

## Recovery Modalities

Sports Physio & Performance  
Killinan, Thurles, Co.Tipperary  
Tel: 062 77014  
[www.sportsphysio.ie](http://www.sportsphysio.ie)  
[sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)



Sports Physio & Performance is based in Thurles since 2006 and has built up huge experience providing Medical & Sports Performance requirements to the majority of teams at Club, Provincial & International level.

Our dedicated team work closely with the Medical, Physiotherapy, Strength & Conditioning, Sports Science personnel to provide a prompt service & technical support to meet the teams needs.



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

**GPA** SportsPhysio Performance

Kit Out of the Cork GAA Gym at Pairc Uí Chaoimh

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



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

**Aidan Woods –  
Lead Physiotherapist  
Irish Olympic Team**



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

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

**Declan O'Sullivan, Senior  
Physiotherapist Cork GAA**



Trusted To Represent The Top Brands In The Irish Market



"Recovery rooms powered by NormaTec are the new standard of excellence. Sports Physio and Performance are our partners and official distributor in Ireland, helping to bring NormaTec's technology to professional and amateur clubs, sports medicine and fitness facilities, and individual athletes of all types.

They have a great understanding of the technology and how NormaTec can benefit athletes in their training, recover, & performance in their sport. Matt and the team have helped design, set up and support several Recovery Rooms across the country and we work closely with them to support these developments."

**Dan Canina, Business Development  
Director, NORMATEC**







## EXCLUSIVE DISTRIBUTOR OF HYPERICE IRELAND

At HYPERICE, the mission is to provide athletes with a set of tools that improve performance by accelerating recovery time, preventing injury, and enhancing the body's ability to move more efficiently. All HYPERICE products are developed and tested to meet the standards of the world's best athletes.

### Two Category Leaders Join Forces to Deliver World-Class Performance and Wellness Solutions

"We're proud to announce the acquisition of NormaTec. We found a company that shared our vision and mission and we are excited to welcome them into the Hyperice family. This acquisition is an absolute game-changer for the performance and wellness industry. Our relentless mission to help people move better and live better, worldwide continues with the acquisition of NormaTec. By joining forces, we will have the most talented, dynamic, and inspiring team on earth. #MoveBetter" - Hyperice Inc

**RECOVERY**

**HYPERVOLT**

**R3 ROLLER**

**DIMPLE FIRE BALL**

**NORMATEC**

**CIARA MAGEEAN**

**"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*

@SPORTSPHYSIOIRL @TEAMNBMC @PENINSULASPORTS

## RECOVERY — HYPERICE



**180-282** Hypervolt Plus with Bluetooth



**180-330** Hypervolt with bluetooth



**180-311** Hypervolt Plus



**180-282** Hypervolt



**180-283** Hypervolt Carry Case



**180-282** Hypersphere Mini



**180-285** Vyper Roll 2.0



**180-332** Hyperice Venom Back



**180-333** Hyperice ICT Back



**180-334** Hyperice ICT Utility



**180-284** Hyperice ICT Knee



**180-283** Hyperice ICT Shoulder (L or R)



# HyperSmart™

**The Brain of Your Hyperice Technology:** HyperSmart™ seamlessly blends your physical and digital activity to consistently guide you toward optimal wellness.

With unrivaled expertise, our Human Performance Advisors created a proprietary algorithm that HyperSmart uses to interpret the data from wearables and physical activity, starting with Apple Health and Strava to prescribe routines exactly for your needs.

