



# Student & Graduate Offers

Sports Physio & Performance

Killinan, Thurles, Co. Tipperary

Tel: 062 77014

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

[sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)



# Supporting Students & Graduates

Sports Physio & Performance are based in Thurles, supplying a detailed Range of Physiotherapy, Rehab and Performance Supplies and Equipment. We work closely with many of the Universities and Colleges throughout the country providing materials and equipment for many of the courses. We endeavour to give support back to the Students & recent Graduates of those courses & we have put together some very affordable discounted start up packages to help graduates starting out, in terms of setting up a new Clinic or Rehab room or if you're starting to work with teams. We have detailed these on this brochure. They are suggested Start up Packages and of course they can be tailored to suit your specific needs.

## We strive to provide range of support to Students & Graduates

- Support Graduation Days with prize sponsorship
- Presentations and Product Demos
- Dedicated Student & Graduate Webpage with Offers
- Special Graduate Start Up Offers
- Student Group Discounts on Supplies to practice on during your course or for kit on your work placement.
- Taping & Strapping Courses if Required.
- Student & Graduate Competitions via our Social Media.
- Join our mailing list to access further trade offers
- We offer student Internships as an option for your work experience

### Master Taping Courses



### Pitch Side Startup



### Visit our Demo Show Rooms

If you are looking at setting up a Clinic, Rehab / Recovery Room, Testing Area or just want to see some of the Equipment/supplies you're welcome to visit us in Thurles to see our four Demo Show rooms. Get Ideas on Room Layouts and to see what will fit in the space you have. Give us a call a day in advance to arrange a visit.

Tel: 062-77014 E-mail: [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) 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



# Supporting Students & Graduates



## Dedicated Student & Graduate Page

We have a dedicated Student & Graduate Start up page on our website. You can access it from the home page. See all the Graduate offers in one place and all our Support pages.



## Setting Up your own Trade Account

It's a very easy process to request and Set up your account

This give you access to our Trade Website and avail of tiered pricing for discounts when buying in larger quantities and also get cheaper shipping and can also get further Special Offers that are available to Trade Customers only.

### Chance at free stuff !

If you are signed up to our Newsletter, you will be notified about upcoming Special Offers, New Products, Events and will be entered into Newsletter Members Giveaways. These giveaways have previously been tickets to Irish Soccer Matches, Irish Rugby Matches as well as new product giveaways.



## Product & Technical Support

We have many product videos available on the site. See our Pitchside start up video which does through the different First Aid bag and kit options to suit you needs when working with teams. Many other product videos on the website also



## Student & Graduate Bundles

We have created lots of Bundles that will be of use when starting out.

Choose from

- Graduate Essentials Team Kit
- First Aid & Taping starter kit
- Clinic Start up kits
- Rehab start up
- Training & Activation kits
- Performance Testing bundles
- Measurement & Testing kits



## Student Group Offers

In many instances a class or group of students have contacted us to enquire about a bulk discount on supplies. This may be bulk order of tape to use during class or ordering Skeletons or Stethoscopes for example. We always do our best to accommodate these requests and please contact us on 062-77014 or by email to [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

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# Pitchside Cover Essentials

## Graduate Essentials Team Kit

# Graduate Essentials Team Kit



100-178(RED) Graduate Essentials Team Kit Red Bag €389 + VAT

100-178 Graduate Essentials Team Kit Black Bag €359 + VAT

**First Aid Premium Run on Bag** Top quality rigid run on First Aid bag. Quality, long lasting design. For the therapist who prefers to carry on the full bag to the injury instead of a bum bag.

**SPS Bumbag** First Aid Bum Bag with internal pockets & compartments.  
Premium Quality with strong waist strap.

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

**Taping Starter Kit** Ideal taping starter kit to familiarise with the different tapes available. Allows you to decide what tapes you would like to use in the future.

**First Aid Refill Kit** Recommended for use by Sports Physios. Meets most Sports Associations requirements

**Naqi Sports 500ml Lotion** Naqi Massage Lotion Sports Especially oil-rich massage lotion with excellent gliding and dispersal properties, specially developed for extended massages such as sports massages. Particularly suited for hairy skin.

## First Aid & Taping Starter Kit

# First Aid & Taping Starter Kit

**99 + VAT**

Premium run on Bag,  
Physio Kit contents,  
Detailed Taping starter Kit,  
12 x Instant Ice packs,  
Cloth Fabric Ice Bag.



## Taping Starter Kit



X1 Sports Premium Tape 3.8cm  
X1 Mueller underwrap 7.0cm  
X3 Sports Tape Ex1 3.8cm  
X1 Sports Tape Ex1 2.5cm  
X1 Steroplast 5.0cm EAB  
X1 Sports Choeseive 7.5cm  
X1 Sports Tear Plus 7.5cm  
X2 Sports Tear Plus 5.0cm  
X1 Taping Carry Bag

## Taping Starter Pack

€29 + VAT

All the Tapes you need to get started. Starter pack will help familiarise with the different tape types and usage rates and help decide which tapes and quantities you will need going forward for training and games.



If a group of students or graduates want to join together to create a bulk order e.g tape, bum bags, first Aid bags etc. we can do a special volume discount rate. Please call or email us with details on no's.



**Tel:** 062-77014 **E-mail:** [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) **Website:** [www.sportsphysio.ie](http://www.sportsphysio.ie)

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# Tools of the Trade— Massage Treatment

A reliable couch that you can trust in a busy dressing room and can transport easily is very important when starting out. Durability and weight are the 2 most important features. There are cheaper couches on the market, however this is one of the main tools of the trade for a therapist. For such an important investment its important that it be a top Quality couch that will last the test of time. We have been selling this couch for 14 years and majority still have the same couch they purchased first day.

