consists of a wrap with adjustable air chambers, a removable gel pack & a removable air pump. The adjustable compression chamber design positioned behind the cold pack provides contouring and compression around the site of the injury.

Order Code	Product Description	€ excl VAT	
120-213	Compression Cold Therapy Ankle	29.00	VAT Free
120-214	Compression Cold Therapy Knee	29.00	VAT Free
120-215	Compression Cold Therapy Thigh	29.00	VAT Free
120-216	Compression Cold Therapy Shoulder	34.90	VAT Free
	Replacement Cold Wraps	15.00	VAT Free
120-246	Compression Cold Therapy Wrist	34.90	VAT Free
120-247	Compression Cold Therapy Hip	34.90	VAT Free
120-257	Compression Cold Therapy Back	34.90	VAT Free



The gel pad (blue) is removed from the wrap and placed in the freezer. When frozen it is then ready for use. Its placed back in the wrap and held in place via Velcro attachments.

**The Gel pack has a frost free lining, however because of the wide variation in freezer types and temperatures we recommend that you place an additional layer e.g. kitchen paper, light cloth, compression bandage etc. between the wrap and the skin. Its especially important for the initial few minutes after removing the gel pack from the freezer**

2 hours freezing time is sufficient and the most recommended time. Application times are the same as for a standard cold pack. Replacement gel wraps are also available. We recommend purchasing an additional wrap so one can be in the freezer at all times and ready for use and the 2 wraps can be alternated during treatment.

## Cold Therapy —Cryo Cuff Cold Therapy System



**120-101**  
Bucket  
& piping

### Artic Flow / Aircast Cryo Cuff Cold Therapy

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.



Also  
available  
Cryo Cuff IC  
See Website  
for details



**120-239- The Cryo/Cuff IC** provides both gravity & motorized cold and compression therapy for flexibility of care.

An integrated pneumatic pump within the cooler lid provides automated cold and compression therapy, with simplicity of design and ease-of- use operation

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



### 120-250 KNEE CRYO/CUFF™ SC (SELF-CONTAINED) (CCT) €79.00+VAT

The Aircast Knee Cryo/Cuff SC is totally self-contained - the cuff is filled directly with water and ice eliminating the need for a cooler.

To ensure the optimal amount of compression, a hand bulb is included to measure pressure after application. The cuff remains cold for about one hour.

#### Key Features:

Anatomic cuff design for complete coverage of affected area.

Measured compression for patient comfort

Controlled cold eliminates the risk of tissue damage, S

elf-contained design eliminates the need for a cooler



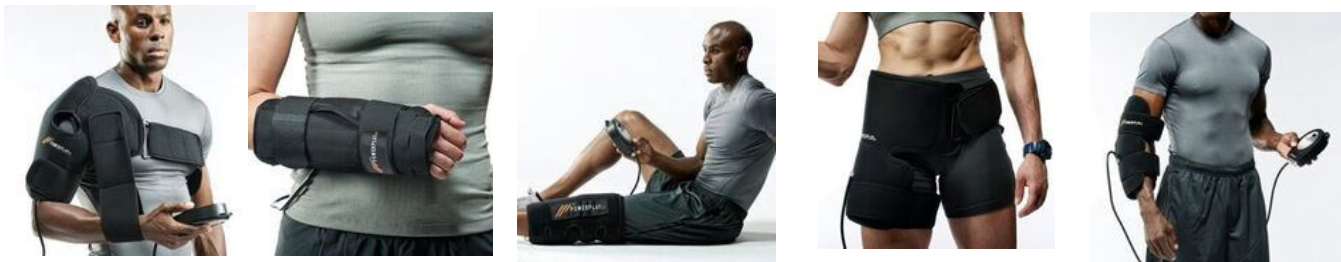




## COLD COMPRESSION THERAPY

Cold compression therapy combines the benefits of cold therapy and compression therapy to provide optimal results for pain and swelling relief. Studies have shown that people who use cold therapy and compression therapy together as opposed to just one of those therapies alone recover from their injuries significantly faster. The many benefits of cold compression therapy include reducing pain, swelling, and edema, while promoting faster healing and muscle recovery, and stimulating blood flow. PowerPlay combines the benefits of a cold therapy machine (or cold therapy unit) and a compression machine to deliver intermittent compression therapy – meaning the compression pump inflates the wrap to the desired pressure, holds for 10 seconds, releases, then inflates again. Intermittent compression has been proven to be more effective than static compression because it moves the blood more effectively, helping push the swelling out of the system. PowerPlay also offers cold therapy through frozen gel packs or ice bags, which have been proven to reduce pain.

Cold and compression therapy can be applied to a variety of situations including post-surgical rehabilitation (such as MCL and ACL surgery recovery), injuries such as sprains, fractures, and tears, as well as pain and swelling. Most athletes are familiar with the RICE method for recovering from injuries, which stands for Rest, Ice, Compression, and Elevation. While we leave rest and elevation up to you, PowerPlay uses advanced technology to make your ice and compression more effective.



Order Code	Product Description	€ excl VAT	VAT
120-264	Powerplay System	245.00	<b>+VAT</b>
120-271	Powerplay Wrist wrap	199.00	<b>VAT Free</b>
120-270	Powerplay Hip Wrap	199.00	<b>VAT Free</b>
120-268	Powerplay Elbow Wrap	199.00	<b>VAT Free</b>
120-267	Powerplay Shoulder Wrap	199.00	<b>VAT Free</b>
120-266	Powerplay Ankle Wrap	199.00	<b>VAT Free</b>

### FEATURES:

Weighs approximately one pound for the ultimate in portability and convenience, Provides 4-8 hours of continuous battery use, Features three ports for both cold and compression therapy—treat one to three athletes at a time, Operates with simple one-touch technology, Allows for three pressure settings from (50mmHg to 70 mmHg), Intermittent, sequential compression pushes distal to proximal to move edema and swelling out of joints and muscles, Each site wrap includes one gel pack and optional insert for adding ice, Priced far below other cold compression machines — allows you to purchase multiple units at the price of one competitive product.

### BENEFITS:

Travels conveniently between sporting events and home, Compression therapy and cold therapy Aid in **RICE (Rest, Ice, Compression, Elevation)** anywhere with no mess, Provides the flexibility for multiple joint or muscle therapy for up to three athletes, Accelerates the removal of lactic acid following high-intensity exercise, Reduces severity and duration of exercise—induced muscle injury and delayed onset muscle soreness (DOMS).

Improves circulation to reduce swelling, soreness and fatigue, Provides cold therapy and compression therapy in one convenient solution and without worry about pressure or temperature extremes.