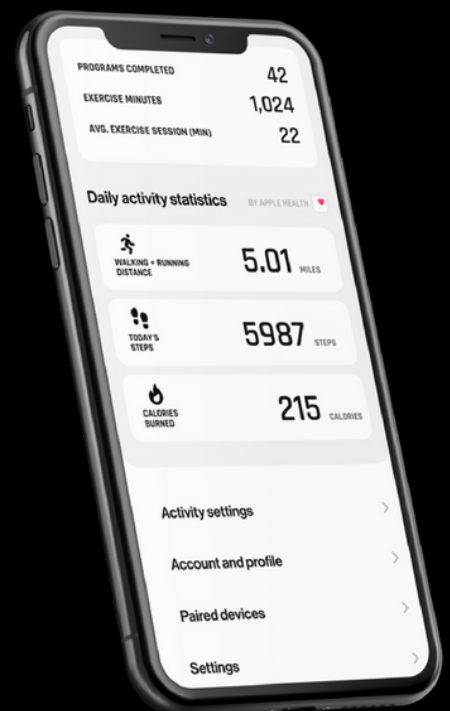
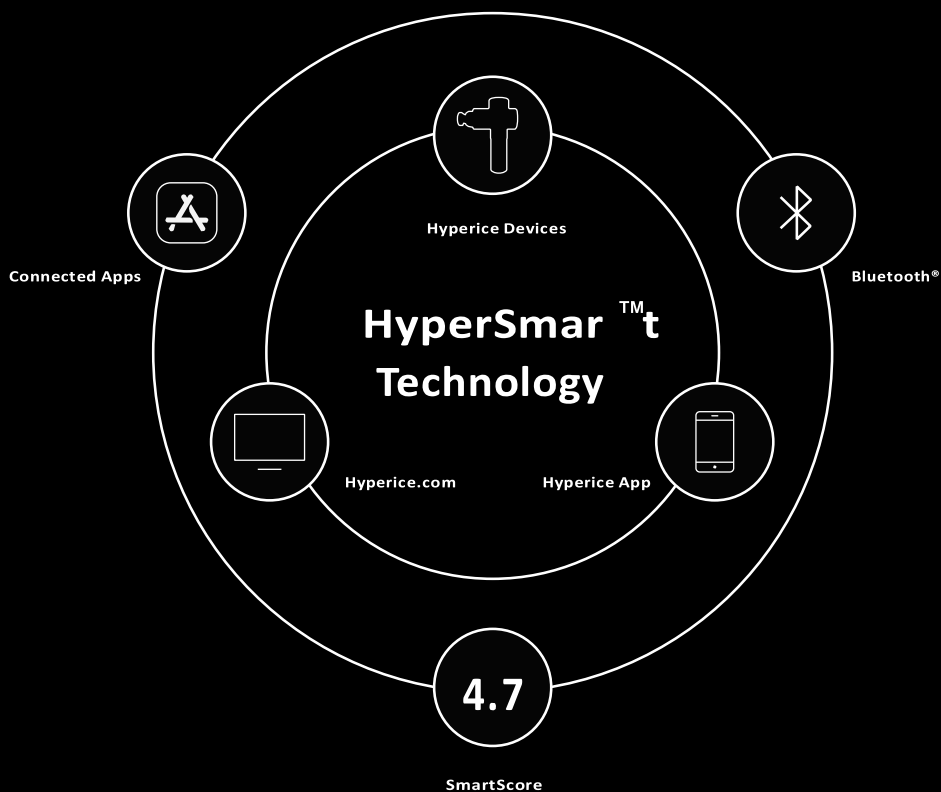
The more you interact with HyperSmart, the smarter it becomes. Recommending specific routines just for you for pain relief, improved flexibility, and optimized performance, reflected in your HyperSmart Score.

The HyperSmart Score is a powerful, easy-to-understand metric designed to encourage you to use your Hyperice devices more consistently and appropriately before and after your workouts and for general wellness.

By analyzing your Hyperice app profile and wearable data, including your workout routines, the duration of your workouts, types of activities, and steps, HyperSmart can evaluate and recommend the best warm up and recovery routines for you

# The HyperSmart™ Ecosystem

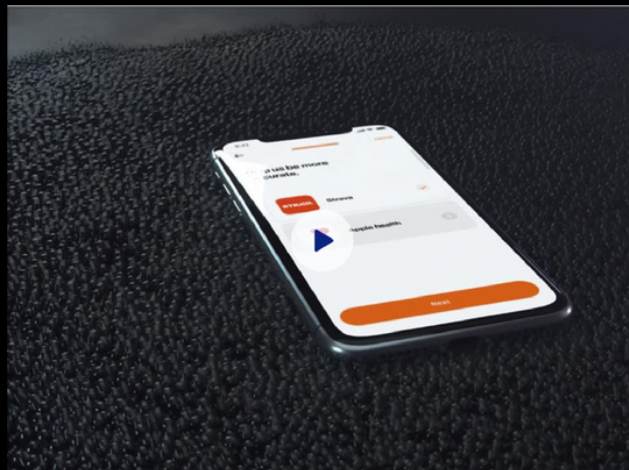
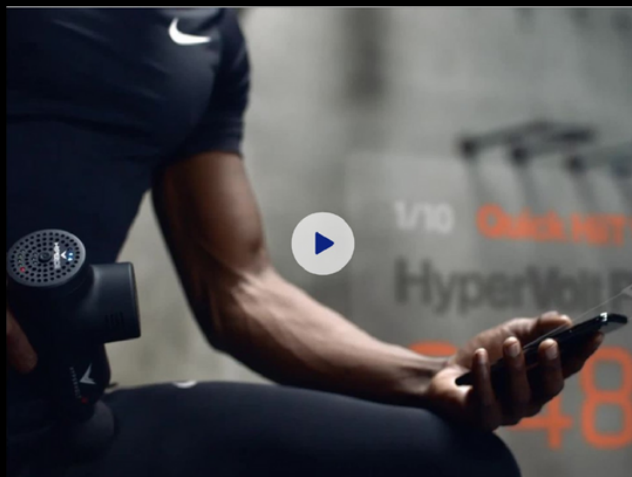
**Get exclusive content, recommendations for routines, and a snapshot of your activity and recovery progress. HyperSmart™ powers the personalization and customization of your Hyperice experience.**