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

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

## Portable Aluminium Couch

180-138 Portable Aluminium Couch

€285 + VAT

**\*\*Includes Free Carry \*\***

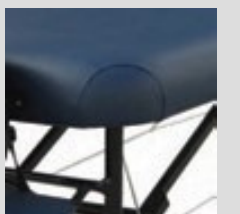
Built to last, all Affinity tables are stress tested to a weight of 32 stone/450lbs and are covered by a 2 year warranty  
The Affinity Sport is a truly portable table at just 14.5kgs.



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



Excellent  
finished  
Upholstery



## Couch & Massage Accessories



## Affinity Portable Athlete Couch

180-336 Affinity Portable Athlete Couch €335 + VAT

**\*\*Includes Free Carry Bag & Couch Cover \*\***

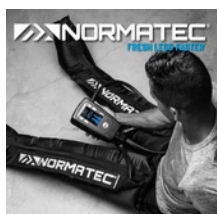


Plinth 2000 have been working closely with Sports Physio Supplies since 2007. We deliver each couch to the customer directly & provide Service & Back up support to Sports Physios' customers "

Section electric or hydraulic couches if you are setting up a Clinic.  
5 year guarantee on all components  
Lifetime frame guarantee



## Treatment Aids / Recovery



Hypervolt with bluetooth  
€324.12 + VAT

See Graduate  
page on website  
for discount



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# Tools of the Trade— First Aid Bags & Kits

## Most Popular Bags



190-156 First Aid bag multi compartment Red (18x12x12") €59+VAT

For Therapist covering regular games with all supplies clearly visible. 5 internal pockets, one full length for longer items. Spacious Lid with vinyl pockets. 2 Large end pockets. Large front pocket with additional pockets and gusseted organiser. Water Resistant, Heavy Duty Cordura Nylon.

Bag Size: 18" long x 12" wide x 12"



190-162 Premium Run on Bag Black (16.5x12.5x8.5") €29+VAT

Top quality rigid run on First Aid bag. Quality, long lasting design. For the therapist who prefers to carry on the full bag to the injury instead of a bum bag. The main compartment has three adjustable compartments 2 side pockets. Front, gusseted organiser keeps regular used items within easy reach. Water-resistant, Ballistic Nylon.

Bag Size: 16.5" long x 12.5" wide x 8.5"



Excellent Graduate Discounts for groups purchasing Bags together. Please call us on 062-77014 for details



190-150 First Aid SPS Multi Compartment Bum Bag with Logo (11.5x5x7.5") €19.90 +VAT

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

Bag Size: 11.5" x 5" x 7.5"

## Additional First Aid / Trauma Care Bags



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## Physio First Aid Kit Refills

We recommend the **Advanced Contents Kit** for your First Aid bag to cover standard First Aid treatment. We also offer a further add on kit to bring it up to a **Physio First Aid Kit** level. This was developed after consultations with Physios with many years experience working with teams of all levels. The additions help to meet the additional physio pitch

side requirements that occur. **Contents Qty**

Also, some first Aid kits come with a few rolls of tape but again from experience

and feedback from Physios, the tape in these kits tends to be poor quality & its Conforming Bandage (7.5cm) 1

probably more practical to keep your taping separate to the First Aid bag. We offer Crepe Bandages Assorted 3

a taping starter kit and separate tap bag to accommodate this as well as ideas on

other items you may need. First Aid Guidance Leaflet 1

Triangular Bandage 2

Low Adherent Dressing Assorted 2

Zinc Oxide Tapes Assorted 2

Advanced Eyewash Pods (20ml) 2

Sports First

Aid Kit Refill Sterile Dressing Assorted 2

Disposable Gloves (Pair) 2

Polythene Apron 1

Microporous Tape

Face Shield 1

Scissors 1

Self Seal Waste Bag 2

Foil Blanket 1

Instant Cold Pack Standard 1

Small Trigger Spray Bottle

SKU Product Price (Ex Vat) Sterile Eye Dressing 1

190-421 Physio First Aid Refill 69.90 Gauze Swabs 8 ply (7.5x7.5cm) 5

EAB (5cmx4.5cm) 1

Physio First Aid kit add on Flex All Splint 36"x4" 1

Cohesive Bandage 7" 1

+ CPR Pocket Mask 1

Finger Splint 3/4"x9" alumafoam 1

Blister Cushions (pack of 10) 1

Deep Heat Rub (100g) 1



Advanced Sports First Aid Refill	Conforming Bandage (7.5cm) 1	
	Crepe Bandages Assorted 3	
	Moist Wipes 10	
	Safety Pins 12	
Physio First Aid Kit Refill		
190-420 Advanced Sports First Aid Refill 22.90	Washproof Plasters 20	

**Optional Extras:** (Above is a suggested Physio Kit. Lots of other additions that can be added also, see here for other suggestions.)

**Taping Starter Kit:**

- X1 Sports Premium Tape 3.8cm
- X1 Mueller underwrap 7.0cm
- X3 Sports Tape Ex1 3.8cm
- X1 Sports Tape Ex1 2.5cm
- X1 Steroplast 5.0cm EAB
- X1 Sports Choeseive 7.5cm
- X1 Sports Tear Plus 7.5cm
- X2 Sports Tear Plus 5.0cm
- X1 Taping Carry Bag

Tuffner Spray & Remover

Full selection of tape available.

See Taping section for more details.

