

# SportsPhysio

& Performance

## Sports Performance

### 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.



Kit Out of the Cork GAA Gym at Pairc Uí Chaoimh

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



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

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



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

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

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



Trusted To Represent The Top Brands In The Irish Market



"Sports Physio & Performance has been our partner and official distributor within Ireland for three years, helping to bring NormaTec's technology to professional and amateur clubs, sports medicine and fitness facilities, and individual athletes of all types.

They have a great understanding of the technology and how NormaTec can benefit athletes in their training, recovery and performance in their sport."

**Dan Canina, Director NormaTec**



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

**Website:** www.sportsphysio.ie

**Catalogue pricing is a guide and all up to date pricing will be on our website or call for offers**



# Testing & Monitoring

## DASHR SPEED TESTING KITS







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

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

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



	 <b>€490+VAT</b>	 <b>€750+VAT</b>	 <b>€1040+VAT</b>	 <b>€1340+VAT</b>
	<b>1 Gate System</b>	<b>2 Gate System</b>	<b>3 Gate System</b>	<b>4 Gate System</b>
KIT CONTENT	1 x Laser Module 1 x Reflector 2 x Regular Tripods 1 x Briefcase	2 x Laser Modules 2 x Reflectors 4 x Regular Tripods 2 x Mini Tripods 1 x Briefcase	3 x Laser Modules 3 x Reflectors 6 x Regular Tripods 2 x Mini Tripods 1 x Briefcase	4 x Laser Modules 4 x Reflectors 8 x Regular Tripods 4 x Mini Tripods 1 x Briefcase
TEST SUITABILITY	<ul style="list-style-type: none"> <li>• Pro-Agility Tests(5m-10m-5m)</li> <li>• T-Test</li> <li>• Lane Agility Drills</li> <li>• Lap Events &amp; Custom Events</li> </ul>	<ul style="list-style-type: none"> <li>• Pro-Agility Tests(5m-10m-5m)</li> <li>• T-Test</li> <li>• Dash Tests - Start &amp; End Time (20m Dash)</li> <li>• Lane Agility Drills</li> <li>• Lap Events &amp; Custom Events</li> </ul>	<ul style="list-style-type: none"> <li>• Pro-Agility Tests (5m-10m-5m)</li> <li>• T-Test</li> <li>• Dash Events with 1 Split Time (Start, 10m - 20m)</li> <li>• Flying Events (Dynamic or Moving Start)</li> <li>• Flying Events with 1 Split Time (Start - 10m - 20m)</li> <li>• Lap Events &amp; Custom Events</li> </ul>	<ul style="list-style-type: none"> <li>• Pro-Agility Tests (5m-10m-5m)</li> <li>• T-Test</li> <li>• Dash Events with 1 Split Time (Start, 10m - 20m)</li> <li>• Dash Events with 2 Split Time (Start, 10m - 20m - 30m)</li> <li>• Flying Events (Dynamic or Moving Start)</li> <li>• Flying Events with 1 or 2 Split</li> <li>• Times (Start - 10m - 20m - 30m)</li> <li>• Lap Events &amp; Custom Events</li> </ul>



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

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

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## DASHR SPEED TESTING KITS ACCESSORIES

RFID Module



RFID Wristband



2 Drill Auto ID Kit



Roster Spots (Software)



Tripod Weight

### **Roster Spots (100):**

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

### **RFID Module:**

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

### **RFID Wristband (25):**

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

### **2 Drill Auto ID Kit:**

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

### **Tripod Weight System:**

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



We provide technical support for all our Test Equipment. If you need help in setting up the Speed Gates, Jump testing equipment etc or on site support using them for the first time, Call us on 062-77014 or visit our Demo rooms here in Thurles.



### **Dashr Jump**

- No more manual measurements
- No more pens and paper
- No more math
- Automate Vertical Jump Testing

Dashr uses a mobile application to control Dashr hardware and display testing results. The free Dashr App can be downloaded from both the Google Play Store and the Apple App Store

### **Dashr React**

- Most speed training gives athletes step-by-step drills to execute to become faster and more agile.
- But to prevail in the game, you need to make split-second decisions. Using Dashr | React you can train and test your athletes ability to make those split-second decisions
- Initial drills offered: Reactive Agility and Reactive Shuttle (NBA combine)





# Testing & Monitoring

## PERFORMANCE TEST KIT BUNDLE



Dashr Speed 2 Gate System

**€999+VAT**



ChronoJump A2 System

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

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

## Jump Testing



**210-192** ChronoJump A2 System €295 + VAT

ChronoJump is a complete multi-platform system for measurement, management and statistics of jump time events (contact time, flight time), and other actions. ChronoJump is an open hardware, free software complete system.



**210-308** Vertec

Consists of a solid metal base, telescoping upright and vanes spaced 1/2 " apart that rotate when touched for easy measurement. Use it to accurately measure vertical jump height.



**210-186** Just Jump Mat Plyometric version

The Just Jump system is an excellent jump mat that is being used extensively in Performance Sport. Hand held computer displays height and hang time for one jump, ground contact time for one jump and average height & flight time for four jumps. It can also be used for sprint time - the system is started by an audible sound & the subject runs to the mat & timer is stopped when the athlete touches the mat.