# The Hyperice App

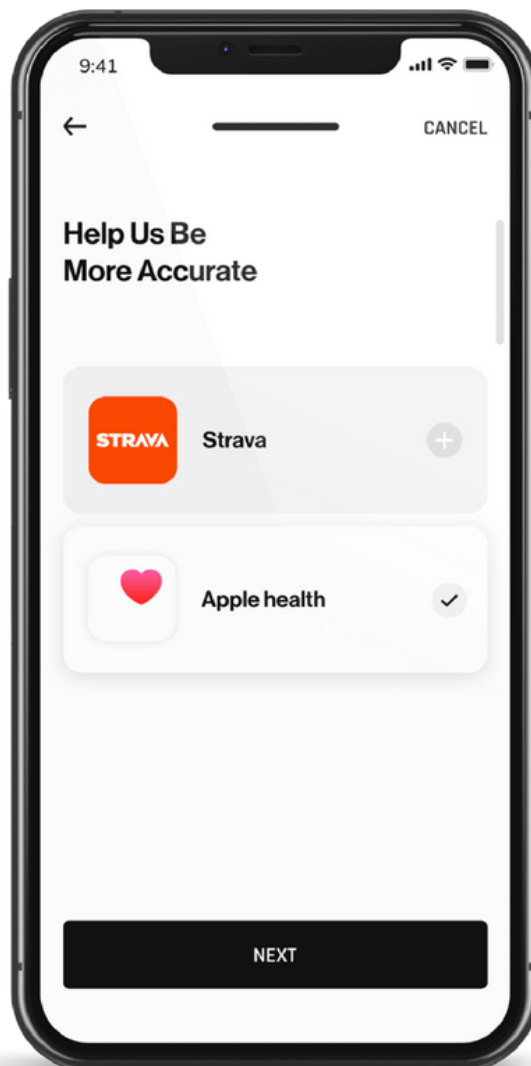
**Transform the way you move with the latest innovation by Hyperice. Connect to health and wellness apps, follow guided routines, operate your Hyperice Bluetooth® devices, and get exclusive content from top pros.**



# Connect to Health & Wellness Apps

Get the most out of the Hyperice App by connecting to Strava and Apple Health, with five new partners integrated by the end of 2020.

Receive recommendations for routines based on your movement and track your activity stats all in one place.

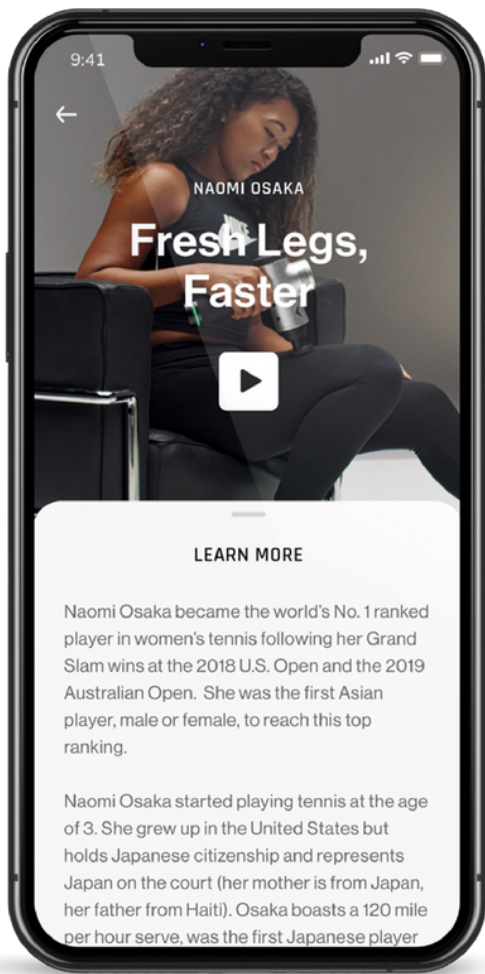




# Guided Warmup, Recovery, and Maintenance Routines

Professionally curated routines from Hyperice experts, designed to help you move better.





# Exclusive Content From Top Pros

Follow along as the world's best athletes, trainers, and physiotherapists guide you through their exclusive routines and share personal tips.