Order Code	Product Description	€ excl VAT	VAT
120-273 (S)	Powerplay Advanced Wrap Back (Small)	250.00	<b>VAT Free</b>
120-273 (L)	Powerplay Advanced Wrap Back (Large)	250.00	<b>VAT Free</b>
120-272	Powerplay Advanced Wrap Knee (360 degree)	250.00	<b>VAT Free</b>
120-278	Powerplay Additional Elbow Gel Packs Standard	57.00	<b>+VAT</b>
120-277	Powerplay Additional Hip Gel Packs Standard	57.00	<b>+VAT</b>
120-276	Powerplay Additional Wrist Gel Packs Standard	57.00	<b>+VAT</b>
120-275	Powerplay Additional Knee Gel Packs Advanced	65.00	<b>+VAT</b>
120-274	Powerplay Additional Ankle Gel Packs Standard	57.00	<b>+VAT</b>
120-265	Powerplay Additional Shoulder Gel Packs Standard	57.00	<b>+VAT</b>

**Available to RENT or BUY, Please call 062-77014, Email Sales@sportsphysio.ie or check out our website at www.sportsphysio.ie**

NormaTec is the leader in rapid recovery — The systems give a competitive edge to the world's elite athletes, coaches, and trainers. The goal is to establish recovery as an integral part of every athlete's training. The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of the systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

The systems include a control unit and attachments which go on the legs, arms, or hips. They use compressed air to massage your limbs, mobilize fluid, and speed recovery with our patented NormaTec Pulse Massage Pattern. When you use the systems, you will first experience a pre-inflate cycle, during which the connected attachments are moulded 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



## PULSE Leg Recovery System €1595+VAT Special Offer €1450 + VAT

Our most popular and most essential package for athletes at all levels. It comes with everything you need to get started. No matter what your sport, your power probably comes from your legs, so keeping them fresh is essential for victory. Having a total package weight of just 11.5 lbs means that you can take this package with you and recover anywhere.

**Features-** NormaTec PULSE control unit, hosing, power supply, two leg attachments, and microfiber bag. Rechargeable battery for up to 2 hours of use. The battery is designed to allow use of the NormaTec without being next to a power outlet.



## NormaTec PULSE Leg and Hip Recovery Package €1995+VAT Special Offer €1850 + VAT

Second most popular package and provides an edge to the serious athlete. Fresh legs are essential but keeping your hips loose and flexible is important as well. Treat your legs with our NormaTec boots, then double up on your quads, hamstrings, and IT band while also hitting your glutes and lower back with the included hip attachment.

**Features-** NormaTec PULSE control unit, hosing, power supply, two leg attachments, hip attachment, and microfiber bag. Two year warranty on the control unit and a one year warranty on all other system components. Rechargeable battery for up to 2 hours of use. The battery is designed to allow use of the NormaTec without being next to a power outlet.



## NormaTec PULSE PRO- Please Call for pricing

Rehab and Recovery in one small package, Recovery for every athlete, anywhere with the ultra portable design and internal battery, Recovery Flush for quick and easy sessions, Extra attention where you need it most with Zone Boost, Patented NormaTec Pulse Technology.

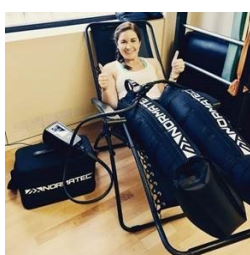
**Features-** Touch LCD Display, Durable carry case. Rechargeable battery for up to 2 hours of use. The battery is designed to allow use of the NormaTec without being next to a power outlet.

## General Normatec Features & Warranties

Two year warranty on the control unit and a one year warranty on all other system components. World voltage capable external 12V 1.2A power supply, Rugged construction of all components makes for easy travel.

Low maintenance – simply wipe clean with a damp cloth, Attachments are made with durable, lightweight, high-quality nylon, Control Unit is light (weighs just 3.6 lbs) and fits in your hand (9" H x 5" W x 4" D), Rechargeable battery for up to 2 hours of use. The battery is designed to allow use of the NormaTec without being next to a power outlet.

## System Accessories



Order #	NormaTec Accessories	€ Price Ex VAT
120-282	NormaTec arm Set	790 per pair
120-283	NormaTec Carry Case	150
120-284	NormaTec Recovery Zero Gravity Chair	80
120-281	NormaTec PULSE Bilateral Hip Black	590
	<b>NormaTec Boot Pairs</b> Standard(28-34" inseam, <29" thigh) Short (<28" inseam, <26" thigh) Tall (>34" inseam, <30" thigh)	Included in Kit Please Call for detail on leg sizes

**Rental & Rent to Buy Packages also available**

Pls call or email for details



The **Game Ready** System continuously circulates cold water from the control unit's ice reservoir, via a connector hose, through an inner chamber of the anatomical wrap (this chamber is located closest to the body) before returning to the ice reservoir. As a complete loop, the cold water is refreshed through the ice before returning through the anatomical wrap, thus delivering continuous cold therapy, allowing heat to be removed from the treatment site. Simultaneously, the control unit pumps air into the separate, outer chamber of the anatomical wrap, intermittently inflating and deflating according to the pressure setting that is selected. The compression not only assists in preventing / limiting swelling, but also conforms the Anatomical Wrap to the contours of the body. This increases the surface contact and aids the delivery of the circumferential cold therapy. The **Game Ready** System combines **Intermittent Compression** with **Circumferential Cold Therapy** in one easy-to-use, adjustable application.

## Benefits of Compression & Adjustable Cold Therapy

1. Decreases pain, muscle spasms, swelling
2. Reduces metabolic activity and cellular demand for oxygen to reduce tissue damage
3. Mimics muscle contractions, pumping oedema out of the injured area
4. Stimulates tissue healing
5. Increases blood flow and delivery of oxygen to the injury site
6. Optimizes lymphatic drainage

For Full Specifications, References & Testimonials please visit [www.gameready.co.uk](http://www.gameready.co.uk)

## Enhance Your Recovery & Rehabilitation



For On site Demos at your practice or with your team please call us on 062-77014 or email to [matt@sportsphysio.ie](mailto:matt@sportsphysio.ie)

GAME READY®

A New Way to Heal from Orthopedic Surgery or Injury  
IN 8 EASY STEPS



A comfortable and convenient addition to the treatment and management of injury pre and post orthopaedic surgery.



We can now provide you with a rental system to assist with your recovery and rehabilitation. Rental periods for a minimum of 1 month, 2 months or further. Rental systems are delivered with easy to use instructions and user manual. If you are interested in renting the game ready please contact Matt [matt@sportsphysio.ie](mailto:matt@sportsphysio.ie) Always consult with your treating Health Professional and refer to the User Manual and contraindications prior to commencing Game Ready Cold & Compression therapy.