# Testing & Monitoring

## OCCLUSION TRAINING



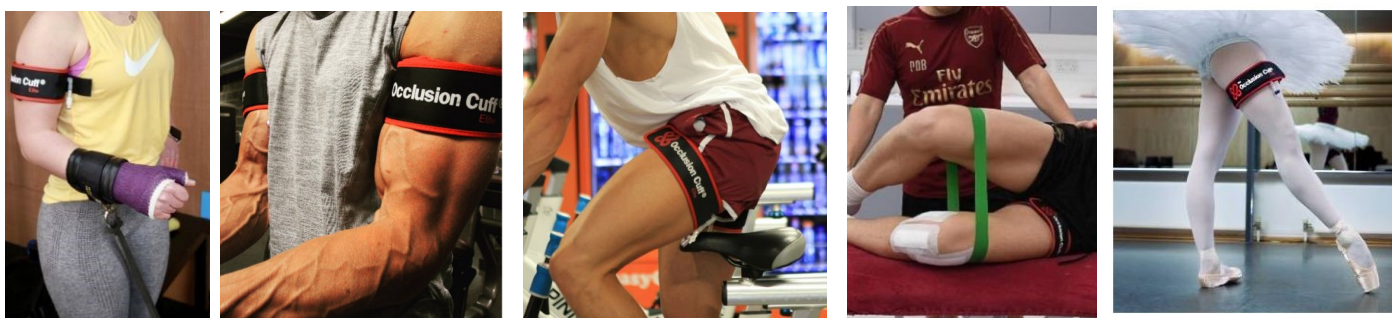
### 210-270 Occlusion Cuff Elite

€110+VAT

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

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

Studies have shown benefits post such injuries as ACL Reconstruction, Knee Arthroscopy, osteochondral fracture as well as other lower limb injuries.



## Blood Flow Restriction A Current Research Informed Guide

@dr.caleb.burgess + @thehpm

### Application

- ✓ ANY SIZE cuff or material can be used as long as limb occlusion pressure (LOP) is calculated
- ✓ SMALLER cuffs may require LARGER pressures than wider cuffs
- ✓ WIDER cuffs may IMPEDE movement
- ✓ Elastic or nylon show SIMILAR benefits



### Passive

- ✓ Sets: 3-5
- ✓ Duration: 5 minutes
- ✓ Pressure: 70-100% LOP
- ✓ Rest: 3-5 minutes between inflations
- ✓ Application: Continuous



### Aerobic Training

- ✓ Pressure: 40-80% LOP
- ✓ Intensity: < 50% VO2Max or Heart Rate Reserve
- ✓ Duration: 5-20 minutes
- ✓ Mode: Cycling or walking
- ✓ Application: Intermittent\* or continuous\*
- ✓ Frequency: 1-2x/day for 1-3 weeks or 2-3x/week for 3+ weeks



### Resistance Training

- ✓ Pressure: 40-80% LOP
- ✓ Reps/sets: 30-15-15-15 or failure (2-4 sets)
- ✓ Rest: between 30-60 sec
- ✓ Loads: 20-40% 1RM with HIGHER pressures needed at lower %RM
- ✓ Application: Intermittent or continuous
- ✓ Frequency: 1-2x/day for 1-3 weeks or 2-3x/week for 3+ weeks
- ✓ Tempo: 1-2 second concentric & eccentric



\*Continuous: on during exercise + rest  
\*Intermittent: on during exercise, off at rest (SIMILAR benefits, LESS discomfort)



€109+VAT

### 210-415 Occlusion Cuff Pro

The Occlusion Cuff Pro is the recommended device to choose from when using with a vascular doppler.

The Occlusion Cuff Pro can be adjusted to fit both arms and legs. The new Occlusion Cuff Pro Easi-Fit blood flow restriction system is designed to make the cuff application easy and consistent. The state of the art fastening loop feature allows for easy one-handed application to both arms and legs.

The Occlusion Cuff Pro is engineered with dynamic high-performance material to maximise occlusion training or kaatsu training. The newly revised cuff dimensions improves comfort during use and helps optimise blood flow restriction training results. Take your BFR training to the next level with The Occlusion Cuff Pro

The Occlusion Cuff Pro® BFR training bands increase muscle strength, size and endurance even with low loads. Blood flow restriction or Occlusion training is ideal for accelerating rehabilitation, enhancing performance and a perfect addition to everyday training. Train smart and train better with The Occlusion Cuff Pro.



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# Testing & Monitoring

## GENERAL TESTING EQUIPMENT

 Polar Heart Rate Monitor (Single)	 Polar Heart Rate Monitor (10 Pack)	 1) Aneroid Sphyg 2) Aneroid Sphyg with thigh cuff 3) Welch Allyn Durashock	 Mini Wright Peak flow Meter	 Lung function mouthpieces (100/box)
<b>210-288</b> €79.90 + VAT	<b>210-290</b> €699 + VAT	1) <b>210-113</b> €24.90 + VAT 2) <b>210-129</b> €35.90 + VAT 3) <b>210-161</b> €79 + VAT	<b>210-139</b> €18.90+ VAT	<b>210-133(2)</b> €9.90+ VAT

## HYDRATION TESTING

 Urine Sample Bottles (400 pack)	 Digital hand held pocket refractometer urine S.G	 Portable Pen Digital Refractometer	 Stopwatch	 50m Measure
<b>210-102</b> €89+VAT	<b>120-249</b> €495 + VAT	<b>120-240</b> €495 + VAT	<b>210-118</b> €11.90 + VAT	<b>210-173</b> €29 + VAT

## TIMING

## RANGE OF MOTION TESTING

 FMS Kit with Slide Box	 Sit and Reach Box (Metal)	 Y Balance Test Kit	 Halo Handheld Goniometer	 Goniometers 6", 9", 12" & Inclometers
<b>210-329</b> €229 + VAT	<b>210-116</b> €130 + VAT	<b>210-158</b> €295 + VAT	<b>210-313</b> €325 + VAT	Goniometer from €7.90+ VAT Inclinometer €79.90+VAT