Lindsey Vonn



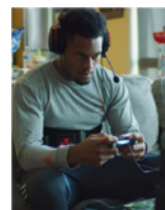
Harley Pasternak, MS



Naomi Osaka



Tia-Clair Toomey



Juju Smith-Schuster



Dr. Michael Gervais



Dr. Jordan Metz



Dr. Vinh Pham



Betina Gozo



Da Rulk



# Bluetooth® Devices — Product Launch

Pair your new Hyperice Bluetooth® device, begin a routine, and let HyperSmart™ do the thinking. The speed will automatically adjust as you follow along with the guided routine, so you can focus on your warmup, recovery, or body maintenance.



## RECOVERY—NORMATEC



120-307 Normatec Pulse 2.0  
Standard Legs



120-307 Normatec Pulse 2.0 Legs and  
Hips Recovery Package



Normatec Pulse 2.0 Full Body  
Recovery Package (legs, hips & arms)



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



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

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

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

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





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#### NORMATEC TECHNOLOGY OVERVIEW

NormaTec pioneered dynamic compression technology for recovery and continues to be the market leader. NormaTec is at the forefront of the recovery movement and works with athletes and teams across Olympic, collegiate, and pro sports to improve recovery and performance.

#### HOW IT WORKS

NormaTec utilizes a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness.

NormaTec employs three forms of biomimicry to expedite recovery:

**Pulsing**—dynamic compression mobilizes fluid. Instead of using static compression (squeezing) to transport fluid out of the limbs, NormaTec Pulse Technology uses dynamic compression (pulsing). Our patented pulsing action more effectively mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs after an intense workout.

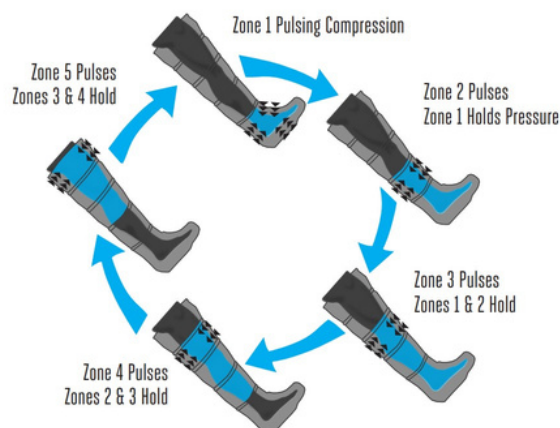
**Gradient Hold**—prevents fluid backflow. Veins and lymphatic vessels have one-way valves that prevent fluid backflow. Similarly, NormaTec Pulse Technology uses hold pressures to keep fluids from being forced in the wrong direction. Because of this enhancement, instead of tapering pressure off, the PULSE and PULSE PRO can deliver maximum pressure in every zone.

**Distal Release**—allows normal circulation. Because extended static pressure can be detrimental to the body's normal circulatory flow, Sequential Pulse Technology releases the hold pressures once they are no longer needed to prevent backflow. By releasing the hold pressure in each zone as soon as possible, each portion of the limb gains maximal rest time without a significant pause between compression cycles.

#### THE NORMATEC MASSAGE PATTERN

The NormaTec Pulse massage is patented and proven technology that:

- increases circulation
- reduces pain and soreness
- rejuvenates muscles
- accelerates athlete recovery



#### Why choose NormaTec?

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



#### Numerous Research studies

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

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



## FEEDBACK FROM TEAMS USING NORMATEC



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

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

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

Hurling Champions 2018



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

**Pádraic Maher**  
Tipperary Senior  
Hurler



**Andrew Conway**  
Munster & Ireland  
Rugby



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

**Martin McIntyre**  
Mayo Senior Football Team  
Medical & Performance



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

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



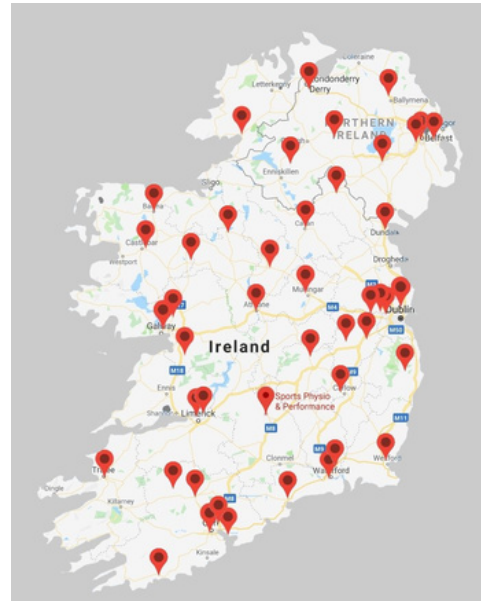


## RECOVERY ROOMS

"Recovery rooms powered by NormaTec are the new standard of excellence. Sports Physio and Performance are our partners and official distributor in Ireland, helping to bring NormaTec's technology to professional and amateur clubs, sports medicine and fitness facilities, and individual athletes of all types.