## Game Ready Wraps & Accessories

The Game Ready System is designed for use in the treatment of a variety of injuries & post orthopaedic rehabilitation. In addition to the Control Unit and Dual Action-Action Wraps, the system includes Single and Dual Connector Hoses, and several convenient accessories – including a Rechargeable Battery Pack Kit that allows up to 7 hours of use. Protective Carry Bags & Wrap Bags allow the safe storage & transport of your equipment.



Shoulder Wrap



Ankle Wrap



Hip/Groin Wrap



Back Wrap



Elbow Wrap



Wrist Wrap



Hand Wrap



Articulated Knee Wrap (CPM compatible)



Control Unit Carry Bag



Single & Dual connector hoses



Rechargeable Battery Pack



Wrap Carry Bag



## Heat Therapy Equipment



**120-124** E-1 Hydrocollator  
(incls 4 Standard size Hot Packs)

**120-125** E-2 Hydrocollator  
(incls 2 Oversize, 3 Standard  
& 1 neck Hot Pack)



**120-129** HotPac Half Size 5"x12"  
€11.90 + VAT

**120-130** HotPac Standard Size 10"x12"  
€11.90 + VAT

**120-133** HotPac Oversize 15"x24"  
€38.90 + VAT

**120-168** HotPac neck contour 24"long  
€15.90 + VAT

**120-170** HotPac 10"x18"  
€22.90 + VAT



**120-141** Terry cover standard  
€22.90 + VAT

**120-142** Terry cover oversize  
€29.90 + VAT

**120-143** Terry cover neck contour  
€19.90 + VAT



**120-137** Paracare Parafin Bath  
€299 + VAT

**120-138** Paraffin Wax Refill 1 lb  
€44.90 + VAT

**120-139** Plastic Liners for Paraffin  
Bath(x100) €19.90 + VAT



**120-122** Infra Red Lamp €139 + VAT

**120-199** Wall bracket for lamp €19.90 + VAT

**120-123** Base for Infra Red Lamp 5 spoke  
€89.00 + VAT

**120-151** Universal floor stand  
€69.00 + VAT

**120-150** Bulb for Infra Red Lamp  
€25.00 + VAT

120-123



**120-263** Heat Patches  
3Pk- 295mm x 90mm,  
Ultra thin, Heats up  
quickly, Odourless



120-199



### Wheat Pack Moist Heat Packs

**120-144** Full Backpack 48x43cm  
€29.90+VAT

**120-145** Lower Back 28x28cm  
€19.20 + VAT

**120-161** Neck / Shoulder 43x15cm  
€13.90 + VAT

**120-161** Shoulder Pack 43x15cm  
€10.90

## Hot & Cold Rubs & Sprays



**120-112** Bio-Freeze 4oz tube  
**120-115** Biofreeze Spray 4oz  
**120-112** Bio-freeze 16oz drum  
**120-112** Bio-freeze 3oz Roll on

**180-206** NAQI Cool Gel  
Similar to Biofreeze)



**120-114** Deep Heat Rub 67g  
**120-191** Deep Heat Rub 100g  
**120-198** Deep Heat Spray 150ml  
**120-135** Heat Relief Spray  
**120-148** Cold spray 150ml

Order Code	Product Description	€ excl VAT	
120-148	Cold Spray 150ml	3.50	€3.15 (6+)
120-211	Deep Freeze Patches Pk 4	8.90	
120-229	Wintergreen Heat Spray 150ml	4.40	
120-198	Heat spray 150ml	4.90	
120-114(67G)	Deep Heat Rub 67g	4.25	
120-191	Deep Heat Rub 100g	5.95	
120-112(16Z)	Biofreeze Gel 16oz	21.90	
120-112(4Z)	Biofreeze gel 4oz	9.90	
120-115	Biofreeze spray 4oz	9.90	
120-212	Bio Freeze Single 5g Sachets100/Box	45.90	
180-208	NAQI cool Gel 50ml	6.90	



**Atomic Balm** Professional strength pain relieving ointment. Medium penetrating warmth. Long lasting petrolatum base. 1lb jar.  
**Chemodis Medium Balm** Balm with distinctive heat effect, gives pain relieving warmth. To be used for sport injuries, muscle aches  
**Tiger Balm** This balm is used for relieving muscle and joint pain, it also relieves arthritis, strains and aches

Order Code	Product Description	€ excl VAT
<b>180-119</b>	Cramer Atomic balm 500ml	13.40
<b>180-140</b>	Tiger Balm 19g white	6.90
<b>180-142</b>	Chemodis Medium Balm 350ml	11.90



**180-104** Chermotherm Warm up lotion  
(0.5L) / (5L) €13.90 / €109 + VAT  
Good for warm ups.  
Contains menthol and eucalyptus.

Note: CONTAINS NUT TRACE



**180-173** Prossage Heat 8oz €21.90 + VAT  
Prossage Heat is a unique blend of these natural ingredients formulated to produce a gentle heat and area specific, controlled glide.

Safflower Seed Oil, Menthol, Lanolin and Lavender Oil

# NAQI®

BELGIAN  
SKIN CARE  
EXPERTISE



NAQI® Massage Lotions

# TOP

products for  
Professionals

- Good absorption, leaving the skin dry and soft
- Hypo-allergenic perfumes
- Does not contain parabens nor formaldehyde releasers.
- Good gliding- and dispersion features



## NAQI® Rehabilitation Gels

### NAQI® COOL GEL

Long-lasting cold effect, extremely safe

Use NAQI® Cool Gel as first aid for,

- bruises
- sprains and swelling
- with muscle cramps
- joints when cold therapy is needed



### NAQI® ARNICA GEL

Trauma

- Contusion gel for sprains, injuries and bruises.
- Relieves rheumatic pain
- Recommended for functional rehabilitation



Sports Physio Supplies Ltd is an official NAQI® Distributor



## Massage Rubs



Order Code	Product Description	€ excl VAT
<b>180-103(0.5L)</b>	Chemodol 500ml	9.90
<b>180-103(5L)</b>	Chemodol 5.0L	79.00
<b>180-104(0.5L)</b>	Chemotherm 0.5L	13.90
<b>180-104(5L)</b>	Chemotherm 5.0L	109.00
<b>180-108(0.5L)</b>	Baselin Massage Milk 0.5L	9.90
<b>180-108(5L)</b>	Baselin Massage Milk 5.0L	79.00
<b>180-115(0.5L)</b>	Chemovine 0.5L	9.90
<b>180-115(5.0L)</b>	Chemovine 5L	79.00

**CHEMODOL Massage oil for the professional user-** Chemodol is a mild neutral massage oil with a high content and excellent absorption properties, thus permitting optimal skin contact. Chemodol is quite suitable for every kind of skin and easily removable with water. Chemodol has a neutral fragrance.

