

Student & Graduate Offers

Sports Physio & Performance

Killinan, Thurles, Co. Tipperary

Tel: 062 77014

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seca
Precision for health



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 a 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 kits 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.



Website & Phone Support

We have a dedicated Student & Graduate Start up Page on our Website. See all our Graduate Offers in one place. You can set up a trade account easily on the site, let us know what College you are from and we will apply the discounts.

Please give us a call too on 062-77014 and our team can help with any queries and technical support on any equipment you might need. Support in Starting up your facility or advice on working with teams.



Pitchside Cover Essentials

Graduate Essentials Team Kit

Graduate Essentials Team Kit



€389 +
VAT



First Aid Premium Run on Bag (Black)

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.

First Aid bag multi compartment (Red)

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.

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.



€419 +
VAT



First Aid & Taping Starter Kit

First Aid & Taping Starter Kit

€99 + VAT

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



Selection of tapes
to get started.



Cloth Fabric



Cold Therapy Essentials



Premium
First Aid
Bag



First Aid Kit contents

Taping Starter Kit



- 1 x Sports Premium Tape 3.8cm
- 1 x Mueller underwrap 7.0cm
- 3 x Sports Tape Ex1 3.8cm
- 1 x Sports Tape Ex1 2.5cm
- 1 x Steroplast 5.0cm EAB
- 1 x Sports Choeseive 7.5cm
- 1 x Sports Tear Plus 7.5cm
- 2 x Sports Tear Plus 5.0cm
- 1 x 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 numbers.



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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

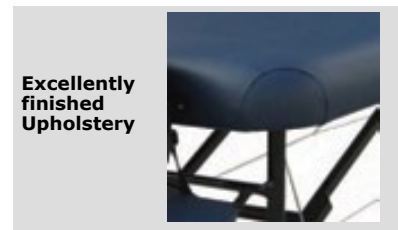
Adjustable lifting back rest: 10 position
Adjustable height: 66cm - 79cm (26"-32")
Length: 185cm (73") Width: 62cm (25")
Weight: 14.5kg
Max working weight: 226kg (35 stone)
Warranty: 2 years



180-138 Portable Aluminium Couch €299 + VAT
****Includes Free Carry Bag****

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.



**Excellent
finished
Upholstery**

Electric / Hydraulic Couch



"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 Supplies' customers"

See our range of 2 & 3 Section electric or hydraulic couches if you are setting up a Clinic.

- 5 year guarantee on all components
- Lifetime frame guarantee

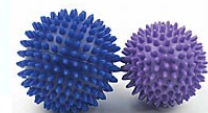
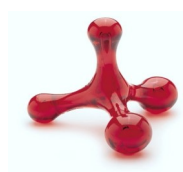
Couch & Massage Accessories



Treatment Aids / Recovery



**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"

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

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 First Aid Kit Refill** as an ideal 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.

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 probably more practical to keep your taping separate to the First Aid bag. We offer a taping starter kit and separate tap bag to accommodate this as well as ideas on other items you may need.



Advanced Sports First Aid Kit Refill

SKU	Product	Price (Ex Vat)
190-420	Advanced Sports First Aid Refill	22.90
190-421	Physio First Aid Refill	64.90

Contents	Qty
Conforming Bandage (7.5cm)	1
Crepe Bandages Assorted	3
First Aid Guidance Leaflet	1
Triangular Bandage	2
Low Adherent Dressing Assorted	2
Zinc Oxide Tapes Assorted	2
Eyewash Pods (20ml)	2
Sterile Dressing Assorted	2
Disposable Gloves (Pair)	2
Polythene Apron	1
Microporous Tape	1
Moist Wipes	10
Face Shield	1
Safety Pins	12
Scissors	1
Self Seal Waste Bag	2
Foil Blanket	1
Instant Cold Pack Standard	1
Small Trigger Spray Bottle	1
Sterile Eye Dressing	1
Washproof Plasters	20
Gauze Swabs 8 ply (7.5x7.5cm)	5
EAB (5cmx4.5m)	1
Flex All Splint 36"x4"	1
Cohesive Bandage 3"	1
CPR Pocket Mask	1
Clingfilm Wrap with handle	1
Stiffneck Brace Adjustable	1
Finger Splint 3/4"x9" alumafoam	1
Blister Cushions (pack of 6)	1
Deep Heat Rub (100g)	1

Advanced Sports First Aid Refill

Physio First Aid Kit Refill



Physio First Aid kit add on

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:

- 1 x Sports Premium Tape 3.8cm
- 1 x Mueller underwrap 7.0cm
- 3 x Sports Tape Ex1 3.8cm
- 1 x Sports Tape Ex1 2.5cm
- 1 x Steroplast 5.0cm EAB
- 1 x Sports Cohesive 7.5cm
- 1 x Sports Tear Plus 7.5cm
- 2 x Sports Tear Plus 5.0cm
- 1 x Taping Carry Bag



Tuffner Spray & Remover



Full selection of tape available.