**Immobilisation:**

Frac Splint

Crutches

Aircast Boot

Knee Gripper ROM

Felt & Foam

Tubular Bandage

**Cold Therapy:**

Ice Bags x250

Instant Ice Pack

Ice Box

Cryo Bucket

**Miscellaneous:**

Naqi Sport

Insect Repellent

Hand Sanitiser

2nd Skin

Burn Dressing

Vaseline

Bio-Hazard Bags (x25)

These are suggested optional extras. If you would like to add any of these to your Physio First Aid Kit please email us at [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

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# Most Popular Taping

**Zinc Oxide** — this is our most popular Regular Zinc oxide in 3 widths. Suitable for all needs.



## Sports-Tape Ex 1

### Order #

With excellent adhesion and tensile strength width VAT (Qty) € excl VAT properties, the Sport-Tape EX1 is our most popular 1.0"(2.5cm) 100-152 1.88 (1+) regular strength zinc oxide. Bleached hypo-allergenic zinc oxide. Serrated edge for easy tearing. Unwinds smoothly and easily for fast 1.5"(3.8cm) application. Serrated edge and easy unwind make it 1.5"(3.8cm) 100-151 2.27 (32+) 72.50 an ideal solution for the busy dressing room. 2.0"(5.0cm) 100-153 3.02 (24+) 72.50

13.7m long—See widths in table 2.0"(5.0cm) 100-153 3.02 (24+) 72.50

Tape width	Order #	Price € exc VAT (Qty) € excl VAT	Box Price
1" (2.5cm)	100-152	1.88 (1+)	
1.5" (3.8cm)	100-151	2.27 (32+)	72.50
2" (5.0cm)	100-153	3.02 (24+)	72.50

## Zinc Oxide Extra Strong—

Advisable to carry a qty of this tape for acute conditions & shoulder Taping



## Sports-Tape Premium

Best Quality Zinc oxide on the market. Viscose fabric with a hypoallergenic adhesive mix. Excellent alternative to Leuko-P. High Tensile strength and Strong adhesion for heavy use application or acute injury taping. Excellent for long term applications.

13.7m long in 2.5cm (1"), 3.8cm (1.5") & 5.0cm (2") widths.

Tape width	Order #	Price € exc VAT (Qty) € excl VAT	Box Price
1" (2.5cm)	100-137	3.95 (1+)	
1" (2.5cm)	100-137	3.48 (40+)	139.00
1.5" (3.8cm)	100-101	5.55 (1+)	
1.5" (3.8cm)	100-101	4.63 (30+)	139.00
2" (5.0cm)	100-154	7.95 (1+)	
2" (5.0cm)	100-154	6.95 (20+)	139.00

## Hand Tearable EAB—

Hugely popular tape, tears easy by hand. Useful for all joints and muscle taping



## Sports Tear Plus

Renowned Jaybird strength & excellent adhesion. Latex Free adhesive. Conforms well to body contours. Lightweight and hand tearable. Top performance in demanding situations in all sports. 6.8m long

Tape width	Order #	Price € exc VAT (Qty) € excl VAT	Box Price
1.0" (2.5cm)	110-186	€1.48 (1+)	
1.0" (2.5cm)	110-186	€1.07 (48+)	€56.90
1.5" (3.8cm)	110-157	€2.22 (1+)	
1.5" (3.8cm)	110-157	€1.78 (32+)	€56.90
2.0" (5.0cm)	110-154	€2.96 (1+)	
2.0" (5.0cm)	110-154	€2.37 (24+)	€56.90
3.0" (7.5cm)	110-155	€4.44 (1+)	
3.0" (7.5cm)	110-155	€3.55 (16+)	€56.90

## Cohesive —

Sticks to itself—not to the skin. Good for Muscle compression



## Sports Cohesive (Cotton)

### Order #

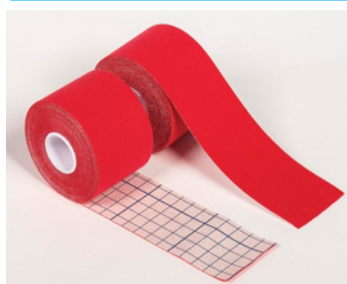
Top Quality Cohesive width VAT (Qty) € excl VAT alternative to Powerflex. 2.0" (5.0cm) 110-112 €2.23 (1+) Very strong conforms well to 2.0" (5.0cm) 110-112 €1.79 (24+) €42.90 body contours. 3.0" (7.5cm) 110-113 €3.35 (1+) Firm support. Hand tearable. 4.5m long in 5.0cm (2") 3.0" (7.5cm) 110-113 €2.74 (12+) €32.90 7.5cm (3") & 10cm (4") 4.0" (10cm) 110-107 €4.46 (1+) widths 4.0" (10cm) 110-107 €3.57 (12+) €42.90

Tape width	Order #	Price € exc VAT (Qty) € excl VAT	Box Price
2.0" (5.0cm)	110-112	€2.23 (1+)	
2.0" (5.0cm)	110-112	€1.79 (24+)	€42.90
3.0" (7.5cm)	110-113	€3.35 (1+)	
3.0" (7.5cm)	110-113	€2.74 (12+)	€32.90
4.0" (10cm)	110-107	€4.46 (1+)	
4.0" (10cm)	110-107	€3.57 (12+)	€42.90

For Students wishing to buy bulk boxes of tape to use for practice during your course we offer very good discount support for this.

Please call us on 062-77014 for details

## Kinesio Taping



Sports K Tape is a high-quality, cotton tape with elastic properties, and a self-adhesive acrylic-coating (adhesive properties of the tape). The adhesive coating allows air and water circulation.

Excellent alternative to Kinesio Tex brand. Excellent Quality & adhesion.

Available in 5cm x 5m rolls in colours Black, Beige. Blue & Red.

## Sports K Order codes

110-160 Beige 5cm x 5m  
110-173 Blue 5cm x 5m  
110-161 Black 5cm x 5m  
110-176 Red 5cm x 5m

## Tape Sports K Box Price

length	Price (Qty) € excl VAT	Box Price
5m	€5.90 (1+)	
5m	€5.32 (6+)	€31.90
5m	€5.01 (12+)	€60.20



## Underwrap

100-150 SPS Foam Underwrap (Jaybird)

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

### Price

### Order #

100-150 €1.22

100-150(Box) 48 €46.90

€ ex VAT

## Adherent Sprays & Removers



Order #	Product Description	€ excl VAT
100-113	Mueller Tuffner Spray 4oz	8.90
100-113	Mueller Tuffner Spray 10oz	12.50
100-115	Mueller Remover spray 4oz	8.90
100-115	Mueller Remover spray 10oz	12.50

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# Other Taping

Other Popular Taping.  
Please see website for more details.

