

## Athlete Recovery & Performance

**SportsPhysio**  
& Performance

Sports Physio & Performance

Killinan, Thurles, Co.Tipperary

Tel: 062 77014

[www.sportsperform.ie](http://www.sportsperform.ie)



Prices shown here include VAT unless otherwise stated

# Athlete Recovery



Numerous Research studies

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

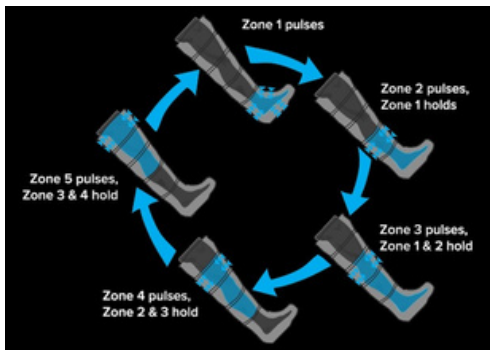
The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Our systems include a control unit 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 our 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



## Why choose NormaTec?

- Speeds up recovery
- Increases circulation
- Reduces pain & inflammation
- Patented technology for proven results
- Backed by Research studies
- Relied on by 97% of pro teams in the US

One such Research Study in the Journal of Athletic Enhancement... *This study was carried out using a 20 minute time in the boots and concluded; "NormaTec was able to significantly decrease blood lactate concentrations compared to other passive recovery methods in just a 20 minute treatment."*

# Irish Teams and Athletes using NormaTec



CRICKET  
IRELAND



Irish Women's Hockey  
Team World Cup Silver  
Medallists 2018



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



# Irish Teams & Athletes using NormaTec



Andrew Conway  
Munster & Ireland Rugby



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

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

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

Limerick Hurlers  
All Ireland Senior  
Hurling Champions 2018



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

Pádraic Maher—Tipperary  
Senior Hurler

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

Martin McIntyre  
Mayo Senior Football Team  
Performance Coach



# Sports Performance Kit

Injury Prevention/Mobility



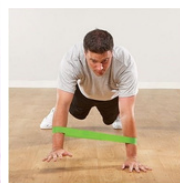
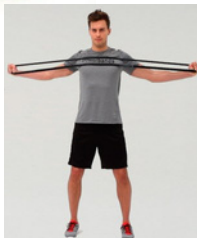
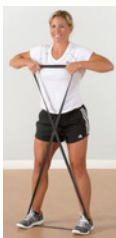
Increase Muscle Activation

Improve Mobility

Reduce Injury

Self Myo-facial Release

Develop Core



**Athletic Development Kit**

**Athletic Performance Kit**

**Elite Performance Kit**



**€37**  
Athlete Price

**€30**  
Team Special



**€57**  
Athlete Price

**€45**  
Team Special



**€65**  
Team Special



# What the teams and athletes are saying



## Julie Davis—Head of S&C Armagh Senior Football

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

## Cathal Cregg, Head Strength & Conditioning Officer, Connacht GAA

As Head Strength & Conditioning Officer at Connacht GAA, I recommend our approved supplier "SPORTS PHYSIO SUPPLIES". When dealing with county academy squads reliability and speed of service is of the utmost importance, we have found that "SPORTS PHYSIO SUPPLIES" work to the highest degree of professionalism and quality. We have been supplying our squads with Sports Performance Kit as part of their prehab, warm up and strength training sessions. The kits have played a huge part in helping us implement our programs across the various counties. The kits we use include foam roller, mini bands, Swiss ball and lengths of TheraBand. All of this coming in a small convenient compact bag makes it a vitally important part of our players training and match day kit. The compact kit allows players to carry equipment around in their gear bag.

## Ciaran Sloan - Down GAA Senior Strength & Conditioning Coach

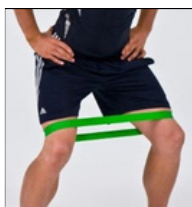
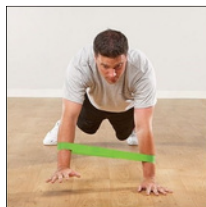
The performance kits are very beneficial for use during prehab and activation prior to gym & pitch sessions. The kits can be used at home & when travelling, which allows players to undertake their own individual prep. The sliders & mini bands are used for exercise variation (for example knee flexion posterior chain work), mobilisation & muscle recruitment around the pelvic girdle.