## BODY COMPOSITION TESTING

 Portable Height Meter	 Limb Measure	 Seca 206 Portable Pull Down Height Meter	 <b>Harpenden</b> Harpenden Callipers	 Slimguide Skinfold Calipers
<b>210-110</b> €110 + VAT	<b>210-159</b> €8.90 + VAT	<b>210-179</b> €26.90 + VAT	<b>210-137</b> €239 + VAT	<b>210-139</b> €18.90 + VAT
 Seca 807 Electronic Scales	 Seca 760 Mechanical Scale	 Seca 813 Electronic Scales Large Platform	 Seca 875 Light Flat Scale	 Seca mBCA 525 (Mobile Bio impedance analysis)
<b>210-190</b> €69.90 + VAT	<b>210-178</b> €119 + VAT	<b>210-191</b> €145 + VAT	<b>210-215</b> €219 + VAT	<b>210-266</b> €3,300 + VAT

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# Testing & Monitoring

## TANITA - BODY COMPOSITION TESTING

**TANITA**

### Benefits of TANITA BIA technology for Strength & Conditioning Coaches

#### Applications of BIA

- Monitor changes to muscle and hydration to assist periodisation.<sup>3,4,5,7,12</sup>
- Track segmental muscle development.<sup>8,7,12</sup>
- Monitor stress and overload effects of training and competition, including overtraining syndrome.<sup>3,6,7,13,14</sup>
- Pre/Post training hydration checks.<sup>4,5,11</sup>
- Track youth team physical development.<sup>10</sup>
- Create and monitor optimal fat mass/fat free mass ratios for athletes in different disciplines.<sup>14,8,12</sup>

#### Outcomes for the coach

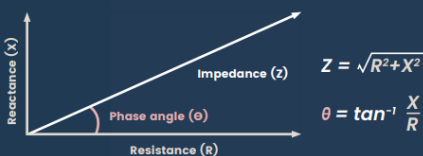
- Personalise & adapt training sessions to the individual athlete needs.
- Demonstrate the effectiveness of your interventions.
- More effective planning and periodisation through analysis of adaptations.
- Detailed athlete 'mapping' on an individual basis, make it specific to their needs and build a profile.
- Tangible data for impact of specific sessions e.g. hypertrophy.

#### Outcomes for the athlete

- More appropriate training to their needs as an individual.
- Increased engagement and motivation.
- Decreased injury risk.
- Improved performance.

Phase Angle (PhA) at baseline is associated with the best maximal mean power.<sup>3</sup>

Phase Angle (PhA) decreased significantly throughout the days of competition.<sup>2</sup>



### Benefits of TANITA BIA technology for Physiotherapists

#### Applications of BIA

- Rehabilitation tool – muscle mass return to pre injury levels.<sup>5,7,8,12</sup>
- Prehabilitation and injury prevention checks – monitor segmental muscle balance to help prevent injuries.<sup>7,8,12</sup>
- Monitor ECW post trauma injury.<sup>4,5,11</sup>
- Pre-assessment of athletes to check for biomechanical inefficiencies.<sup>5,7,8,12</sup>
- Ability to monitor the physiological impact different injuries have on individual athletes.<sup>1,7,8,12,13,14</sup>

#### Outcomes for the physio

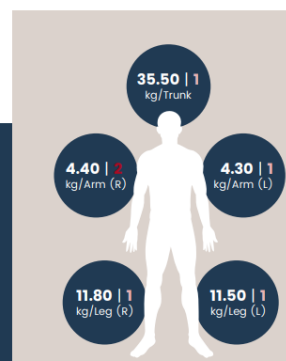
- Increased understanding of the physiology of all athletes.
- Personalised injury 'mapping' for each athlete. Flag injury potential before it happens.
- Tangible data to monitor rehabilitation from injury.
- Demonstrate the effectiveness of your interventions.

#### Outcomes for the athlete

- Faster return from injury.
- Safer return from injury.
- Individualised prehabilitation and recovery strategies, improve performance and prolong career.
- Better understanding of their bodies leading to greater engagement in prehab and recovery protocols.

Monitor the demands of training and competition on the body.<sup>4</sup>

Significant correlation between PhA and muscle strength.<sup>2</sup>



**TANITA**

### Benefits of TANITA BIA technology for Dietitians & Nutritionists

#### Applications of BIA

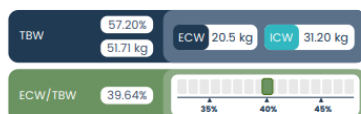
- Track effectiveness of nutritional programmes on an individual level.<sup>1,2,9</sup>
- Monitor hydration pre & post training, including competition on an individual level.<sup>4,5,11,12</sup>
- Monitor the impact of supplements on fluid balance and body composition.<sup>4,5,11</sup>
- Monitor changes to body composition following dietary adaptations – e.g. vegan.<sup>9,11</sup>
- Greater impact on the athlete by providing regular feedback. Encouraging them to 'buy in' to the required lifestyle adaptations that help improve performance.<sup>1,13</sup>

#### Outcomes for the dietitian

- Track more than changes in weight.
- Provide detailed feedback to athletes.
- Build individual nutrition guidelines for each athlete based on their needs.
- Ability to monitor the impact of dietary alterations on a individual level.

#### Outcomes for the athlete

- Increased engagement from detailed feedback
- Healthier and improved energy systems.
- Improved performance.
- Prolonged career.



Monitor progress of an hydration strategy.<sup>4</sup>

BIA can be used to prevent dehydration.<sup>4</sup>

Changes in body fluid can be tracked.<sup>2</sup>



#### Five reasons to choose TANITA:

Highest level of precision and clinical accuracy

In collaboration with various medical experts, TANITA has developed the most accurate body analysis monitors available. The original prediction equations used by TANITA were devised by world-renowned body composition expert Professor Steven Heymsfield and his research team at St Luke's Roosevelt Hospital, Columbia University, New York. Extensive independent research has shown that an accurate prediction of a person's body composition can only be determined if a range of parameters are included in an algorithm, such as gender, age and height and weight. With our most advanced 4C model, we provide even more accurate measurements. This model divides body weight into 4 compartments: body fat, body water, minerals and protein.