## Zinc Oxides

Mueller M tape



Sports-Tape Pro



Strappal from BSN



Jaystrap Tan High Strength



Sports-Tape Pro Plus



## Combi Packs & Alternatives

Leuko-tape P Combi Pack



Hypafix (5cm) Fixomull (10cm)



Sports-Tape Premium Combi Pack



## Elastic Adhesive Bandages — Hand Tearable

Sports Tear Plus



Lightplast Pro



Rugby lifting block foam



## Elastic Adhesive Bandages (E.A.B)

Club EAB Jaylastic



Tensoplast



Steroplast Elastic Adhesive Bandages



Powerflex Cohesive



Sports Cohesive (Cotton)



Sports Sock Tape and Cohesive colour wrap



## Spattting Tape



## Kinesio Taping



Kinesio Tape



## Elastic Bandage

Elastic Brown Bandage



## Dynamic Taping

Dynamic Taping Dynamic Eco Tape



Posture Pals



## Foams, Felts & Gel Protection

Felt & Foam sheets



Foam Rolls



Heel & Lace Pads



Temper Stick



## Scissors & Cutters

Paramedic Scissors



Lister Scissors



Tape Cutters



Kinesio & Dynamic Taping Scissors



## Insulation Tape

Insulation Tape 19mm



Premier Insulation Tape



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# Injury Management —Cold Therapy

When setting out to work with teams its important to have sufficient solutions in terms of Cold Therapy to treat acute injuries after they happen. In most cases there will be multiple players needing Cold Therapy after a game. We have a range of solutions here and a bundle we've created that can manage up to 5 injuries at once.

## COLD THERAPY—CCT WRAPS

 Knee CCT Wrap 120-214 €29.00	 Thigh CCT Wrap	 Lower Back CCT Wrap 120-257 €34.90	 Wrist CCT Wrap	 Ankle CCT Wrap	 Shoulder CCT Wrap	 Hip CCT Wrap
	120-215 €29.00		120-246 €29.00	120-213 €29.00	120-216 €34.90	120-247 €34.90

## COLD THERAPY– CRYO CUFF COLD THERAPY SYSTEM

 <b>120-101 Cryo/Cuff Gravity Cooler</b> An affordable, effective cold therapy system that is gravity fed. In addition to providing effective cold therapy, 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.		 <b>120-239 The Cryo/Cuff IC (Integrated cold &amp; compression pumped system)</b> 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 & compression therapy, with simplicity of design & ease-of-use operation. Ideal for post-op recovery, trauma and home use. Includes bucket, piping & integrated pump. Choose from any of the wraps listed below.	
 €59 +VAT		 €129 +VAT	
120-101 €59.00 + VAT		120-239 €129.00 + VAT	
 Aircast Shoulder Wrap 120-167 €85	 Aircast Thigh Wrap 120-166 €69	 Aircast Elbow Wrap 120-203 €69	 Aircast Hand & Wrist Wrap 120-201 €79
		 Aircast Knee Wrap 120-165 €79	 Aircast Ankle Wrap 120-164 €79

## COLD THERAPY– OFFERS

<b>Cryo Bundle</b>			
	Aircast Cryo System x2 (knee + Ankle)	Cold compression therapy wraps x1 (shoulder)	Cloth Ice Bag x2
120-309	Injury Management Pack		€290 +VAT

Student/  
Graduate  
OFFER

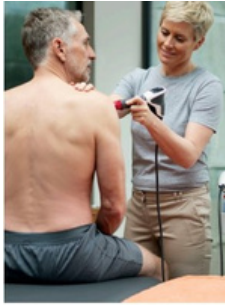
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# Clinic & Rehab Room Kit out

## Ultrasound Special Offer



# ULTRASOUND

~~€1124~~ + VAT

**€955 + VAT**



chattanooga



Limited  
OFFER  
while  
stocks last

## Clinic Start up Equipment



Limited  
OFFER  
while  
stocks last

110-501  
**Clinic Start  
Up Offer**  
**€1250+VAT**

Portable Couch, Carry  
Bag, Chattanooga  
Ultrasound, 2 wall  
charts.

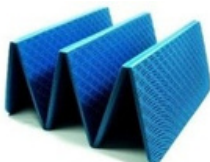
Comprehensive range of Clinic Room Equipment & Supplies. We have a clinic room kit out checklist that we can offer. We offer technical support, demos & training on all the equipment supplied.



## Clinic Rehab Room Kit Out



Shoulder Rope Pulley



Gym Mat



Exercise Band 5.5m  
Red & Blue

**Rehab Room Kit Out**  
**€195+ VAT**

Performance Kit, shoulder Pulley, Gym Mat,  
Balance Pad, Exercise Band, Balance Dome



Performance Kit



Balance Pad



Balance Dome

Create a comprehensive Rehab area  
at very affordable cost. A Rehab area  
to help demonstrate your Rehab  
protocols with your patients.