# Build your own Sports Performance Kit



**PERFORM BETTER!**



1 of each band  
€12 (4 pack) or  
€3.50 each



1 of each band €80

Width Order # Special

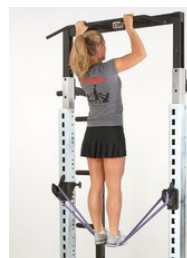
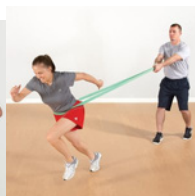
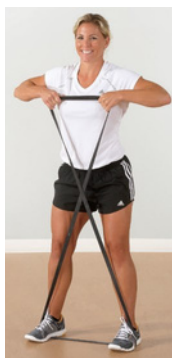
0.5" 140-139 €10

1.0" 140-191 €18

1.75" 140-317 €25

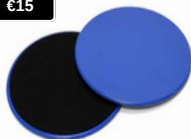
2.5" 140-321 €30

**BEST SELLER**



Slide Pads

€15



€40

A pair of discs that turns carpet & floors into an unstable training surface. Use them to target multiple body parts such as your legs, inner thighs, and glutes all at the same time. Stretch and tone shoulders, chest & back.

Stretching

strap



€25



€6

€12



Myofascial Release Rollers & Balls



€12

Performance Bag



€27

Kbands Resistance Bands are a dynamic training tool utilized to fire muscles throughout the legs with every movement.

- Build explosive hip flexors.
- Run faster with enhanced muscle recruitment.
- Build a more powerful leg drive.
- Develop leg strength & quickness.



INCREASE SPEED AND LEG DRIVE WITH KBANDS NOW

# Hypervolt—Recovery

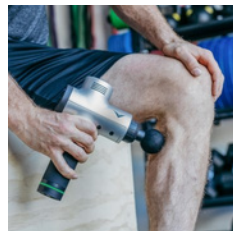


The Hypervolt is a handheld device that applies 3 levels of powerful vibrations (with up to 3200 percussions a minute) to areas of the body.

What that translates to is a very quick & smooth action that will stimulate the tissues to help improve movement and recovery.

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

€325 + VAT  
Please ask for Special Athlete  
Offer



"The Hypervolt is a really useful tool in my recovery arsenal, helping me stay in the best shape possible to train.

As an athlete it's not only the hard miles out on the road or track that get me to the startline, it's also all the work in between.

Recovery is such a key part of my life, using the Hypervolt pre & post training has helped me tackle the rigours hard training has on my body"

*Ciara Mageean*

Olympic Games Semi Finalist 2016  
European Bronze Medalist Outdoor 2016  
European Bronze Medalist Indoor 2019

Irish International  
Athlete Ciara  
Mageean with her  
range of recovery  
equipment.



## Recovery Garments



CEP Athletic compression garments are manufactured from 7 unique yarns, including a special compression thread.

### Socks & Calf Sleeves

feature Medical grade compression, which reduces vibrations while increasing coordination. Socks are equipped with metatarsal compression for excellent support & comfort.

Ultra-thin, lightweight and breathable fabric.

Ultimate comfort in close-fitting running shoes thanks to a stay-put fit and minimally padded foot section.

Targeted medi compression for more power



### COMPRESSION SPORTSWEAR

**5% faster run times while using 6% less energy**

- Increase your training load
- Perform to your maximum
- Recover more quickly
- Prevent injury and fatigue
- 30-40% increase in blood flow
- Medically-proven compression
- 60 years of medical expertise
- Travel without swelling




the intelligent sportswear

## Injury Supports



*Please see website for full range of supports and pricing.*



# Injury Management

**Aircast Cold Therapy Regular** —Gravity fed icing device. Re-filters cold water back through the system Up to 3 hours of continuous treatment. Knee, ankle and shoulder systems available. Plus other wraps available on request.



**AIRCAST**



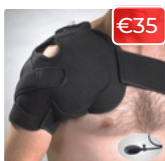
**Aircast Cold Therapy Advanced Cryo IC** — Contains Intergrated pump to provided Intermittant compression for even better results.

Upgrade the above systems to include this Advanced IC System for only €90

Advanced Cryo IC



Add Advanced Cryo IC for €90



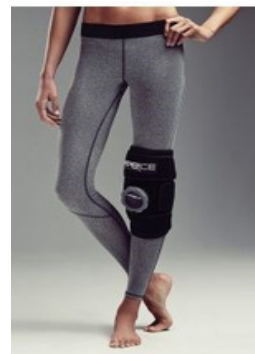
**Cold Compression Therapy (CCT)**  
Incorporates a gel cold pack The adjustable compression chamber design positioned behind the cold pack provides contouring and compression around the injury site.

**ICE UP Massager**

Effective treatments in 5-10 mins allows quick deep tissue penetration focused on target areas.