Experts trust TANITA

In the scientific community, TANITA is considered the golden standard in BIA technology. Multiple scientific journals and independent research studies have cited TANITA body composition monitors as the number one choice. The TANITA Medical Advisory Board ensures that we remain at the forefront of scientific advancements.

Pioneer in the development of new health insights

TANITA continuously invests in numerous research projects to better understand important health and fitness issues. Think, for example, of topics such as childhood obesity, optimising sports performance or sarcopenia in the elderly. With new and unique measurements – such as our Sarcopenia Index, muscle quality and metabolic age – we continue to provide new health insights and contribute to a healthier world.

Medically approved body composition monitors

All of TANITA's medically approved professional monitors have been awarded NAWI certification, as well as MDD Class IIa, FDA and CE approval, ensuring that the highest standards are met.

Quality assured by exceptional warranty

With a TANITA BIA monitor, you are guaranteed the highest quality. Through continuous innovation, adherence to the highest quality standards within our award-winning manufacturing sites and independent quality control, all of our professional products meet international quality standards. We therefore proudly offer a 3 to 5 year warranty on all our professional products.

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# Testing & Monitoring

## TANITA - BODY COMPOSITION TESTING



### 210-426 TANITA RD-545HR

The TANITA RD-545HR is the most advanced among body composition scales. Why? Because it has made the technology used by professionals (dietitians or personal trainers) accessible to everyone! This segmental body composition scale provides comprehensive measurements of medical precision, for both arms, both legs and torso separately.

The dual-frequency BIA technology provides measurement accuracy previously reserved for professional monitors only. This smart scale sends the results of more than 12 measurements directly to the free MyTanita App, so you can monitor your own progression on your smartphone or tablet over time. This is a proven more effective way of achieving your health goals.

RD-545HR unique measurements: muscle quality and heart rate. No other body composition scale features these measurements. So you can get to know your own body really well and set yourself targeted goals to get the best out of you.



### 210-419 Tanita MC-580 P

### 210-4172 Tanita MC-580 S

This portable body composition monitor is ideal for on-site consultations. The MC-580 P runs on a 9V adapter or AA batteries (four pieces), allowing you to take it anywhere. This makes it a perfect monitor for personal trainers who visit different locations, or for nutritionists who give consultations at home. The monitor consists of a single unit and is easy to take with you using the matching case for transport. **In addition to the MC-580 S the MC-580 P has an additional column should you wish to use the product in one location for a longer period of time.**

The MC-580 P provides immediate analysis of a client's health and fitness. Progress is monitored over time, which is a good starting point for thorough and personalised training or nutrition advice. The latest 4C technology makes the measurements even more accurate.

The LCD display shows data on fat and muscle mass, both in percentage and absolute mass. With the segmental analysis, you also obtain this data per body segment (both arms, both legs and torso). The phase angle is also shown, which gives a direct assessment of the nutritional status and muscle quality. All body composition data can be sent directly to a tablet via integrated Bluetooth. It is compatible with both the TANITA PRO app (for IOS) and TANITA Pro software (for Windows). So you can easily store, analyse and share the body composition results with your clients.



### 210-412 Tanita MC-780MA P

### 210-416 Tanita MC-780MA S

The **MC-780MA P** multi frequency segmental body composition monitor provides an instant analysis of the health and fitness of your clients. Additionally, the MC-780MA P monitors the progress over time. The user-friendly monitor is designed as an interactive device, allowing clients to easily perform measurements themselves, without specialist assistance. This makes the monitor very suitable for use in gyms, although the medically certified MC-780MA P is very widely applicable within various medical specialties. It is not a coincidence that the MC-780MA P is our most sold professional model.

A full segmental body composition analysis is carried out within 20 seconds and is easy to read on the dual display. The results are automatically saved on an SD card or transferred to a printer, for further consultation. All user data can be stored and used for detailed trend analysis using TANITA PRO Software.

The screen is easy to rotate, so you can also take confidential measurements. With the goal setter, you can set personal goals together to increase motivation and monitor the progress of a weight or fitness programme.

With the **MC-780MA S** you can quickly make a full body analysis of your patients or clients. This segmental body composition monitor is closely related to the MC-780MA P, with the difference that this monitor does not include a column. Instead, the easy-to-read display can be placed on your desk for example, while the scale can remain on the ground.

This body composition monitor is very user-friendly and designed for interactive use. Clients or patients can therefore make an analysis of their body composition without specialist help. Within 20 seconds, the results are visible on the display. In addition, the analysis is automatically saved on an SD card or sent to a PC or printer. All user data can be stored and used for detailed trend analysis using TANITA PRO Software.

The goal setter allows you to set personal goals with your client, which is very motivating. In addition, this function helps to monitor these results over a longer period of time, so that the progress of a weight or fitness programme can be charted.

[See website for pricing](#)

Tel: 062-77014

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

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## Strength Testing

COMMANDER<sup>®</sup>  
ECHO



### 150-317 Handheld Dynamometer

Quickly and accurately quantify muscle strength and identify areas of weakness with the Echo Wireless Muscle Tester and Commander Echo Console. Digital force gauge designed for Ergonomic and Engineering Applications, Measures Push & Pull Forces, 300 lb Force Load Capacity, Easy To Read LCD Displays Show Peak Force and Elapsed Time, Low and High Threshold Settings Provide Expanded Sensitivity. Available FET Data Collection Software Automatically Tracks and Analyses Test Data.

Selectable units of measure: pounds (lbs.), Newtons (N), or kilogram-force (kgf), Accuracy within 1% of reading, Two threshold settings for muscle testing: Low Threshold – 0.8 lb. to 300 lbs. in, 0.1 lb. increments and High Threshold – 3.0 lbs. to 300 lbs. in 0.1 lb. increments, Uses rechargeable lithium ion battery, Self-activating "sleep" mode after 3 minutes of non-use to extend battery life.