They have a great understanding of the technology and how NormaTec can benefit athletes in their training, recover, & performance in their sport. Matt and the team have helped design, set up and support several Recovery Rooms across the country and we work closely with them to support these developments."

Dan Canina, Business Development Director, NORMATEC



### Elite Sports Recovery

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

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

TJ Brosnan



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



Connacht Rugby Recovery Room

## RECOVERY ROOMS



Come visit us at our Demo Recovery Room in Thurles to get ideas on layout and contents or we can come and do onsite demos at your facility and support the design of the Recovery area. Trial all our recovery modalities such as the NormaTec Boots and chairs and Hyperice products.

### FAQ'S

#### Why have a Recovery Room in my Clinic ?

Appeal to a wider audience-Recovery Room attracts athletes who aren't injured. Use it between their training sessions. Huge benefits in Injury Prevention or for your clients returning from Injury. Also very effective in Pre event preparation. Injury Prevention & Recovery are huge across all Sports. Having a Recovery Room offering as part of your clinic means you can offer these additional services.

#### Are there additional staff costs to run the recovery room ?

No. After a demo on the initial visit the athlete can easily work the equipment thereafter.

#### What does the research and evidence say ?

There are countless research studies that show the positive effects of NORMATEC PULSE 2.0 Recovery System. We provide these as part of our Set Up pack.

#### Is it always safe to use ?

NORMATEC was founded for medical use and are FDA & CE approved.

They work to a very Safe pressure level up to 110mm Hg. There are countless Studies and research on the Safe and Effective use of NORMATEC.

This is not the case for all Manufacturers as some operate to twice this level of pressure or more with no evidence as to how safe they are at the higher pressures.

We provide you with a list of Contraindications to the use of NORMATEC so you can have this on your patient form.

NORMATEC are the World Leader in this technology and NORMATEC is used by 97% of Pro teams in the US.

We get fantastic support from NORMATEC to support us and Recovery Room Set ups and a great Service and technical support.

#### What should be in a Recovery Room?

There are lots of options and we have experience fitting out 1 system rooms up to 8 system rooms.

We can come & see your space and help with recommendations or you can visit our Demo Recovery room at our Offices in Thurles and see a typical room set up

#### Do you offer Finance / Leasing Options

Yes. Please see our Finance & Leasing section below

#### Does it take long to get a return on the investment.

We can provide you with projections on this such as the graph across here.

Facility typically charge €15-€20 per 30-minute treatment (and offer discounted 10-packs of treatments or unlimited premier monthly memberships)

Break even in just over one month at 5 sessions per day per unit Creates positive cash flow for 4+ years Helps with both member acquisition and retention

### Finance

We offer competitive rental and flexible leasing options through our finance partner – SME Finance and Leasing.

Whether you are a team who is looking to setup a Recovery Room, a new start up who needs a full fit out or an athlete looking to get your hands on our newest recovery products, we have a finance option to suit you.

No deposit required.

Purchase Leasing offers an easy and affordable option, after the 12 - 36 fixed monthly payments, you will own the equipment and have the peace of mind that it has been maintained to the highest standards to ensure you enjoy many years of service from your investment.

#### The Benefits of Leasing

SME Finance & Leasing can fund 100% of the finance cost of your equipment. We can finance amounts from €1000 + vat upwards. All our underwriting is completed in-house with a decision being made within 24 hours.

Working capital is not tied up in depreciating assets

Cash and credit lines are reserved for other uses

Payments are fixed which means you can budget effectively

We can match your repayments to the life of the asset, thereby easing cash-flow

You can purchase equipment now to help grow your business, therefor making it pay for itself



## PERFORMANCE KIT—INJURY PREVENTION & RECOVERY



The Performance Kit Benefits....

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

The 'Sports Performance Kit'

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

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

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

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

## FREQUENTLY ASKED TEAM QUESTIONS

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

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

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

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

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

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

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

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

**Q. Can we change the kit contents?**

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



## BACKED BY RESEARCH

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

**Avery Faigenbaum**  
@AFaigenbaum

We are unwittingly creating injury-prone young athletes by underappreciating the benefits of resistance training [bit.ly/1QzWZli](https://bit.ly/1QzWZli)



TEAMS & DEVELOPMENT SQUADS ALREADY USING KITS ....