Tel: 062-77014 E-mail: [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) Website: [www.sportsphysio.ie](http://www.sportsphysio.ie)

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# Clinic & Rehab Room Kit out

## Balance—Kit out your Rehab Centre

 <p>40" Professional Trampoline 130-159 €115+VAT</p>	 <p>BOSU Balance Trainer/ Pro Air Dome Pro II 140-148 €139+VAT Pro-140-506 €198+VAT 140-439 €80+VAT</p>	
 <p>Wobble Cushion (35cm) 140-100 €19.90+VAT</p>	<p>Airex</p> <p>SPS</p>  <p>Balance Pads Dual Wobble Board SPS-140-199 €32.90+VAT Airex-140-155 €69.90+VAT</p>	 <p>140-174 €21.90+VAT</p>

## Exercise Band—Excellent for Rehab



# Rolyan Band

140-194 Rolyan Band Dispenser €69 + VAT

46m clinic rolls 5.5m rolls 1.5m patient packs

	Product	SKU	46M	SKU	5.5M	SKU	1.5M
	Yellow Rolyan	140-120	44.90	140-119	7.40	140-210	2.00
	Red Cl Rolyan	140-109	49.90	140-108	7.90	140-207	2.30
	Green Cl Rolyan	140-110	54.90	140-104	8.90	140-208	2.60
	Blue Cl Rolyan	140-111	59.90	140-105	9.90	140-209	2.90
	Black Cl Rolyan	140-122	69.90	140-121	10.90	140-211	3.30






140-565 SNAKECURL Ankle Straps for Resistance Bands €11.60+VAT



All purpose exercise tubing €26.90+VAT  
Available in Orange (Medium), Yellow (Heavy), Blue (Extra Heavy), Black (Super Heavy)

## Coaching / Athletic Development

### Speed Harnesses

 <p>130-229 Sprint Resistor (Shoulder Harness) €39 + VAT Features a durable 8-foot long rigid nylon leash along with a 10-inch wide easy to grip handle for the training partner who holds the runner back &amp; controls the resistance.</p>	 <p>130-542 SASP Speed Resistance Harness €18.90 + VAT Made of high quality nylon webbing with padded shoulders. Harness size adjustable. Come in a carry bag.</p> <p>Please see website for full range of harnesses.</p>	 <p>130-235 Quick Release Leash €29 + VAT The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training. 3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.</p>
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Tel: 062-77014 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

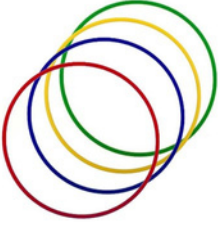




# Coaching / Athletic Development



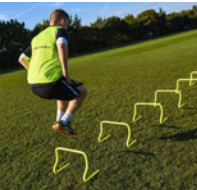



## FUNDAMENTAL MOVEMENT KIT

 <p>Injury Management Prehab &amp; Rehab Performance Training Recovery Measurement &amp; Testing <a href="http://www.sportsphysio.ie">www.sportsphysio.ie</a></p>	<p><b>140-523 The Fundamental Movement Development Kit</b> Designed to help: Catching, Throwing &amp; Kicking, Agility, Balance, Coordination (ABC of movement) Jumping, Landing, Rolling, Crawling (Rudimentary movement) Speed, Agility, Quickness (SAQ)</p>
<p><b>Kit Includes</b> Marker Cones x 50 Flat Cones x 10 Soft Throwing Balls x 6 Bean Bags x 12 Adjustable Ladder x 2 6" Hurdle x 4 9" Hurdle x 4 Carry Bag x 1</p> <div data-bbox="1209 465 1481 591" style="background-color: red; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p>See Graduate page on website for discount</p> </div> <div data-bbox="1209 613 1465 680" style="background-color: #00a0e3; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p>140-523 <b>€119</b> +VAT</p> </div>	<div style="display: flex; justify-content: space-around;">       </div>

## FUNDAMENTAL MOVEMENT KIT ADD-ON

 <p>Hula Hoop x 6</p>	 <p>1" Powerband x 3</p>	 <p>Dowel Rods x 10</p>	<p>Improve your Fundamental Kit with the addition of hula hoops of varying sizes, dowel rods and powerbands. Add to your Fundamental Kit and improve your ability to coach balance, coordination and speed work with these products.</p> <p>Mini Bands x 12 (Yellow x 6 and Green x 6)</p> <div data-bbox="1200 1281 1465 1339" style="background-color: #00a0e3; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p><b>€99</b>+VAT</p> </div>
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## SPEED DEVELOPMENT KIT

 <p>Injury Management Prehab &amp; Rehab Performance Training Recovery Measurement &amp; Testing <a href="http://www.sportsphysio.ie">www.sportsphysio.ie</a></p>	<p><b>140-524 Speed Development Kit</b> Enhances: Jumping &amp; Landing Mechanics Sprint Technique Force Production Speed</p>
<p><b>Kit Includes</b> Marker Cones x 50 Speed Harnesses x 3 Adjustable Ladder x 2 9" Hurdle x 4 12" Hurdle x 4 Carry Bag x 1</p> <div data-bbox="1193 1639 1474 1756" style="background-color: red; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p>See Graduate page on website for discount</p> </div> <div data-bbox="1209 1792 1474 1872" style="background-color: #00a0e3; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p>140-524 <b>€139</b> +VAT</p> </div>	<div style="display: flex; justify-content: space-around;">      </div>

## BUILD YOUR OWN KIT OPTION
















Injury Management  
Prehab & Rehab  
Performance Training  
Recovery  
Measurement & Testing

www.sportsphysio.ie

### Kit Benefits

Improves:

Catching, Throwing & Kicking,  
Agility, Balance, Coordination (ABC of movement)  
Jumping, Landing, Rolling, Crawling (Rudimentary movement) Speed,  
Agility, Quickness (SAQ)

Product Options	Quantity of Product	
Speed Harness	<input type="text"/>	
SASP Round Markers x 10	<input type="text"/>	 Set of 10
SASP Marker Cones x 50	<input type="text"/>	 Set of 50
SASP Skipping Rope	<input type="text"/>	
Tennis Balls	<input type="text"/>	
SASP Bean Bags x 6	<input type="text"/>	 Set of 12
SASP Ladder—4M	<input type="text"/>	
SASP Agility Hurdle	6" 9" 12" <input type="text"/> <input type="text"/> <input type="text"/>	
SASP Hula Hoop	30cm 45cm 60cm <input type="text"/> <input type="text"/> <input type="text"/>	
Dowel Rod	<input type="text"/>	  Set of 10
Powerbands	0.5" 1" 1.75" <input type="text"/> <input type="text"/> <input type="text"/>	
Mini Bands	Yellow Green Blue Black <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	

Every Kit is provided with a free carry bag.