### 210-195 MicroFet 2 Dynamometer

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

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

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



### 210-391 ActivForce 2 Dynamometer

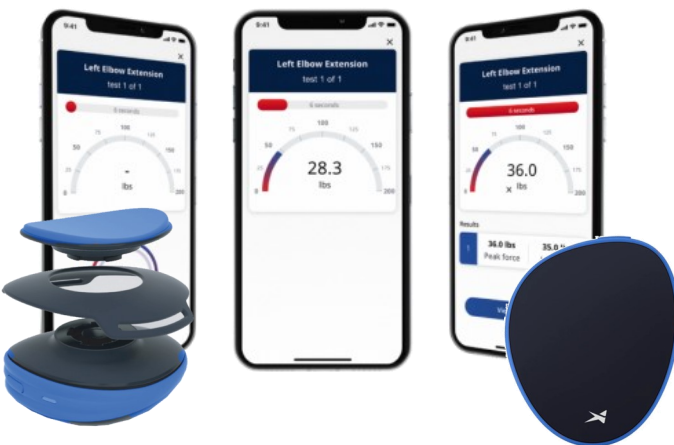
#### Digital Dynamometer + Inclinator

Activforce 2 is a patented dynamometry and angle measurement platform that utilizes advanced technology to collect and track real-time, objective data, improving efficiency, increasing client retention and driving better outcomes.

#### Testimonial:

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

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



210-343 Baseline Digital



210-359 Takei Analogue



210-342 Takei Digital

### Dynamometers

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

[See Website  
for Pricing](#)



# Athletic Development

## Athletic Development Equipment

 <p>BOSU Balance Trainer/ Pro</p> <p>Air Dome Pro II</p>		
<p><b>Balance</b></p>	<p><b>Detailed Range of Hurdles</b></p>	<p><b>Wide Range of Harnesses</b></p>
		
<p><b>Balance Products</b></p>	<p><b>A Range of Cones, Ladders, Skipping Ropes and more</b></p>	<p><b>Aerobic Steps</b></p>

## Exercise Band and Tubing

45.m clinic rolls

5.5m rolls

1.2m patient packs

Product	SKU	46M	SKU	5.5M	SKU	1.5M
Yellow Rolyan	<b>140-120</b>	44.90	<b>140-119</b>	7.40	<b>140-210</b>	2.00
Red CI Rolyan	<b>140-109</b>	49.90	<b>140-103</b>	7.90	<b>140-207</b>	2.30
Green CI Rolyan	<b>140-110</b>	54.90	<b>140-104</b>	8.90	<b>140-208</b>	2.60
Blue CI Rolyan	<b>140-111</b>	59.90	<b>140-105</b>	9.90	<b>140-209</b>	2.90
Black CI Rolyan	<b>140-122</b>	69.90	<b>140-121</b>	10.90	<b>140-211</b>	3.30

**140-194 Rolyan Band Dispenser**  
Rolyan Band  
€79 + VAT

SKU	Product	€
140-124	Yellow theraband 45M	79.90
140-115	Red theraband 45M	89.90
140-116	Green theraband 45M	99.90
140-117	Blue theraband 45M	119.90
140-126	Black Theraband 45M	129.90

SKU	Product	€
200-250	Thera Tubing Light Yellow 30.5M	49.90
200-240	Thera Tubing Medium Red 30.5M	54.90
200-241	Thera Tubing Strong Green 30.5M	59.90
200-242	Thera Tubing Extra Strong Blue 30.5M	63.90
200-243	Thera Tubing Super Heavy Black 30.5M	74.90

Tel: 062-77014

E-mail: sales@sportsphysio.ie

Website: www.sportsphysio.ie

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# Athletic Development

## MINI BANDS

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



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

**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
<b>140-533</b>	0.25"	€6.90
<b>140-139</b>	0.5"	€9.90
<b>140-191</b>	1.0"	€12.90
<b>140-317</b>	1.75"	€20.90
<b>140-321</b>	2.5"	€27.90

**For larger volume please call for pricing**



Slide Pad (Pair)

**130-376** €9.90 + VAT

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



MFR Foam Roller

**130-211(2)** €16.90 + 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.



SPS Lacrosse/MFR Ball/Peanut Ball

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

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



Performance Bag

**190-363** €9.90 + VAT

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



**140-266(2)** €7.90 + VAT (black)

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



# Athletic Development



## 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")

**€70+VAT**

## Mini Band Bundle



**€8.90+VAT**

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

## BULK BAND KIT



**140-531**  
**€155+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**

**140-509 €179+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**

**140-508 €259+VAT**

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## INJURY PREVENTION / PERFORMANCE KIT



The Performance Kit Benefits....

**Increase Muscle Activation**

**Improve Mobility**

**Injury Prevention**

**Self Myo-facial Release**

**Develop Core**

**Allows you to train at home**

The **'Sports Performance Kit'**

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

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

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

**If you would like to discuss more about the Kit for your team, Pls call us on 062-77014 or email us to [sales@sportsphysio.ie](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 he's/her career. Once Kit benefits are explained and the value of the investment, then there is unanimous support to fund the cost.

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

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

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

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



## BACKED BY RESEARCH

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



**Avery Faigenbaum**  
@AFaigenbaum

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



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## 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 SPS 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> </ul> <p>Most popular for Development Squads and underage teams in clubs and counties.</p> <p><u>Single Unit Price</u></p> <p><b>€22.90+VAT</b></p> <p><u>Team Price (20+)</u></p> <p><b>€18.90+VAT</b></p>
KIT 2		<h3>Athletic Performance Kit</h3> <ul style="list-style-type: none"> <li>1 x MFR Foam Roller</li> <li>1 x SPS 0.5" Power Band</li> <li>1 x Lacrosse Ball</li> <li>1 x Green Mini Band</li> <li>1 x Performance Bag</li> </ul> <p>Teams can pick their own kits content. This is our <b>most popular kit</b> chosen by teams.</p> <p><u>Single Unit Price</u></p> <p><b>€35.90+VAT</b></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> </ul> <p>Includes slide pads for additional strengthening exercise and rehab devices.</p> <p><u>Single Unit Price</u></p> <p><b>€54.90+VAT</b></p> <p><u>Team Price (20+)</u></p> <p><b>€42.90+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)

## BUILD YOUR OWN KIT OPTIONS


















### Player Benefits

Reduce Injury  
Increase Flexibility  
Improve Mobility  
Increase Strength  
Improve Core



### Team Benefits

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

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

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## TEAMS & DEVELOPMENT SQUADS ALREADY USING KITS .....