See Taping section for more details.

Immobilisation



Frac Splint



Tubular Bandage



Crutches



Inflatable Splint



Knee Gripper ROM

Cold Therapy



Ice Bag 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

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Taping Guide

Advise on our taping solutions

Zinc Oxides— Regular

'Most Popular' - Jaybird EX1



Most Popular
Zinc Oxide

Ideal for all joint taping, most popular for ankles, wrist, hand and fingers. Zinc oxide tape is rigid so it serves to stabilise the joint and prevent too much movement e.g. prevent rolling the ankle or over extension of the wrist. **Jaybird Ex1** is our most popular regular strength rigid tape so ideal for an athlete who is starting to return to play. A big feature is the serrated edge which makes it much easier to tear by hand. In a busy dressing room where speed of taping is paramount this is a huge feature as well as the quick unwind feature of the tape. **Mueller M** tape and **Sterotape** are other popular regular strength zinc oxides we offer but don't have the serrated edge like the Ex1.

Important to Note - The Jaybird Ex1 and Mueller M tapes are both 13.7m long, many alternatives on the market are 10m long rolls so almost 40% extra tape on the EX1 and M tape.

For ankles the 1.5" width is by far the most popular but some like the 2.0" width. For wrist and thumb taping a mix of the 1.5" and 1.0" width is recommended and for smaller fingers we would recommend the 0.5" width sterotape or the 0.5" strappal (see below).



Mueller M Tape



Sterotape

Zinc Oxides — Advanced / Extra Strong

'Most popular' - Premium Strapping Tape



Best Selling Tan

This is the best quality Rigid strapping tape on the market and a must have for every taping kit. If you have a more acute joint that you want extra stability this is the ideal solution. Excellent for knee and shoulder joints where there is a lot of rotation and movement so the extra strength and adhesion of the tape prevents it from shearing or coming apart. Works really well in conjunction with Hypafix for Knee and shoulder taping. For an ankle that you are more concerned about this is the ideal solution to have as an additional option to the regular strength zinc oxide. Its excellent for long term applications also. For Rugby this is the no 1 rigid tape because of the features outlined and the extra rigours of the game.

Important to Note – Premium strapping tape 13.7m long, we have a 10m long version in the exact same tape.

The most popular width is 1.5" for ankles, knees, wrists and shoulders with some small demand for 2.0". 1.0" is popular for thumbs and fingers.

Strappal & Sports Tape Pro plus would be considered stronger than the Ex1 and M tape so is situated in between those and the Premium strapping tape. So if you need some additional strength in the white zinc oxide you could consider having some rolls of each. The 0.5" strappal is very popular for fingers.



Strappal



Sports Tape Pro Plus

Elastic Adhesive Bandages — Hand Tearable

'Most Popular' - Sports Tear Plus from Jaybird



Most Popular Hand
Tearable EAB

This is a hand tearable Elastic adhesive bandage that is stretchy so ideally suited for muscles where you need to allow contraction. It conforms well to joints and is used to close off the rigid tape strapping of the joint. It's a very popular tape for wrist taping and conforms well in a thumb spica configuration. The 2.0" is popular for wrists and ankles, whereas the 3.0" width is popular for Knee and Hamstring taping. If you're working with Rugby teams the 3" is in huge demand for the jumpers in the lineout and the 2" for taping the wrists and any head taping.

We also offer this hand tearable EAB in the **lightplast Pro** brand which is also quite popular and in the **steroplast** brand.

Important to Note – Sports Tear Plus and Lightplast Pro are both 6.8m long and many of the market alternatives are only 5m long so these tapes are almost 40m longer.



Lightplast Pro



Steroplast EAB Tear Lite
(Identical to the tan premium
tape—just in white)

Elastic Adhesive Bandages (E.A.B)



Tensoplast (formerly Elastoplast)

- Top Quality elastic Adhesive Bandage from BSN Medical.
- 4.5m long available in 2.5cm (1"), 5.0cm (2") 7.5cm(3") & 10cm(4") widths.
- 2.5cm(1") - Brown.
- 5.0cm(2") 7.5cm(3") & 10cm(4") - White.



Steroplast EAB

- High quality cotton elastic adhesive.
- 4.5m long available in 5.0cm (2") 7.5cm(3") & 10cm(4") widths.

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Spatting Tape



Mueller Spatting Tape

- Mueller Spatting Tape features a light, strong and low-profile design that's perfect for practice and game-day use.
- Spatting is a taping technique which is prevalent in the US and is **an effective method of applying tape over the boot to stabilise the ankle joint within the boot**. It creates a rigid wrap holding the ankle firmly in place with the added support of the boot to stabilise the ankle.
- Mueller spatting tape is a cohesive style tape which can be applied quickly as it's often used when an ankle injury occurs during a game which requires immediate enhanced support.