**CHEMOTHERM Good for warming up-** Chemotherm massage oil has a number of active ingredients including menthol and eucalyptus oil. It can be used for sport warm-ups and also it's particularly appreciated by the more elderly patient.

**\*\*\*Note Chemotherm contains a Nut trace \*\*\***

**CHEMOVINE Massage oil for very hairy skin-** Chemovine is a clear massage oil with a high oil content, making it highly suitable for very hairy skin. Chemovine rapidly makes the skin more supple and enhances the "grip" on the tissue. The special composition of Chemovine makes it to be washed off easily

**BASELIN MASSAGE MILK A non-greasy massage milk-** A non-greasy, hypo-allergenic massage milk which will be rapidly absorbed by the skin. Specially developed for massaging naturally greasy or moist skins. Based on castor oil and coconut oil. Rinses off easily with water.

## Massage Rubs



Order Code	Product Description	€ excl VAT
<b>180-172</b>	Mueller Massage Lotion 3.75L	40.90
<b>180-191</b>	Mueller Massage Lotion 473ml	9.90
<b>180-164</b>	Amber massage cream 32oz	32.90
<b>180-116</b>	Amber massage cream 8oz	9.90
<b>180-219</b>	Amber Massage Cream 128oz	65.00
<b>180-214</b>	Songbird Tui Massage Wax 550g	25.50
<b>180-217</b>	Biotone Dual Purpose Massage 14oz	24.90

**Mueller Massage Lotion-** Softens & soothes as it disappears into the skin. Greaseless, emollient formula provides lubricating action.

**Amber Massage Cream-** Unscented with Vitamin E, Aloe Vera and Arnica. Assists the Therapist in manipulative treatment including deep tissue massage. Breaks quickly from a cream to an oil

**Songbird Tui Massage Wax-** A blend containing Beeswax and Arnica which works on the skin as well as the muscles making it an excellent pre and post event massage medium. It also has a wider use in all types of other massage therapies. Essential Oils of Calendula, Manuka and Lemon. (Contains Almond Oil).

**Biotone Dual Purpose Massage Cream-** Combines oil and lotion in one. Effortless glide and luxurious consistency. Leaves skin surface soft and moisturised. Contains Arnica to stimulate circulation and aid tissue repair and healing. Contains: Almond Oil, Arnica Extract, Ivy Extract, Aloe Vera Oil, Vitamin E, Vegetable Glycerin.



## NAQI Massage Rubs

The purpose of NAQI massage is to facilitate the gliding movement of the hands on the skin, protect the skin from mechanical stress, promote the penetration of certain products into the skin, to care for the skin of both the therapist as well as that of the patient.

NAQI massage lotions are skin-friendly emulsions, have the same pH as skin, are well tolerated by skin, spread well over the body, are well absorbed into the skin, do not block the pores, do not soil clothes, contain hypoallergenic perfumes. Only for external use.  
Use only on intact skin.



**NAQI SPORT-** 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.

**NAQI ULTRA-** This lotion has a pleasant texture with good immediate gliding and dispersal properties. The lotion provides lasting hydration and protection for the skin and restores the natural skin balance. After use skin is soft but never oily. Ideal for physiotherapy treatments.

**NAQI LIGHT-** Massage lotion with a pleasant texture, ideal for short massages. This lotion provides lasting hydration and protection and restores the natural skin balance. After use the skin feels soft but never oily.

**PUMP FOR NAQI 5L-** Pump for 5 Litre Bottles/massage lotions.

**250ML EMPTY SQUEEZABLE GEL BOTTLE-** Empty gel bottle 250ml. Can use for massage gels or creams.

Order #	Description	Price Ex VAT
180-210	Naqi Massage Lotion Ultra Plus 500ML	11.90
180-209	Naqi Massage Lotion Ultra Plus 5L	75.90
180-206	Naqi Massage Lotion Ultra 500ML	11.90
180-205	Naqi Massage Lotion Ultra 5L	65.90
180-204	Naqi Massage Lotion Light 500ML	11.90
180-197	Naqi Massage Lotion Light 5L	56.90
180-198	Naqi Massage Lotion Sports 500ML	11.90
180-181	Naqi Massage Lotion Sports 5L	59.00
180-215	Pump for Naqi 5L	5.50
150-308	Empty 250ml gel bottle	0.95

## Beginners Massage Kit



**190-381** Massage Starter Kit €52.65+VAT

Ideal for beginners, All massage kit contents supplied in a convenient holdall.

### Kit Contents:

- x1- Naqi Sports Arnica Gel 100 ML. Contusion gel for sprains, injuries and bruises.
- x1- Naqi Cool Gel 100ML. A fast reliable and professional first aid for joints and muscles.
- x1- Naqi Warm Up Competition 100ML. Protective and water-resistant lipogels that stimulate the circulation and protect against cold without impeding the skin's normal functions.
- x1- Sports Performance Bag (Red or Navy)
- X1 Naqi Massage Rub/Lotion Sports 500ml- 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.



For more information on our range of kits or to customize your kit email [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) or call 062-77014

## Massage Heat Balms



Order Code	Product Description	€ excl VAT
180-119	Cramer Atomic balm 1lb	13.40
180-142	Chemodis Medium Balm 350ml	11.90
180-140	Tiger Balm 19g white	8.90
180-228	NAQI warm Up Competition	9.90

### ATOMIC BALM

Professional strength pain relieving ointment. Medium penetrating warmth. Long lasting petrolatum base. 1 lb jar.

### CHEMODIS MEDIUM BALM

Balm with distinctive heat effect, gives pain relieving warmth. To be used for sport injuries, muscle aches

### TIGER BALM

This balm is used for relieving muscle and joint pain, it also relieves arthritis, strains and aches

## Massage Rubs with Arnica



Code	Product Description	€ excl VAT
180-122	Weleda massage balm with Arnica 50 ml	7.95
180-122	Weleda Massage Balm with Arnica 100ml	11.90
180-123	Weleda Arnica ointment 25g	7.75
180-124	Weleda Arnica tablets 30c	7.90
180-207	NAQI Arnica Gel 100ml	13.90
180-214	Songbird Sports Massage Wax 550g	25.50
180-127	Artrodol gel 100ml	8.90
180-126	Traumadol gel with 10% arnica	10.40

**Weleda Arnica Massage Balm** is a traditional herbal remedy for providing relief from aches and pains associated with rheumatism, muscular pain, bruising and sprains. This excellent oil can be massaged into the affected area, bringing warmth, relief from pain, thus helping to prevent stiffness. Can also be used for backache and sports injuries. **WARNING: Do not apply to broken skin.**

### NAQI Arnica Gel

Contusion gel for sprains, injuries and bruises. Relieves rheumatic pain

### Songbird Tui Massage Wax

A blend containing Beeswax and Arnica which works on the skin as well as the muscles making it an excellent pre and post event massage medium. It also has a wider use in all types of other massage therapies. Essential Oils of Calendula, Manuka and Lemon. (Contains Almond Oil).