## WHAT THE COACHES SAY.....

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

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

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

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

*Preparation is key to optimal Performance."*



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

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



## GPA PARTNERS

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



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

Paul Flynn  
GPA CEO

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

Matthew O'Hanlon  
Wexford hurler

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

Matt Carr  
Sports Physio & Performance



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## RECOVERY—NORMATEC



120-328  
**€812+VAT**

**See website  
for offers**

### NORMATEC 3.0 Leg Recovery System

- 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.

## HYPERICE PERCUSSION



**180-530** HyperVolt 2 PRO €308 + VAT

Get the same powerful percussion massage therapy that the world's best athletes have—right in the palm of your hand. Our most powerful device ever, now with five variable speeds and a new digital dial, the Hypervolt 2 Pro helps you recover faster so you can get back to doing more of what you love.

#### Serious relief

- The Hypervolt 2 Pro is our strongest percussion device, offering deep-penetrating relief to stiff muscles, so you can train harder and recover faster.

#### Level up

- Choose the speed that's right for you. Cycle through five levels of percussion with the digital speed dial.

#### Power your progress

- Warm up and recover like the pros do, with guided routines from top athletes and automatic speed adjustment with the Bluetooth® connected Hyperice App, powered by HyperSmart™ technology.

**See website for  
pricing and special  
offers**



**180-527** HyperVolt 2 €202 + VAT

The original Hypervolt with some serious upgrades - lighter, more powerful, and a newly designed ergonomic handle. Give your muscles the daily relief they've been asking for with the Hypervolt 2's percussion massage. Warm up quickly, stay loose, and accelerate recovery at home and beyond - so you're ready to tackle whatever comes next.

#### Better than ever

- The Hypervolt 2 has an improved ergonomic design, reduced weight, and three speeds of powerful percussion to help you get back to doing what you do, even better.

#### Whisper quiet

- Don't pause your favorite song or your favorite show. Our patented QuietGlide® technology will have you saying "ahhh", not "shhh".

#### Recovery, on demand

- Integrated with HyperSmart™, it's easy to find the warm-up and recovery plans that will help you feel and move better with step-by-step expert guidance through the Bluetooth® connected Hyperice App.

## RECOVERY ROOMS

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Recovery Rooms Powered by Hyperice are the new standard of excellence. Sports Physio & Performance are our partner & official distributor in Ireland, helping bring Hyperice technology to professional & amateur clubs, sports medicine & fitness facilities and individual athletes of all types.

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

**Dan Canina**

Director of Global Performance - Hyperice



**EXCLUSIVE DISTRIBUTOR  
OF HYPERICE IRELAND**



## 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."*

**T.J. Brosnan**

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## COMMERCIAL RECOVERY ROOMS



**RC Recovery Rooms - Duleek**



**Infinity Recovery - Maynooth**



**Sports Surgery Clinic - Santry**



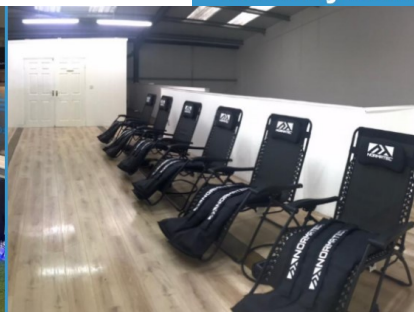
**Prosports Recovery - Carrick-on-Shannon**



**Recovery Room - Dublin**



**The Recovery Hub - Thurles**



**South East Sports Recovery**



**Recovery Suite - Tralee**



## SUPPORTING ATHLETES



**Limerick Hurlers**  
All Ireland Senior  
Hurling Champions 2018,  
2020, 2021, 2022

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

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

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



**Tipperary Hurlers**  
All Ireland Senior  
Hurling Champions 2019

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



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



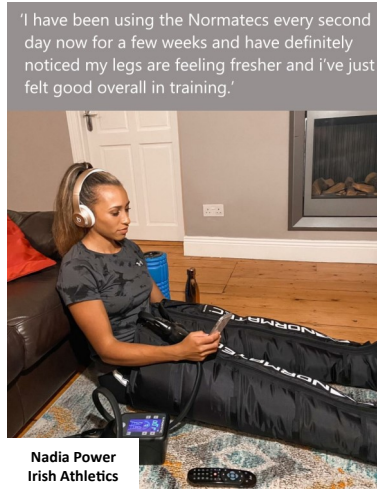
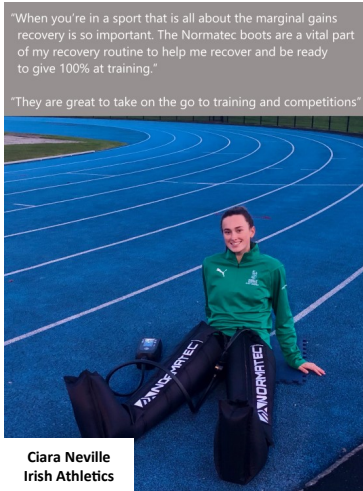
**Róisín Murphy** @PhysioRoisin · 3d  
Today we recover..... tomorrow we go again. @IreWomenHockey  
@Sportsphysioirl #chaseit 🙌🙌🙌



*'Thanks very much to Sports Physio & Performance,  
preferred Physio & Recovery  
Technology supplier to Hockey Ireland  
and to Hyperice for their fantastic  
support of our teams'*



## SUPPORTING ATHLETES



### Two Irish Athletes who are also Physiotherapists give their opinion



#### Aileen Flynn – Chartered Physiotherapist & Triathlete (World Championship Ironman)

As a triathlete I regularly train twice a day. This can result in significant muscle fatigue & soreness. Since using Normatec as part of my recovery routine I've noticed that I can take on subsequent sessions with more ease and fresher legs.