**Choose your own kit to suit your coaching needs.**

**Scan Selection Page and Send to [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) to Receive Quote**











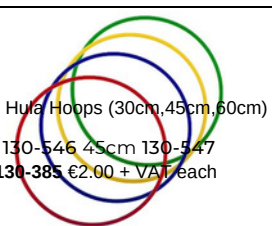

**Tel:** 062-77014 **E-mail:** [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) **Website:** [www.sportsphysio.ie](http://www.sportsphysio.ie)

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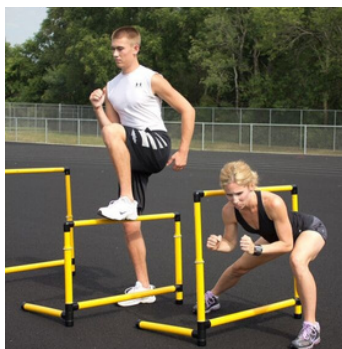


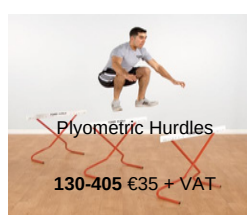


# Coaching / Athletic Development

## OTHER ATHLETIC DEVELOPMENT EQUIPMENT

 <p>SASP Round Markers x 10</p>	 <p>SASP Kit Bag</p>	 <p>SASP Marker Ladder Set</p>	 <p>SASP Telescopic Poles</p>
<b>130-539</b> €14.90 + VAT	<b>130-538</b> €7.90 + VAT	<b>130-544</b> €25.90 + VAT	<b>130-543</b> €6.90 + VAT
 <p>SASP Marker Cones x 50</p> <p><b>130-533</b> €11.90 + VAT</p>	 <p>SASP Skipping Rope</p> <p><b>130-540</b> €2.90 + VAT</p>	 <p>Tennis Balls</p> <p>Call for Quantity Pricing</p>	 <p>Bean Bags (12 pack)</p> <p><b>130-383</b> €10.90 + VAT</p>
 <p>SASP Agility Hurdle 6/9/12"</p> <p><b>130-545</b> €4.60+VAT/<b>130-534</b> €5.20+VAT/<b>130-535</b> €5.70+VAT</p>	 <p>SASP Ladder 11M</p> <p><b>130-536</b> €14.90 + VAT</p>	 <p>Hula Hoops (30cm, 45cm, 60cm)</p> <p>30cm <b>130-546</b> 45cm <b>130-547</b> 60cm <b>130-385</b> €2.00 + VAT each</p>	 <p>Dowel Rods (10 pack)</p> <p><b>130-548</b> €39.00 + VAT</p>

## SPEED TRAINING EQUIPMENT

" data-bbox="65 575 200 630"/> <p><b>130-170</b> Reebok 6"/&gt;"</p> " data-bbox="65 640 190 675"/> <p><b>130-189(2)</b> Aerobic Studio Step 4"/&gt;"</p> " data-bbox="65 705 185 740"/> <p><b>130-165</b> Aerobic SPS Fitness step 29x16"/&gt;"</p>	 <p>SASP Pro Adjustable Hurdle Height-27"-42"</p>	 <p>3 sizes available:  <b>140-309</b> Smart Hurdle 3: Adjusts to 12", 15" and 18"(each) €70 + VAT  <b>140-310</b> Smart Hurdle 4: Adjusts from 21"- 36" in 3" increments €85 + VAT  <b>140-311</b> Smart Hurdle 5: Adjusts from 27"- 42" in 3" increments €95 + VAT                      3 packs available:  <b>140-575</b> Smart Hurdle 3 (3 pack) €178.50 + VAT  <b>140-574</b> Smart Hurdle 4 (3 pack) €216.75 + VAT  <b>140-323</b> Smart Hurdle 5 (3 pack) €242.25 + VAT</p>	 <p>K-Bands</p> <p>K bands Leg Resistance Bands are a dynamic training tool utilized to fire muscles throughout the legs with every movement. The resistance increases your heart rate to the fat burn zone, &amp; will take your body to the next level with a combination of aerobics &amp; resistance training.</p>
<p><b>130-170</b> €95 + VAT  <b>130-189(2)</b> €79 + VAT  <b>130-165</b> €20.93 + VAT</p>	<b>130-541</b> €39.00 + VAT		
 <p>Skipping Ropes</p> <p><b>140-229</b> 8ft/9ft/10ft €4.90 + VAT  <b>130-540</b> SASP Rope €2.90 + VAT</p>	 <p>Plyometric Hurdles</p> <p><b>130-405</b> €35 + VAT</p>	Smart Hurdles	<b>140-275</b> €26.90 + VAT

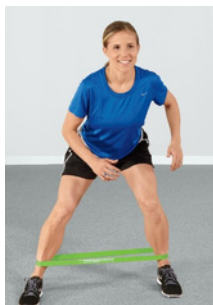
Tel: 062-77014 E-mail: sales@sportsphysio.ie Website: www.sportsphysio.ie

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

# Coaching /Athletic Development

## MINI BANDS

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

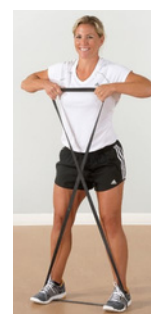


Order Code	Strength	Price ex VAT	10+ price	20+ price	
	<b>140-255</b> Light	Yellow	€2.20	€1.98	€1.87
	<b>140-246</b> Medium	green	€2.40	€2.16	€2.04
	<b>140-247</b> Heavy	blue	€2.60	€2.34	€2.21
	<b>140-245</b> Ex. Heavy	black	€2.80	€2.52	€2.38
1 of each band		€8.90 + VAT			