### Artrodol Gel

Pain relieving Anti-inflammatory gel based on ibuprofen. Artridol Gel is a combination of an anti-inflammatory steroid (betamethasone) and a non-steroidal anti-inflammatory (indomethacin) with analgesic, adjunct in the treatment of acute traumatic events such as post-traumatic inflammation of tendons, Ligaments and joints due to sprains, strains and bruises.

### Traumadol Gel with 10% Arnica

A pain relieving arnica cream gel for bumps, bruises and sports injuries. It makes bruising disappear faster and relieves the pain, swelling and stiffness caused by physical trauma where the skin is unbroken.

## Cool Gel Analgesics



Order Code	Product Description	€ excl VAT
180-208	NAQI Cool Gel 50ml	11.90
120-112(16oz)	Biofreeze Gel 16oz	29.90
120-112(4oz)	Biofreeze gel 4oz	11.90
120-115	Biofreeze spray 4oz	12.90
120-212	Bio Freeze Single 5g Sachets 100/Box	49.90
120-258	Bio Freeze 1oz/30ml	3.20
120-259	Bio Freeze 1oz/30ml 12/Pack	32.64
180-141	Bells Vapour Rub	4.50

### NAQI Cool Gel

A very cold gel which has been designed to reduce inflammation and pain. A fast, reliable and professional first aid for joints and muscles.

NAQI Cool Gel, based on Menthol and Menthyl PCA, provides an immediate and long-lasting cold effect. Use NAQI Cool Gel as first aid for bruises, Sprains and swelling.

### Biofreeze

Traditional Biofreeze gel available in 2 gel sizes, a spray and in sachets

## Massage Aids



**180-112** Quad knobber  
The Quad Knobber tool is ideal for back massage with its choice of spaced domes it will apply pressure to the back muscles laterally of the spine.



**180-111** Back Knobber  
The Original Backnobber II S Shape is the latest self care deep muscle massage tool. The Original Backnobber II can relieve the muscular pain that comes from physical and occupational stress, injuries and chronic conditions such as arthritis & bursitis.

Order #	Description	Price Ex VAT
<b>180-112</b>	Quad Knobber	€8.95
<b>180-111</b>	Back Knobber	€39.90
<b>180-109</b>	Jacknobber	€8.95
<b>180-110</b>	Index Knobber	€8.95
<b>180-185</b>	Lacrosse Ball	€5.90



Spikey Massage Balls- 7cm and 9cm- Available in Hard/Firm

Spiky Massage Balls are small spiky massage balls used to release tight, uncomfortable muscles and can help to release toxins and improve circulation



**180-109** Jacknobber  
The Jacknobber has four different knobs to provide both deep and broad pressure to the trigger points in your back muscles



**180-110** Index Knobber  
The original Index Knobber II is a simple device designed to let you apply pressure to trigger points within convenient reach of your hand.



Lacrosse Ball €5.90+VAT  
Portable method of myofascial release

## Rolling Massage Sticks

Order #	Product	Price Ex VAT	Description
<b>180-185</b>	Massage Stick Original 24"	€34.90	This is the most popular model for the average male / female. Its 24" length and 15 working spindles address most muscle groups with ease.
<b>130-451</b>	Vari Massage stick- Green	€24.90	Ideal for targeting your trigger points and myofascial release on specific parts of the body including: quads, thighs, hamstrings, ITB, calves and Achilles.
<b>130-449</b>	Massage Stick 14"	€9.90	Ideal for use before or after exercise to increase circulation and to soothe tight muscles as well as ease aches and pains.



## Massage Equipment



**150-116** Audio sonic / Intrasound  
€245 + VAT

Generates soundwaves which create a resonance effect across a wide spectrum of body tissue.

Pulses are conducted through lymph and spinal fluids, cartilage, muscle tissue and bone with

significant therapeutic consequences, 6cm tissue Penetration, Flat and cone heads for pain relief, Arthritis, Migraine, Rheumatism.



**150-247** 3D-Pro Massager  
€329 + VAT

3 large (18x12cm) inter-changeable easy glide heads and will perform a full body massage in 7 to 10 mins improving circulation & lymph flow With a choice

of either a 12 sphere, smooth, or nylon head physiotherapy tasks can be undertaken with complete confidence.



## Foam & Grid Rollers

Foam rollers are used in Physiotherapy, Pilates, Yoga, Fitness and Rehabilitation, Ideal for stretching the foam roller can help improve stability and flexibility, Great for promoting stabilisation, core strength & balance training.



### 130-211(2) MFR Roller

The ultimate roller for myofascial release and to help massage and release tight muscles. 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. High Impact ABS tube with EVA foam padding. **Size 30.5cm long x 12cm diameter**

€26.00+VAT  
€20.80 +VAT (10+)



### 130-211

VARI Roller  
Alternative to  
Grid roller.  
30cm long x 12cm Dia  
Available in Black or Lime

€29.00+ VAT  
€24.65 (10+)



### 140-213

EPP Roller  
90cm long x 15cm dia. Long  
lasting EPP material  
recovers its shape  
after use



### 130-110 Foam Roller Blue 90cm x 15cm dia.

Our standard roller has been a very popular roller for over 8 years now, The roller has a double density core to give it added strength and means it won't lose shape as quickly as the single density rollers on the market.

€20.90+ VAT  
€17.77 (10+)



### 130-157 1/2 Foam Roller Blue 45m x 15cm dia.

€12.90+ VAT  
€10.79 (20+)

**Note for the 45cm we cut the 90cm version in half so will have cut finish on one end**

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



### 130-349 Mini Massage Roller

Size: 6.5 x 6.5 x 16cm  
€9.90



### 130-203

Rumble Roller  
€49+ VAT

*The Foam RumbleRoller Manipulates Soft Tissue - Like a Massage Therapist!*

### 130-199 Grid Roller 33cm long x 13cm dia.

The Trigger Point (MFR) Grid Foam Roller raises the bar on the traditional foam roller. The Grid is covered in a foam grid system of varying widths and 3 densities. Find the perfect Grid spot and go to work on your IT Band, quads, calves or any other muscle group that is troubling you. Features DistroDensity Zones, Matrix Technology and an environmentally friendly design. Being only 33cm long and 13cm diameter, the sleek design of The Grid makes it an excellent travel companion.