I consider Normatec a key element in my training program and attribute part of my successful season in 2017 to timely use of my recovery boots.

As a chartered Physiotherapist I see first hand in athletes bodies what can result from insufficient recovery.

Elevating the legs in a recumbent position certainly helps with recovery and in my experience the added massage effect of Normatec seems to assist in reducing my muscle soreness.

My legs always feel a few years younger after some recovery time in my Normatec boots.

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# Why Hyperice?



- Safe Compression & Percussion Devices.
- Rigorously Tested and Verified.
- Backed by Research Studies.
- 97% of US Professional Teams use Normatec
- Trusted by Athletes worldwide

**Research & Science** - Hyperice is backed by a huge body of research and studies. This is hugely important as its evidence based technology and especially when looking at a commercial or team Recovery room to have this Research back up. Majority of the other brands do not have any research or studies. We felt this was hugely important when choosing to partner with Hyperice & Normatec as majority of our customers are evidence based practitioners. See next 2 pages for Research Summaries.

**Safety** - FDA Cleared, CE Marked, TGA Registered (risks considered same as massage) Max pressure of 110 mmHg (less than 2.5 PSI) when using the Normatec boots. We feel this is the No 1 feature with the Hyperice brand. Without the proper Research at higher pressures there are naturally concerns as to the safety of those pressures in certain circumstances. Again when considering a Recovery Room that the general public and team will use this peace of mind and reassurance as to the safety of the products is paramount.

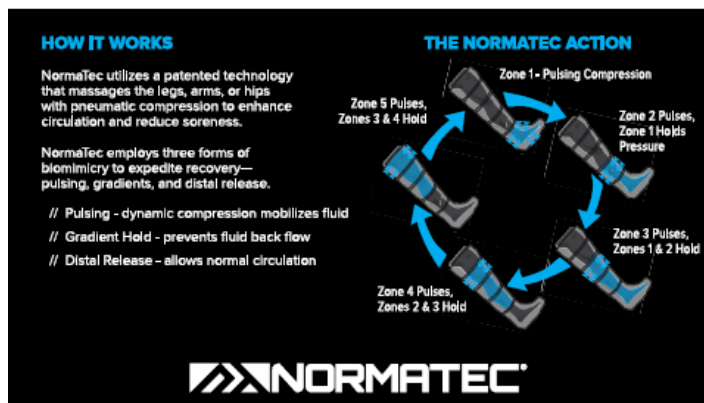
**Technology** - NormaTec system utilizes a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness. NormaTec employs three forms of biomimicry to expedite recovery: Pulsing—dynamic compression mobilizes fluid. Gradient Hold—prevents fluid backflow. Distal Release—allows normal circulation. This patented dynamic compression is hugely effective and again with safety in mind

**Support** - We have been working for many years now with Normatec and Hyperice and the back up and Support to customers is excellent. As distributors this is a key feature to have that support from the Manufacturer so that we in turn can react quickly to any issues and support our customers.

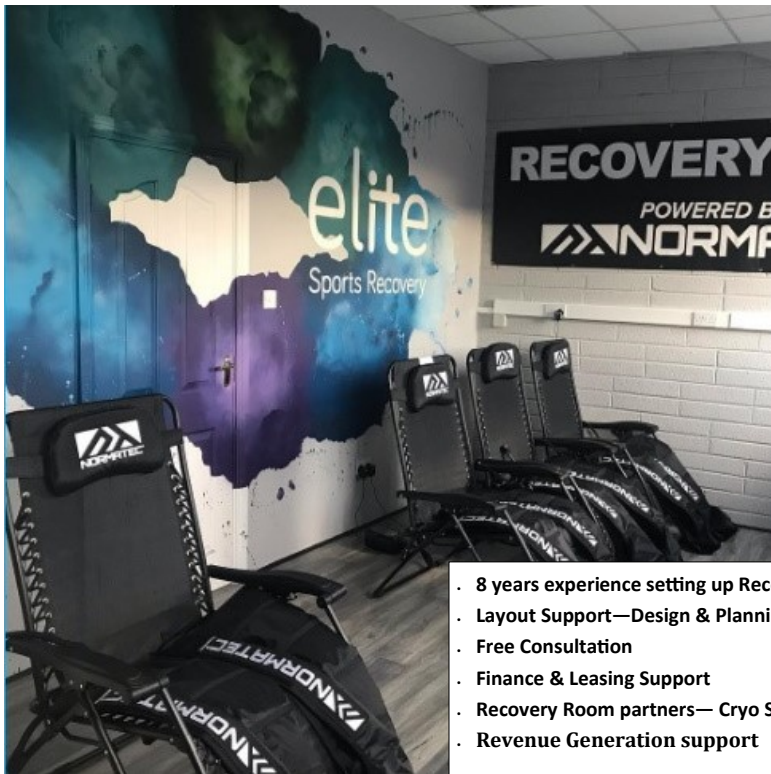
**Worldwide Recognition** - Trusted by the top teams and clinics throughout the World. 97% of the Pro Teams in the US use Hyperice / Normatec to power their Recovery rooms.