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
140-139	0.5"	€6.90
140-191	1.0"	€10.40
140-317	1.75"	€18.90
140-321	2.5"	€25.90
1 of each band		€59.00 + VAT

For larger volume please call for pricing

Slide Pad (Pair) MFR Foam Roller SPS Lacrosse/MFR Ball/Peanut Ball

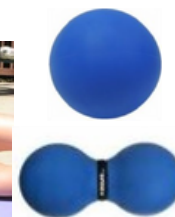
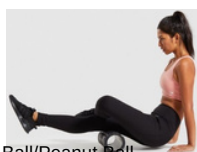
130-526 €3.90 + VAT

130-329 €9.90 + VAT

130-527 €7.90 + VAT

130-211(2) €16.90 + VAT

Foam one side. Other side sliding surface The The SPS Massage Foam Roller features a range of different patterns so you can vary the cupressure, tension and trigger point release. Sliding Disks are a pair discs that provide an unstable training surface that allow you to intensity of the massage to suit your individual needs. These balls can be used for a full body simulate many slide board exercises. needs. Size 30.5cm long x 12cm diameter. massage, from your neck to your feet.



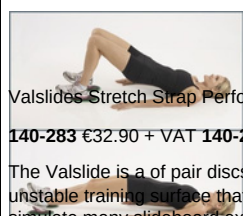
Valslides Stretch Strap Performance Bag

140-283 €32.90 + VAT

140-266(2) €7.90 + VAT (black)

190-363 €9.90 + VAT

The Valslide is a of pair discs that provide an The versatile Stretch Out Strap is 16"W x 21"L A very good quality & robust bag with carry unstable training surface that allow you to SPS Stretch Out Strap (Black) Supplied on its handle and 2 side pockets to carry your simulate many slideboard exercises. Turns own without poster. A stretching strap supplies. designed to give you the extra length and support you need in deep stretches and binds. surface.





# Coaching / 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")

€59 +VAT

## Mini Band Bundle



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

€8.90

## BULK BAND KIT



+VAT

140-531 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)

140-509 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

Student/  
Graduate  
OFFER

140-509 €199 +VAT

## Stretching and Rehab Kit



MFR Roller x 10



Stretching Strap x 10



Lacrosse Balls x 10



Carry Bag x 1 (FREE)

140-508 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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# 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.

	KIT 1	KIT 2	KIT 3	KIT 4
				
	<b>€425<sup>T</sup></b>	<b>€650<sup>+</sup>VAT</b>	<b>€890<sup>T</sup></b>	<b>€1150<sup>+</sup>VAT</b>
	The Pro Agility Kit	The Dash Kit	The Multi Event Kit	The Elite Kit
KIT CONTENT	1 x Laser Module 1 x Reflector 2 x Regular Tripods 1 x Briefcase	2 x Laser Modules 2 x Reflectors 2 x Regular Tripods 2 x Mini Tripods 1 x Briefcase	3 x Laser Modules 3 x Reflectors 4 x Regular Tripods 2 x Mini Tripods 1 x Briefcase	4 x Laser Modules 4 x Reflectors 6 x Regular Tripods 2 x Mini Tripods 1 x Briefcase

## Jump Testing



**€189<sup>+</sup>VAT**

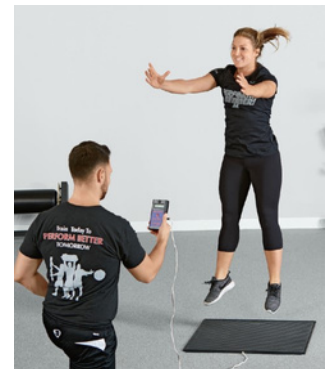


### 210-341 Vert Jump Tester

Jump Testing has never been easier.  
Simply download the free APP.  
Clip the VERT tracker to your waist.  
Jump to record.  
Most Cost effective Jump Testing solution.  
Measures jump height, Landing impact, number of jumps etc.

This wearable device allows you to measure the quality and power of dynamic movement, seen in real-time on the VERT app. accurately measures jump height, landing force, total energy, power and stress. Free App gives you measurements for Jump Height, Total Jumps Completed, Highest Jump, Average Jump Height and Height of Last Jump Completed.

Most accurate wearable measurement of vertical jump height on any court or field.



Range of Jump Mats Available. Please see website for more details and pricing.

## PERFORMANCE TEST KIT BUNDLE

BUNDLE 1



The Dash Kit

**€819<sup>+</sup>VAT**



The Vert Jump Tester x 1

**Student/Graduate OFFER**  
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.

Tel: 062-77014 E-mail: sales@sportsphysio.ie Website: www.sportsphysio.ie





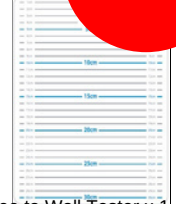
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# Testing & Monitoring

 <p>FMS Kit with Slide Box</p> <p>210-329 €219 + VAT</p>	 <p>Sit and Reach Box (Metal)</p> <p>210-116 €95 + VAT</p>	 <p>Portable Height Meter</p> <p>210-110 €89 + VAT</p>
 <p>HALO MEDICAL DEVICES</p> <p>Halo Handheld Goniometer</p> <p>HALO is the most accurate device available for Range of Motion Measures. Accurate within 1 degree. Single Handed to use. So you can write or support your patient. Measures in 3 planes. You can take any range, in 5 seconds.</p> <p>210-313 €325 + VAT</p>	 <p>Goniometers &amp; Inclometers</p> <p>6" €7.90 + VAT 8" €10.90 + VAT 12" €12.90 + VAT</p> <p>Digital: 8" €38.50 12" €41.50 Inclinometer €79.90+VAT</p>	