€39.00+ VAT €33.15(5+)

The surface of the RumbleRoller contains specially designed bumps that are firm, but flexible, much like the thumbs of a massage therapist. As you roll over the top of the RumbleRoller, the bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions. This action erodes trigger points, helps restore flexibility, and brings quick relief to common types of muscular pain. By design, the RumbleRoller's bumps are firmer than muscle tissue, but much softer than bone, so they deflect out of the way if they contact your spine or other bony protrusions.

## Treatment Couches

**The Plinth 2000 couch is the most popular couch on the market today. Suitable for all manipulation and general treatment techniques.** Extremely well made upholstery, bolted, not screwed to the frame, solid, rigid framework. Quality hydraulic pump with pedals on either sides, or Swiss electric motor. Twin sided pedals standard on hydraulic version. All Couches are CE marked and have a wide choice of colours.



- **40 yrs. Manufacturing experience in the UK**
- **Short Delivery times 2-3 weeks**
- **16 years plus product lifespan**
- **No quibble lifetime guarantee on frame**
- **Unconditional 5 year guarantee on all components**
- **Full 2 man delivery service to point of use**



**... Plinth 2000 have been working closely with Sports Physio Supplies since 2007. We personally delivery each couch to the customer directly & provide Service & Back up support to Sports Physios Supplies' customers ' ....**

- Either electric or hydraulic height adjustment available
- Able to lift up to 225kg (35 stone) from its lowest height
- Backrest adjustment by gas strut mechanism
- Backrest angle adjustable from -35° to + 85° vertical
- Hoist clearance of 13cm (5")
- Adjustable foot for uneven floors
- Fully washable/ fire retardant Ambla vinyl available in range of colours
- Couch goes horizontal for patient recovery in emergency situations
- Robust retractable castors for excellent mobility and safety
- CE marked in conformity with MDD 93/42/EEC Annex IX Class 1
- Electrical standard IEC601 part 1



### Upholstery Colours Available



### Additional Optional Accessories include;

- Double thickness Upholstery Padding
- Extra width Upholstery Padding
- Paper Roll holder
- Foot Switch for Electric couch
- Foot switch for both sides of electric couch
- Perimeter switch for all around sides of electric couch
- Remote Infra red Hand switch (Electric couch)
- Cot sides (fold down)
- Cot sides (fold down padded)
- Electrically operated back rest

**Please Call for pricing on the Accessories**

## Treatment Couches



**180-145 40" Wide Neurology Double Couch**  
'Bobath' (Electric or Hydraulic)

Developed in conjunction with the Bobath Centre in London, our 'double' plinth provides probably the most firm and stable treatment surface available. Being 102cm wide and lowering to just 41cm it is perfect for use in hospital gyms & physiotherapy departments. Now safely lifts 320kg from its lowest point.

- Able to lift up to 320kg (50 stone) from its lowest height
- Easily able to lift and support two people
- Backrest adjustment by gas strut mechanism
- Backrest angle adjustable from 0° to + 85° vertical
- Hoist clearance of 14cm (5 1/2")



**180-159 Traction table** with an excellent heavy duty rolling top, floating on eight large ball bearings, with a full 6" (15cm) travel. The Cervical in sitting accessories and all harnesses are supplied as standard, not extras.

A high specification digital traction unit with variable hold, rest and force settings, the unit has built in safety features that are continually monitoring the functions of the unit.

Traction package supplied with hydraulic rolling top traction bed, digital traction unit, thoracic and lumbar harnesses, flexion Stool, cervical in sitting frame, spreader bar, head halter, counter traction straps, cord extensions

- **40 yrs. Manufacturing experience in the UK**
- **Short Delivery times 2-3 weeks**
- **16 years plus product lifespan**
- **No quibble lifetime guarantee on frame**
- **Unconditional 5 year guarantee on all components**
- **Full 2 man delivery service to point of use**



### Additional Models available



#### The KIKO couch

This new model combines contemporary styling and versatile design to offer the very strongest of couches able to withstand very heavy manipulation with no flex or whip. It is far stronger and lighter than any other couch available and has super smooth gas cylinder operation and 'soft touch' upholstery for maximum comfort



#### The '5 Section' couch

Providing additional comfort for prone lying patients, this 5 section is based on the 3 section model with the addition of adjustable arm rests. Ideally suited to manipulation & examination and can have a wide range of accessories fitted. This couch is also available with drainage facility as model 505



#### Tilt Table

Lowering to just wheelchair height and featuring electric height and tilt, large toe braked castors, adjustable harnesses and crutch handles, this tilt table also has four button hand control permitting simultaneous control and fine adjustment of both height and tilt functions.



## Treatment Couches



Adjustable lifting back rest: 10 position  
Adjustable height: 66cm - 79cm (26"-32")  
Length: 185cm (73") Width: 62cm (25")  
Weight: 14.5kg  
Max working weight: 226kg (35 stone)  
Warranty: 2 years

**180-138 Portable Aluminium Couch €269 + VAT**  
**\*\*Includes Free Carry Bag & Couch Cover\*\***

Built to last, all Affinity tables are stress tested to a weight of 32 stone/450lbs and are covered by a 2 year warranty

The Affinity Sport is a truly portable table at just 14.5kgs. With its rapid set up, one touch height control, the Affinity Sport has been designed to be used and taken to the next appointment with the minimum of strain and difficulty for the therapist.

A Slimline but strong table featuring 4 leg cable system making it ideal for sports massage, mobile beauty treatments and accommodating large clients without fuss. The Sport can be quickly and easily upgraded by adding the Affinity Power Therapist Upgrade Pack (face cradle & arm rest).



**Excellent  
finished  
Upholstery**



### Excellent Quality Durable couch - Best on the Market

A reliable couch that you can trust in a busy dressing room and can transport easily is very important. There are cheaper couches on the market, however this is one of the main tools of the trade for a therapist. For such an important investment its imperative that it be a Top Quality couch that will last the test of time.

**This couch is being used by many of the top Sports Physios in Ireland in GAA, Rugby and Soccer where it gets heavy usage at training sessions / games 3, 4 times a week. Very strong and durable to stand this test, yet lightweight for easy portability.**

The majority of our sales of this couch are from word of mouth referrals from therapists who already have one.