**Recovery Rooms in Ireland** - We have helped establish and support Recovery rooms all across Ireland in the past 8 years and have built up a big base of knowledge on what works well and can support you on this. Working with some fantastic Customers too who are very supportive also with new rooms being set up

**Recovery Technology** - As technology evolves Hyperice are to the forefront in terms of Recovery Technology. The Hyperice App allows you to connect the full Hyperice and Normatec range and to link in with world leading Fitness technology to tailor Recovery programs to suit your workload and demands.



## COMMERCIAL RECOVERY ROOMS



### 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."

T.J. Brosnan

”

Recovery Rooms Powered by Hyperice are the new standard of excellence. Sports Physio & Performance are our partner & official distributor in Ireland, helping bring Hyperice technology to professional & amateur clubs, sports medicine & fitness facilities and individual athletes of all types.

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

Dan Canina

Director of Global Performance - Hyperice

- 8 years experience setting up Recovery Rooms
- Layout Support—Design & Planning
- Free Consultation
- Finance & Leasing Support
- Recovery Room partners—Cryo Spas & Hot Tubs
- Revenue Generation support

## RECOVERY ROOMS SET UP AND SUPPORT

### Layout Design & Planning

There are many options to consider when designing your Recovery Room. We can offer you lots of Support on this.

- Space available is obviously a key feature and we can help you optimise this space with a mix of Normatec Recovery Boots and Hyperice Percussion devices.
- Similarly your plans for working with teams or individuals will impact the layout. The flow of the room to efficiently handle a group and the number of stations you will need are all factors.
- Having supported lots of Recovery rooms being set up over the past number of years and interaction with those rooms as to what works best and what doesn't, we are able to help and support you with this knowledge.
- We don't charge for it so doesn't cost anything to ask. [Email matt@sportsphysio.ie](mailto:matt@sportsphysio.ie) or call on 086-6088213 and we can arrange a call / visit to support you with Layout design.

### Finance & Leasing

We offer competitive rental and flexible leasing options through our finance partner – **SME Finance & Leasing** and also from **Humm Finance**.

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

- 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.

### Additional Recovery Room Equipment

- Many rooms include a Cryo Spa and Hot Tub etc.
- We don't not provide this equipment directly but can support you with recommended partners who offer excellent solutions and who we have worked with on many projects



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# 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
<b>120-214</b> €34.90	<b>120-215</b> €29.00	<b>120-257</b> €34.90	<b>120-246</b> €29.00	<b>120-213</b> €34.90	<b>120-216</b> €34.90	<b>120-247</b> €34.90

## COLD THERAPY— CRYO CUFF COLD THERAPY SYSTEM

 <p><b>120-101(2) 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>€75+VAT</b></p>			 <p><b>120-239 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 within the cooler lid provides automated cold and compression therapy, with simplicity of design and ease-of-use operation. Ideal for post-operative recovery, trauma, athletic training rooms, and home use. Includes bucket, piping &amp; integrated pump. Choose from any of the wraps listed below.</p> <p><b>€145+VAT</b></p>		
<b>120-101</b> €59.00 + VAT			<b>120-239</b> €129.00 + VAT		
					
Aircast Shoulder Wrap	Aircast Thigh Wrap	Aircast Elbow Wrap	Aircast Hand & Wrist Wrap	Aircast Knee Wrap	Aircast Ankle Wrap
<b>120-167</b> €85	<b>120-166</b> €69	<b>120-203</b> €69	<b>120-201</b> €79	<b>120-165</b> €79	<b>120-164</b> €79

## ICE BATHS

 <p><b>Inflatable Ice Bath (Team)</b> Designed for sports teams and clubs. <b>INFLATING:</b> 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>Inflatable Ice Bath (single)</b> For individual player to aid recovery. Used internationally by elite athletes. Easy to inflate, fill, deflate &amp; transport.</p>
<b>120-162</b> €285 + VAT	<b>120-227</b> €150 + VAT



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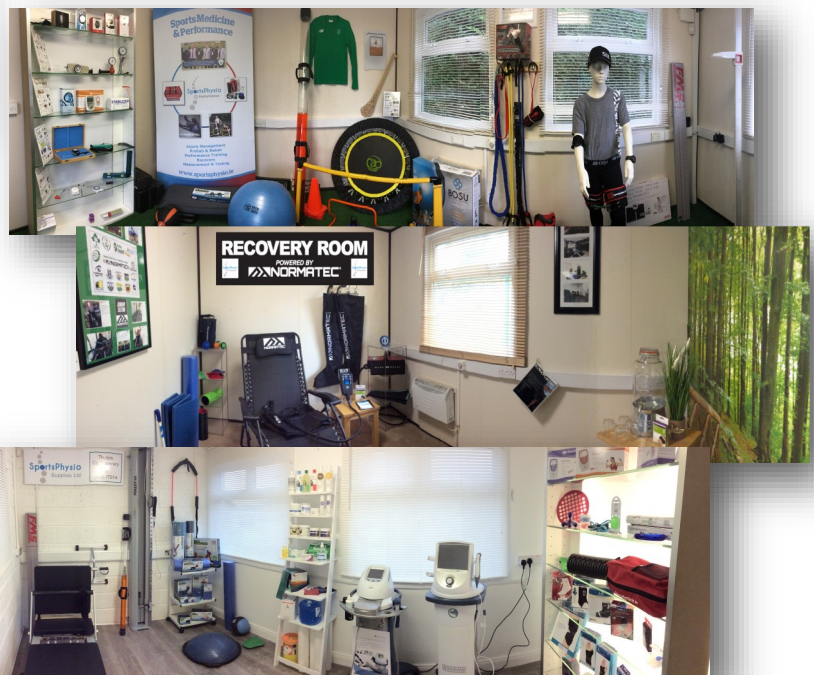
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- Excellent courier network to ensure prompt delivery.

## 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.



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

**Catalogue pricing is a guide and all up to date pricing will be on our website or call for offers**