**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."

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**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."*

*Preparation is key to optimal Performance."*



**Ciaran Sloan - Senior Strength & Conditioning Coach**

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

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## GPA PARTNERS

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



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

Paul Flynn

GPA CEO

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

Matthew O'Hanlon

Wexford hurler

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




Matt Carr

Sports Physio & Performance



## MOST POPULAR TEAM KITS

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

KIT 1		<h3>Athletic Development Kit</h3> <ul style="list-style-type: none"> <li>1 x 0.5" Power Band</li> <li>1 x Lacrosse Ball</li> <li>1 x Green Mini Band</li> <li>1 x Blue Mini Band</li> <li>1 x Performance Bag</li> <li>1 x Instructions Leaflet</li> </ul> <p>Most popular for Development Squads and underage teams in clubs and counties.</p> <p><u>Team Price (20+)</u></p> <p><b>€20.90 +VAT</b></p>
KIT 2		<h3>Athletic Performance Kit</h3> <ul style="list-style-type: none"> <li>1 x Green Mini Band</li> <li>1 x 0.5" Power Band</li> <li>1 x Lacrosse Ball</li> <li>1 x Green Mini Band</li> <li>1 x Performance Bag</li> <li>1 x Instructions Leaflet</li> </ul> <p>Teams can pick their own kits content. This is our <b>most popular kit</b> chosen by teams.</p> <p><u>Team Price (20+)</u></p> <p><b>€29.90 +VAT</b></p>
KIT 3		<h3>Elite Performance Kit</h3> <ul style="list-style-type: none"> <li>1 x MFR Foam Roller</li> <li>1 x Slide Pads (pair)</li> <li>1 x 0.5" Power Band</li> <li>1 x Stretch Out Strap</li> <li>1 x Lacrosse Ball</li> <li>1 x Green Mini Band</li> <li>1 x Blue Mini Band</li> <li>1 x Performance Bag</li> <li>1 x Instructions Leaflet</li> </ul> <p>Includes slide pads for additional strengthening exercise and rehab devices.</p> <p><u>Team Price (20+)</u></p> <p><b>€44.90 +VAT</b></p>

For individual Kit prices or smaller quantities please call us on 062-77014 or see our website [www.sportsphysio.ie](http://www.sportsphysio.ie)



# Popular Team Bundles



## Mini Band & Power Band Quality Assurance

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

Supplied to GAA, IRFU, FAI and all other sports and as part of all our Sports Performance Kits we provided to all GPA members recently.

Unrivalled Quality, Consistency from batch to batch.

Progressive increase in strength as you go through the colours, ideal for Athlete Development.

Bands hold their elasticity and retractability very well.

## Power Band Bundle



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

€59 +VAT

## Mini Band Bundle



€8.90 +VAT

140-510 4 Pack of Mini Bands (1 of each colour)

## BULK BAND KIT



€149+VAT

Activation & Speed Development

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

## SQUAD ACTIVATION KIT



Slide Pads (pair) x 10



Blue Mini Band x 5  
Green Mini Band x 5



0.5" Resistance Band x 10



Carry Bag x 1 (FREE)

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

Up to 30 players can perform session in circuit format

€199 +VAT

## Stretching and Rehab Kit



MFR Roller x 10



Stretching Strap x 10



Lacrosse Balls x 10



Carry Bag x 1 (FREE)

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

Up to 30 players can stretch and recover together

€259 +VAT

# Popular Team Bundles

## MINI BANDS

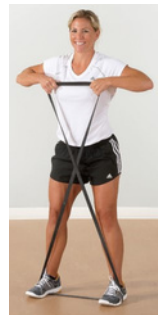
Great for warm up, rehab and glute activation. Available in 4 strengths, to allow progressive increase in levels



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

## RESISTANCE POWER BANDS

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



Order Code	Band Width	Price Ex VAT	5+ Price	10+ Price
140-139	0.5"	€5.90	€6.21	€5.87
140-191	1.0"	€11.90	€10.71	€10.12
140-317	1.75"	€18.90	€17.01	€16.07
140-321	2.5"	€25.90	€23.31	€22.01
For larger volume please call for pricing				

**Slide Pad (Pair)**  
130-376 €11.40 + VAT

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

**MFR Foam Roller SPS Lacrosse/MFR Ball/Peanut Ball**  
130-526 €3.90 + VAT  
130-2112 €16.90 + VAT  
130-527 €7.90 + VAT

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

**Blue Ball**

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

**Valslides Stretch Strap Performance Bag**

140-283 €32.90 + VAT	140-266(2) €5.90 + VAT (black)	190-363 €9.90 + VAT
<p>The Valslide is a pair of discs that provide an unstable training surface that allow you to simulate many slideboard exercises. Turns own designed to give you the extra length and support you need in deep stretches and binds. surface.</p> <p>The versatile Stretch Out Strap is 16"W x 21"L A very good quality &amp; robust bag with carry handle &amp; folds into an unstable training without poster. A stretching strap supplies.</p> <p>SPS Stretch Out Strap (Black) Supplied on its handle and 2 side pockets to carry your</p>		