**The Portable couch is supplied with a FREE Carry bag and FREE couch cover to the value of approx. €60**



### Optional Accessory

Power Therapist Upgrade pack.  
Head holder and arm rest.  
This will fit on the end of the portable couch

## Couch Accessories



**180-106** Deluxe Couch Cover with Breathe hole

Our heaviest couch cover. Top quality with heavy elastic edging and long lasting towelling Quality Navy/Burgundy colour  
€16.90+VAT **5+ €15.21**

**180-106** Terry Couch Cover with Breathe hole €16.90 + VAT **5+ €15.21**  
**180-107** Terry Couch Cover without Breathe hole €16.90 + VAT **5+ €15.21**

Top quality 325gsm couch covers. Extra thickness. Made from 80% cotton & 20% polyester knit stretch terry towelling. Elastic Edging and two ties underneath. Navy Colour. Other colours on request



**180-102** Couch Rolls 20" wide  
€4.06 + VAT per roll  
€3.25 + VAT per roll for 12+  
Box of 12 couch rolls €39 + VAT  
High quality paper rolls in 40m lengths. Double ply thickness.

**180-149** Clinic Roll 10" wide  
€2.50 + VAT per roll  
20% Off for 24 rolls plus  
High quality paper rolls in 40m lengths. Double ply thickness.



**180-182** Mulligan Belt €22.50 (Vat Free)

The Mulligan mobilisation belt is a 2.5 metre, nylon belt used to mobilise the patient whilst movement occurs. Also used for stabilisation during treatment with Mulligan techniques. The belt can be adjusted by one hand, and has a side release plastic buckle



**210-246** Disposable Couch Covers €0.95  
**20+€0.85**



**180-255** Pillows- Medical Latex- Wipeable Clean  
€10.95 **5+ €9.85**

This fully wipeable healthcare pillow is skilfully designed to meet the expectations of the healthcare sector such as private hospitals, Physiotherapy Clinics and care homes. As it is easy to



**210-245** Disposable Pillow Covers (100)  
€49.00

## Massage Room Accessories



**180-195** Multi purpose economy trolley €169 + VAT  
Brighten up your clinic with this very robust and attractive trolley. Steel frame but lightweight and sturdy with braked castor feet. White baked enamel finish for easy cleaning. Simple self assembly required. Dimensions: 63x50x80cm



**180-186** Round Couch Stool  
€69 + VAT



**180-160** Saddle Stool  
€99 + VAT

Portable Couch Transporter €39.90 + VAT

Ideal for any mobile therapist. Will take a portable couch up to 28" wide and 8.5" thick when folded. Folds flat for easy transport



**180-161** Portable couch bag w/wheels €49 + VAT

Carry bag for Portable couch 180-138 above and most other portable couches.

Wheels for easy portability

# Taping & Strapping

www.sportsphysio.ie 062-77014



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 / €1.71 (1+)	
1.0"(2.5cm)	100-152 / €1.37 (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+)	€69.90



### 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 / €1.73 (48+)	€82.90
1.5"(3.8cm)	100-108 / €3.24 (1+)	
1.5"(3.8cm)	100-108 / €2.59 (32+)	€82.90
2.0"(5.0cm)	100-117 / €4.31 (1+)	
2.0"(5.0cm)	100-117 / €3.45 (24+)	€82.90



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

100-164 Mueller Spatting Tape 2" €3.95  
100-165 Mueller Spatting Tape 3" €5.95



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 Oxide

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

## Underwrap



### 100-107 Foam Underwrap Mueller

Foam tape for protecting skin when applying tape. 7.0cm width

1+ €1.56  
48 / box €1.25 (box 59.90+ VAT)



### 100-150 SPS Foam Underwrap (Jaybird)

Foam tape for protecting skin when applying tape. 7.0cm width

1+ €1.22  
48 / box €0.98 (box 46.90 + VAT)

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

website: www.sportsphysio.ie



# Zinc Oxides

www.sportsphysio.ie 062-77014

## 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 / <b>€1.90</b> (1+)	
1.0"(2.5cm)	100-132 / <b>€1.52</b> (48+)	<b>€72.90</b>
1.5"(3.8cm)	100-131 / <b>€2.85</b> (1+)	
1.5"(3.8cm)	100-131 / <b>€2.28</b> (32+)	<b>€72.90</b>
2.0"(5.0cm)	100-133 / <b>€3.80</b> (1+)	
2.0"(5.0cm)	100-133 / <b>€3.04</b> (24+)	<b>€72.90</b>



### 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 / <b>€3.87</b> (1+)	
1.5"(3.8cm)	100-160 / <b>€3.10</b> (30+)	<b>€92.90</b>



### 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



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



### 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

Tape width	Strappal Tape Order # / Price (Qty)	Box Price € excl VAT
0.5"(1.25cm)	100-158 / <b>€1.84</b> (1+)	
0.5"(1.25cm)	100-158 / <b>€1.47</b> (36+)	<b>€52.99</b>
1.0"(2.5cm)	100-148 / <b>€3.46</b> (1+)	
1.0"(2.5cm)	100-148 / <b>€2.77</b> (36+)	<b>€79.77</b>
1.6"(4.0cm)	100-111 / <b>€4.16</b> (1+)	
1.6"(4.0cm)	100-111 / <b>€3.12</b> (24+)	<b>€74.90</b>
2.0"(5.0cm)	100-149 / <b>€5.55</b> (1+)	
2.0"(5.0cm)	100-149 / <b>€3.77</b> (18+)	<b>€67.93</b>



### 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/ <b>€3.71</b> (1+)	
1"(2.5cm)	100-137/ <b>€3.25</b> (40+)	<b>€129.90</b>
1.5"(3.8cm)	100-101 / <b>€5.24</b> (1+)	
1.5"(3.8cm)	100-101 / <b>€4.36</b> (15+)	<b>€65.48</b>
1.5"(3.8cm)	100-101 / <b>€3.88</b> (30+)	<b>€129.90</b>
2"(5cm)	100-154/ <b>€7.43</b> (1+)	
2"(5cm)	100-154/ <b>€6.50</b> (20+)	<b>€129.90</b>



### 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 / <b>€4.16</b> (1+)	
1.5"(3.8cm)	100-136 / <b>€3.56</b> (15+)	<b>€53.40</b>
1.5"(3.8cm)	100-136 / <b>€3.17</b> (30+)	<b>€99.90</b>

**To Order:** Tel: 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Leuko Tape P & Alternatives [www.sportsphysio.ie](http://www.sportsphysio.ie) 062-77014



## Leuko-tape 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 / €7.72 (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+)	€129.90
1.5"(3.8cm)	100-101 / €5.24 (1+)	
1.5"(3.8cm)	100-101 / €4.36 (15+)	€65.48
1.5"(3.8cm)	100-101 / €3.88 (30+)	€129.90
2"(5cm)	100-154/ €7.43 (1+)	
2"(5cm)	100-154/ €6.50 (20+)	€129.90



## 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 / €3.96 (1+)	
1.5"(3.8cm)	100-136 / €3.56 (15+)	€53.40
1.5"(3.8cm)	100-136 / €3.17 (30+)	€95.10

## Combi Packs & Alternative



## 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 100-104 Combi Price / Qty	Box Price € excl VAT
€12.35 (1+)	
€11.12 (10+)	€111.20
€10.50 (20+)	€209.95



## 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 100-102 Combi Price / Qty	Box Price € excl VAT
€9.19 (1+)	
€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
€3.70 (1+)	
€3.33 (10+)	€33.30
€2.96 (20+)	€59.20

Hypafix 10cm 100-135 Roll Price / Qty	Box Price € excl VAT
€6.59 (1+)	
€5.93 (10+)	€64.80
€5.27 (20+)	€115.20



# 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](http://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.

*Scott Garfield*

Scott Garfield, President  
Jaybird & Mais, Inc.