## SQUAD MONITORING SET

 <p>Digital Scales x 1 €59 + VAT</p>	 <p>210-304 €149 +VAT Height Measure x 1 €26.90 + VAT</p>	 <p>12" Goniometer x 1 €12.90 + VAT</p>	 <p>Android Sphygm x 1 €35.90 + VAT</p>	 <p>Student/ Graduate OFFER Knee to Wall Tester x 1 €25 + VAT</p>
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## SQUAD TESTING SET

 <p>Digital Scales x 1 €59 + VAT</p>	 <p>210-369 €259 +VAT Portable Height Measure x 1 €89 + VAT</p>	 <p>Sit &amp; Reach Box x 1 €95 + VAT</p>	 <p>Student/ Graduate OFFER 50m Tape Measure x 1 €29 + VAT</p>
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## Strength Testing

Echo Handheld Dynamometer



MicroFet 2 Dynamometer ActivForce Dynamometer



Hand Held Dynamometer



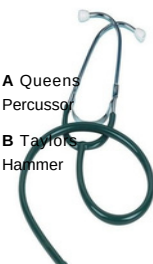














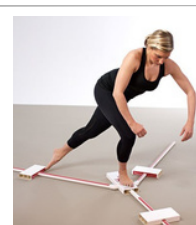



Please see website for range dynamometers and pricing

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# Testing & Monitoring

## ADDITIONAL EQUIPMENT

<div><div><div><div></div><div></div><div></div></div><div><p>A Queens Percussor</p><p>B Taylor's Hammer</p><p>C Bucks Percussor</p></div></div><div><p>1. Stethoscope Dual 2. Littmann Light weight 3. Littmann Classic II Head Economy II Stethoscope Stethoscope</p><p>1) 210-160 €14.90 + VAT See website for A-150-135 €6.90 + VAT</p><p>2) 210-394 €65.00 + VAT special offers B-150-210 €8.90 + VAT</p><p>3) 210-243 €120 + VAT and discounts C-150-204 €10.90 + VAT</p></div></div>	<div><div></div><div><p>C Bucks Percussor</p></div></div>	<div><div></div><div><p><b>POLAR</b></p><p>Polar Heart Rate Monitor (single or 10 pack)</p><p>210-288 Single Polar €29.90 + VAT</p><p>210-290 10 Pack Polar Monitors €699 + VAT</p></div></div>	
<div><div><div><div></div><div></div><div></div></div><div><p>1) Aneroid Sphyg 2) Aneroid Sphyg with thigh cuff 3) Welch Allyn Durashock Stabilizer Pressure Biofeedback 50m Measure</p><p>1) 210-113 €24.90 + VAT 2) 210-129 €35.90 + VAT 3) 210-161 €79 210-114 €79.90 + VAT 210-173 €29 + VAT + VAT</p></div></div></div>	<div><div></div><div><p>50m Measure</p></div></div>	<div><div></div><div><p>Trundle Wheel</p></div></div>	<div><div></div><div><p>210-271 €115 + VAT</p></div></div>
<div><div><div></div><div><p>refractometer urine S.G. Refractometer</p></div></div><div><p>120-249 €495 + VAT</p></div></div>	<div><div></div><div><div></div><div><p>Digital hand held pocket Portable Pen Digital Urine Sample Bottles (400 pack)</p></div></div><div><p>120-240 €495 + VAT 210-102 €79+VAT</p></div></div>	<div><div></div><div><p>Urine Analysis Test Strips (100 strips)</p><p>210-218 €29.90+VAT</p></div></div>	<div><div></div><div><p>210-218 €29.90+VAT</p></div></div>
<div><div><div></div><div><p>Mini Wright Peak flow Meter Lung function mouthpieces (100/Y Balance Test Kit box)</p></div></div><div><p>210-139 €18.90+ VAT 210-133(2) €9.90+ VAT 210-158 €285 + VAT</p></div></div>	<div><div></div><div><p>100/Y Balance Test Kit</p></div></div>	<div><div></div><div><p>Harpenden Callipers</p><p>210-137 €199 + VAT</p><p><b>Harpenden</b></p></div></div>	<div><div></div><div><p>210-137 €199 + VAT</p><p><b>Harpenden</b></p></div></div>
<div><div><div></div><div><p>Baseline Skinfold Calipers</p></div></div><div><p>210-123 €19.90 + VAT 210-159 €8.90 + VAT 130-408 €195 + VAT</p></div></div>	<div><div></div><div><p>Limb Measure 4 Digit Interval Timer</p></div></div>	<div><div></div><div><p>4 Digit Interval Timer</p></div></div>	<div><div></div><div><p>Stopwatch</p><p>210-118 €11.90 + VAT</p></div></div>



# Clinic / Rehab Room Start Up



## Clinic Layout Support

We offer advice on what Equipment to use and help design your clinic Layout . We provide a comprehensive check- list to ensure all your requirements are covered.

## Equipment Demo's & Training

If you would like to see any Equipment etc. please call to arrange a clinic demo on 062-77014 or email [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie) We call to your clinic to do the demo/training Or come and visit our Demo Room in Thurles

## Clinic Kit Out Bulk Discounts

Avail of generous bulk discounts on your clinic kit out. We offer Clinic Start up packages for new or recent graduates. Call us to avail of these packages or see our Website



## What the Manufacturers say .....

### Reputable Brands

We work with some of the Worlds top Manufacturers to provide the best equipment to clinics in Ireland. Fantastic back up & support from these Manufacturers

"Sports Physio & Performance has been our partner and official distributor within Ireland for three years, helping "Plinth 2000 have been to bring NormaTec's technology to professional and working closely with Sports amateur clubs, sports medicine and fitness facilities, and Physio Supplies since 2007. provide high quality equipment and training to physiotherapists. They have a great We deliver each couch to benefit athletes in their training, recovery and provide back up support to performance in their sport." Sports Physio's Customers"

## What some of our Team Customers say .....

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



"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



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