**HYPERICE**



The **Hyperice Knee** is an easy-to-use, portable two-part cryotherapy device. Combining a plush neoprene wrap and ice cell with a patented air-release valve, the Hyperice knee molds the ice to your knee perfectly for an optimal "ice cast" treatment.

Designed to treat and/or prevent: knee pain & inflammation from strains/sprains, ACL/MCL/Meniscus strains or tears, patella tendonitis (jumper's knee), and runner's knee.

## Endurance Training/Monitoring

**POLAR**  
LISTENS TO YOUR BODY



€99

When it comes to accuracy and connectivity, Polar H10 heart rate sensor is the go-to choice. Monitor your heart rate with maximum precision and connect your heart rate to your training equipment. With Polar H10, heart rate monitoring is more accurate than ever.

### FEATURES:

**Precision** - The improved electrodes make Polar H10 the most accurate heart rate sensor in Polar's history.

**Connectivity** - Polar H10 is compatible with top fitness apps, gym equipment and many other Bluetooth devices.

**Updatable** - The Polar H10 keeps on improving with OTA software updates. Suitable for Swimming - The 5 kHz transmission makes sure you can monitor your heart rate even in water.

**Built in Memory With Polar Beat** - Polar H10 has a built-in memory for heart rate data from one training session. The data can be transferred to Polar Beat, Polar's free fitness and training app.

**Comfort** - The new Polar Pro chest strap is comfortable to wear with soft textile material, slip-preventing silicone dots and a secure buckle.

See Our Website for full Polar & Garmin ranges

## Muscle Stim/Injury Rehab

See Website for range of devices



Neurotrac  
Sport  
€89 + VAT



Neurotrac  
Sport XL  
€99+ VAT



Neurotrac  
Rehab  
€85+ VAT

Digital Dual Channel Stimulator (NMES) Suitable for Sports, muscle toning, muscle rehabilitation and cellulite reduction with 15 Built in Sports programmes

21 Pre-set Sport's programmes and 3 Customisable programmes. Advanced multi-phase programmes where treatment is split into time phases with different stimulation parameters

Dual channel TENS and NMES device with remote switch controlled programmes. 10 Pre-set TENS programmes, 10 Pre-set Neuromuscular Stimulation programmes



Chattanooga  
Rehab  
€559 + VAT



Chattanooga  
Wireless  
€1,560 + VAT

The Chattanooga Wireless REHAB is a 4 channels stimulator. Professional is today's most developed for PTs and Rehab advanced electrotherapy unit. Clinics requesting a standard way of use of electro stimulation and convenience while saving

treatment.

space and time to optimize patient



Bluetens  
€139 + VAT

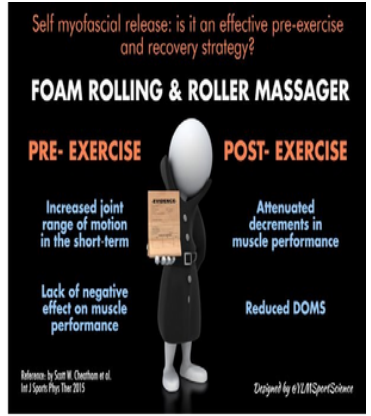
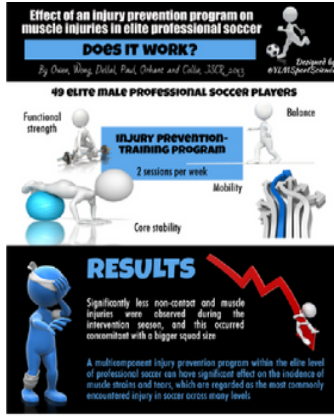
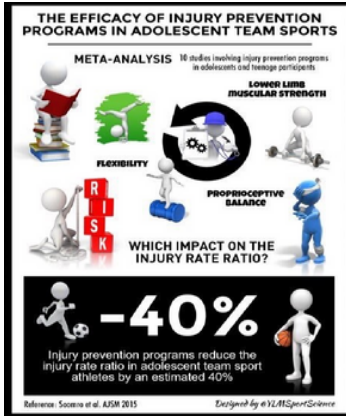
The Bluetens is a wireless and compact muscle stimulator.

The stimulator can make a connection with the free app by using Bluetooth. The app offers a range of more than 100 programmes and 15 body parts.



## Evidence Based Research

There's much evidence to prove the benefits of Injury Prevention, improving mobility.



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[www.sportsperform.ie](http://www.sportsperform.ie)



Visit us in Thurles at our Demo rooms and try out any of the Performance or Recovery Equipment



All the Products shown on this Athlete Brochure can be accessed online via [www.sportsperform.ie](http://www.sportsperform.ie) or

Prices shown on this brochure include VAT unless otherwise stated