**Made in the USA**



## 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.

4 Brands available. Sports Tear Plus, Lighplast Pro, Mueller Tearlight & Sports Tear.

**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

**Most Popular Hand Tearable EAB**

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+)	€51.23
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

**Excellent solution for around the thighs for the jumpers in Rugby or for Thumb taping in hurling (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**



**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**



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

**Lighplast Pro**

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

6.8m long

Tape width	Lighplast Pro Order # / Price (Qty)	Box Price € excl VAT
2.0" (5.0cm)	110-158 / €3.43 (1+)	
2.0" (5.0cm)	110-158 / €2.74 (24+)	€69.90
3.0" (7.5cm)	110-159 / €5.15 (1+)	
3.0" (7.5cm)	110-159 / €4.12 (16+)	€69.90



## 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

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
<b>1.0" (2.5cm)</b>	<b>110-109 / €2.10 (24+)</b>	<b>€50.50</b>
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 / €6.74 (1+)	
3.0" (7.5cm)	110-105 / €6.07 (12+)	€72.79
3.0" (7.5cm)	110-105 / €5.39 (24+)	€129.41
4.0" (10cm)	110-110 / €9.56 (1+)	
4.0" (10cm)	110-110 / €8.60 (12+)	€103.25

**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





## 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 / €2.23 (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

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

**Best Selling  
Cohesive**

**Tan cohesive  
available on request  
also**



### 110-185 Powerflex AFD 2"X2.5YD



All-in-one foam pad dressing and cohesive bandage that helps get players back in the game Quick and easy to apply Absorbs the equivalent of 29 gauze pads Stops bleeding quickly Effective on lacerations, turf burns and abrasions Waterproof layer prevents leakage & contamination.

€2.30+VAT



### 110-191 Rugby lifting block foam single 55c Each

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.





# Kinesio Taping

www.sportsphysio.ie 062-77014

## Kinesio Tex Tape



Kinesio are pleased to announce the launch of Kinesio Tex Gold FP.

Kinesio's new, highly innovative and enhanced tape has been developed by Dr Kenzo Kase, the founder of the Kinesio Taping Method. The tape combines innovation with the very latest research and technology to provide a cutting-edge therapeutic 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](http://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	<b>€10.59</b> (1+)	
5m	<b>€9.53</b> (6+)	€57.19
31m	<b>€57.19</b> (1+)	€57.19
	<b>€54.32</b> (3+)	€54.32

## 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

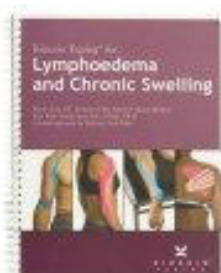
Tape Length	Sports K Price (Qty)	Box Price € excl VAT
5m	<b>€5.90</b> (1+)	
5m	<b>€5.32</b> (6+)	€31.90
5m	<b>€4.48(12+)</b>	€60.20



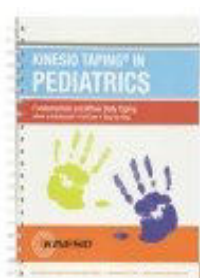
**We have excellent feedback from customers who use this tape**

**Kinesio Tex Tape available in 5m rolls**

## Sports Books & Accessories



Lymphoedema Book  
160-177



Paediatrics Book  
160-178



Clinical Applications  
160-179



Kinesio Taping Scissors  
160-180  
€39 + VAT

**To Order:** Tel: 062-77014

**e-mail:** sales@sportsphysio.ie

**website:** www.sportsphysio.ie

# Dynamic Taping

www.sportsphysio.ie 062-77014

**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](http://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") widths**

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](http://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



## Posture Pals

Due to the innovative material & design a range of applications can be catered for with 2 Posture Pals DT Precut 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
- 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**

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

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

**110-167**  
Lumbar  
Pack of 5  
€29.90  
VAT FREE

**To Order:** Tel: 062-77014

**e-mail:** [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

**website:** [www.sportsphysio.ie](http://www.sportsphysio.ie)

## Taping Accessories

www.sportsphysio.ie 062-77014

### Underwrap



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

1+ €1.56  
48 / Box €1.25 (Box €59.90 + VAT)



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

1+ €1.22  
48 / Box €0.98 (Box €46.90 + VAT)



### 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

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

Order Code	PVC Insulation Tape Description	Price € excl VAT
100-121BK	PVC Insulation Tape Black 33m	1.20
100-121BL	PVC Insulation Tape Blue 33m	1.20
100-121G	PVC Insulation Tape Green 33m	1.20
100-121R	PVC Insulation Tape Red 33m	1.20
100-121W	PVC Insulation Tape White 33m	1.20

### 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

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### 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	9.90
190-290	Zoff Adhesive Remover wipes (box 20)	9.90

### Grip Enhancers & Anti Glare Solutions



Mueller Rosin & Stickum

Trimona handball wax & 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 Wax Spray 200ml	11.60
180-152	Trimona Handball Wax Tub	9.90

### 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



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

Order Code	Product Description	€ excl VAT
<b>Felts — Adhesive &amp; Non Adhesive</b>		
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
200-057	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
<b>Foams</b>		
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	Adhesive Foam roll 1/8"(3.2mm) x 5" x 72" roll (2)	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 qty's)	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



**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

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## 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.



### 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



### 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



### 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

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

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
200-369	Toe spreader Gel S,M, L (4/pk)	6.90

## Blister Care



Blister Cushions



Spenco 2nd Skin 1" squares or 3" circles



Mueller More Skin 1" squares or 3" circles



Mueller More Skin 12" x 12" sheet



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
190-203	Mueller More Skin 1"x1" squares (x 75)	24.90
190-265	Mueller More Skin 3" circles (x25)	38.00
190-311	Mueller More Skin 12" x 12" sheet	19.90
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 per pair  
**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**

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