## BUILD YOUR OWN KIT OPTIONS


















### Player Benefits

Reduce Injury  
Increase Flexibility  
Improve Mobility  
Increase Strength  
Improve Core

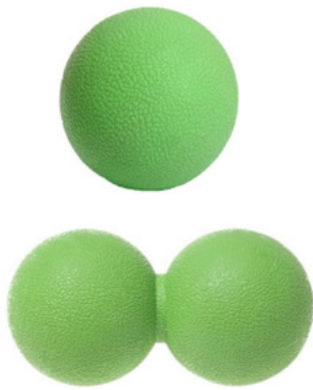


### Team Benefits

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

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

## ROLLERS, SELF MASSAGE & STRETCHING



**130-375** MFR Roller  
€4.50 + VAT  
**130-397** Double Ball  
€9.90 + VAT



**130-375(2)** Lacrosse Ball  
€5.90 + VAT  
**130-527** Lacrosse Double  
Ball €9.90 + VAT



**130-110**

**130-110** Foam Roller Blue  
90cm x 15cm dia. €20.90+ VAT  
**130-157 1/2** Foam Roller Blue  
45m x 15cm dia. €12.90+ VAT



**130-157**



**140-213** EPP Roller  
€29.90+ VAT  
90cm long x 15cm dia.



**130-199** Grid Roller €39 +  
VAT  
33cm long x 13cm diameter



**130-211(2)** MFR Roller  
€16.90 + VAT



**130-202** Foam Roller Yellow  
4"X12" Travel Size  
€11.90+VAT



**130-211** VARI Roller €25.90 +  
VAT  
30cm long x 1 2cm Diameter



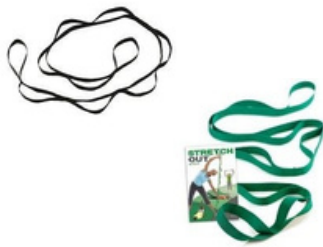
**130-506** CALF STRETCHER  
6" X 12" HALF €11.90 +VAT



**130-203** RUMBLE ROLLER  
€49.00 +VAT



## ROLLERS, SELF MASSAGE & STRETCHING



**140-266** Stretch Out strap  
€16.00+VAT  
**140-266(2)** Stretch Out strap  
€7.90+VAT



Shoulder Rope Pulley  
**140-118** MSD brand (green)  
€9.90+VAT  
**140-118(3)** SPS Brand  
(blue)€8.75+VAT



NEW  
PRODUCT

**FASCIQ Massage Tools**  
Please website for full range  
and prices  
When therapists use IASTM  
tools, the treatment  
becomes much less  
physically taxing.  
Additionally, all tools  
carry Lifetime Guarantee,  
which applies under normal  
usage.

No. 1 Brand for fascia  
tools  
Available in over 60+  
countries  
Recommended by leading  
R&D Institutes



**130-518** The MRT Tool  
€59.00 + VAT



**180-110(2)** Index Knob-  
ber (purple) €8.95 + VAT  
**180-109** Jacknobber (red)  
€8.95 + VAT



**180-185** Massage Stick  
Original 24" €34.90 + VAT  
**130-451** Vari Massage  
stick- Green €25.00 + VAT  
**130-449** Massage Stick 14"  
€12.90 + VAT  
**130-347** Rolling Massage  
stick €16.90 + VAT



**130-348** Trigger Point  
Massage Ball Set €9.90 +  
VAT



**180-201** 7cm (Purple) €2.70 +  
VAT  
**180-203** 9cm (Blue) €3.20 +  
VAT



**130-348** Pin Point Trigger Ball  
€4.50 + VAT



**180-280** Spiky Trigger Ball Set  
€9.90 + VAT



**130-376** Slide Pads €12.90  
+ VAT



**130-212** Advanced Slant  
Board Adjustable 4 levels  
€65 + VAT

# CRYO THERAPY



## COLD THERAPY—CCT WRAPS

						
Knee CCT Wrap	Thigh CCT Wrap	Lower Back CCT Wrap	Wrist CCT Wrap	Ankle CCT Wrap	Shoulder CCT Wrap	Hip CCT Wrap
120-214 €29.00	120-215 €29.00	120-257 €34.90	120-246 €29.00	120-213 €29.00	120-215 €34.90	120-247 €34.90
CCT Cold Compression Therapy Wraps A unique & patented circumferential compression therapy system incorporates a gel cold pack covered provides both						
contouring and compression around the site of the injury. With the Cold Therapy combined with the adjustable inflation you can						
with frost free lining to allow application directly to the skin. The adjustable compression chamber design positioned behind the cold pack						

## COLD THERAPY– CRYO CUFF COLD THERAPY SYSTEM

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

## ICE BATHS

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

## COLD THERAPY—GAME READY



The Game Ready System combines Intermittent Compression with Circumferential Cold Therapy in one fully adjustable, easy-to-use, application. We distribute the Game Ready System in Ireland.

We can show/provide on site Demos of the Game Ready in use. For pricing of all game ready products please contact us at [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

### HOW DOES THE GRPRO 2.1 SYSTEM WORK?

The GRPro 2.1 cold and compression control unit seamlessly integrates two proven therapies to help you finish strong, maximize your rehab, and get back to the things that matter as quickly as possible.

#### ACTIVE CRYOTHERAPY

Rapidly circulating ice water continuously, consistently, and comfortably cools the affected site to effectively reduce oedema (swelling), muscle spasms, and pain.

#### INTERMITTENT COMPRESSION

Pneumatic compression mimics natural muscle contractions to gently pump away oedema and stimulate the flow of oxygenated blood.

#### CIRCUMFERENTIAL COVERAGE

Anatomically designed wraps surround the affected body part, increasing surface area and contact for more effective cryotherapy.

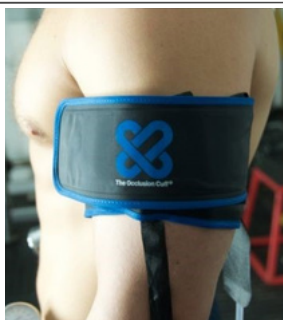
#### FASTER, DEEPER COOLING

Faster, deeper, longer-lasting cooling means safer treatments, with minimized frostbite risk and proven reductions in the use of opioid pain medications.

#### PORTABLE CONVENIENCE

With an available battery pack and carry bag, the system is portable for use at home or office, on the side-lines, or wherever treatment is required.

## RECOVERY GARMENTS



Cuff dimensions are 100 x 8 cm with a 40cm extension. The design allows the Occlusion Cuffs to be used with even the largest limb sizes, while also fitting comfortably on lighter athletes.

210-270 €120.00 + VAT



#### Ultralight Features:

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

Circumference	Calf I n d h 9.5-12	12.5-15	15.5-17.5	18-20
Women II	CM 25-31	32-38	39-44	45-50
Men		III	IV	-
		III	IV	V

200-525(CEP) €44.90 + VAT



Ultra-thin, lightweight and breathable fabric  
Ultra-light material with a perfect fit for unmatched wearing comfort and blister-free running  
Targeted medi compression for more calf power

Circumference	Calf I n d h 9.5-12	12.5-15	15.5-17.5	18-20
Women II	CM 25-31	32-38	39-44	45-50
Men		III	IV	-
		III	IV	V

200-256(CEP) €28.90 + VAT



The Hilly Twin Skin ankle has fantastic moisture management capabilities and anti-blister properties. It features an anatomical design with abrasion resistance in areas of increased wear and additional ventilation in key areas for improved breathability.

Size	S	M	L	XL
UK	3-5.5	6-8.5	9-11.5	12-13

200-561 €13.90 + VAT



# Injury Management & Recovery Bundles

KIT 1			
	Aircast Cryo System x2 (knee + Ankle)	Cold compression therapy wraps x1 (shoulder)	Cloth Ice Bag x2
Injury Management Pack			€290 +VAT

KIT 2			
	Aircast Cryo IC System x2 (knee + Ankle)	Cold compression therapy wraps x3 (shoulder, thigh & knee)	Cloth Ice Bag x2
Injury Management Pro Pack			€490 +VAT

## Kit 1 & Kit 2

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

We have put together an affordable bundle here that can manage multiple injuries at a time and allow the players to take home the systems and use themselves in those days immediately after the Injury for best results.

KIT 3			
	NormaTec Recovery System x2	Aircast Cryo IC System x1 (ankle)	Aircast Cryo IC System x2 (knee)
Injury Management & Recovery Pack			€2,950 +VAT

## Kit 3

Recovery is Key to Injury Prevention and Improved Performance. Countless studies supporting this and recommending Recovery as a key element. Team Recovery sessions are very popular and is often now one session in the week. Combining NormaTec Recovery boots & Aircast IC Cryo systems a full squad can manage injuries & get great Recovery benefits.

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

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





# We also specialise in Physio, First Aid & Medical Supplies

Please call us on 062-77014 or by email to [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) or see [www.sportsphysio.ie](http://www.sportsphysio.ie) for details of our full range



## Customer Service & Technical Support

Call us on 062 77014 or email [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

Dedicated team to offer you product advice.

Physiotherapy, Sports Science and S&C expertise.

Account Manager who takes care of your orders.

Excellent courier network to ensure prompt delivery.

## Quality Assurance & Research

We work only with reputable suppliers.

Ensure a consistent quality product.

We continuously invest in product development and research.

Aim to carry products backed by evidence based research.

## Visit Our Demo Show Rooms

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