Combi Packs



Leuko-tape P Combi Pack

- 1 x Leuko-tape P & 1 x hypafix 5.0cm.
- Supplied together in a combi box as shown.

Renowned Leuko Tape P Combi Pack



Hypafix (5cm) / Fixomull (10cm)

- A high quality hypo allergenic, soft conforming stretch fabric tape.
- Water resistant.
- Use under Leuko-tape P or alternatives for patella or shoulder taping etc.

Kinesio/Dynamic Taping



Sports K Tape

- 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.



Dynamic Tape

- Allows the wearer to move through full range of motion without limitation but with strong **biomechanical assistance** (as opposed to a primary neurophysiological approach).
- 5m long in 5.0cm(2") & 7.5cm (3") widths.

Other Taping

Other Popular Taping.
Please see website for more details.

Cohesive Bandages

Powerflex Cohesive



Sports Cohesive (Cotton)



- Top Quality cohesive bandage.
- Sticks to itself & not to skin.
- High strength lightweight.
- Comfortable.

Underwrap

SPS Foam Underwrap (Jaybird)



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

Scissors & Cutters



Foams, Felts & Gel Protection



Adherent Sprays & Removers



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Student and New Physio Essentials

POPULAR PRODUCTS



Stethoscope Dual Head Economy



Littmann Lightweight II Stethoscope



Littmann Classic III Stethoscope

210-160 Stethoscope Dual Head Economy €14.90 + VAT

Stethoscope Dual Head Economy High Quality economy stethoscope Lightweight aluminium Bell with durable mylar Diaphragm Bell chest piece for wide frequency response Non chill bell ring adds to patient comfort.

210-394 Littmann Lightweight II Stethoscope €71.90 + VAT

3M is offering the opportunity to benefit from the superb sound quality and reliability of the Littmann stethoscope brand. This general-purpose, entry-level stethoscope is an excellent, affordable choice for blood pressure and patient assessment. Lightest weight of all Littmann adult stethoscopes at just 118 grams. Dual-sided chestpiece provides versatility of both a tunable diaphragm and open bell.

210-243 Littmann Classic III Stethoscope €120 + VAT

High acoustic sensitivity when performing general physical assessment. Tunable diaphragms on both the adult and paediatric sides of the chest piece. Single-piece diaphragm that's easy to attach and easy to clean because the surface is smooth and without crevices. Open bell versatility allows the paediatric side to convert to a traditional open bell by replacing the single-piece diaphragm with a non-chill sleeve.



165-107



165-161



165-108



165-145

165-107 Life Size Skeleton 180CM €199 + VAT

Moulded from natural cast, displaying approximately 200 bones. 180 cm tall, depicting an adult male. The skull is composed of 22 bones. The jaw is mounted on springs to enable natural jaw movement.

165-161 Life Size Skeleton Muscle & Stand €580 + VAT

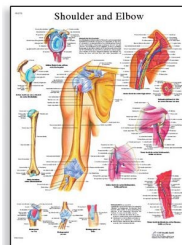
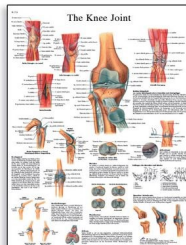
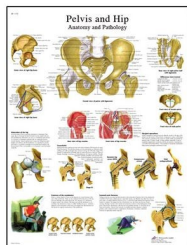
It shows the structural interaction between the bones and muscles. On the left side of the skeleton over 600 important medical and anatomical structures are shown, such as the muscle origins (red) and insertions (blue) as well as hand-numbered bones, fissures and foramina on the right side.

165-108 Ligament Skeleton & Stand €650 + VAT

This model has an elastic shoulder, elbow, hip and knee. Complete with stand and dust cover. Height 170cm.

165-145 Life Size Skeleton (Ligament/Muscle) €750 + VAT

You can demonstrate the movements of the skull via the head joints, and thanks to the fully flexible spine, you can adjust the model to place it in natural body postures. The unique combination of muscle origins and insertions, the numbered bones, flexible ligaments and flexible spine with a slipped disc between the 3rd and 4th lumbar vertebrae clearly show medical and anatomical interest of this top model's more than 600 structures.



Selection of Anatomical Posters €22.90 + VAT

Pelvis & Hip Anatomy & Pathology Chart

Foot & Ankle (Joints of Foot) Chart

The Knee Joint Chart

Shoulder & elbow chart

Human Skeleton Chart

Spinal Column Anatomy & Pathology Chart

The Human Musculature Chart

Hand & Wrist Anatomy & Pathology Chart

Nervous System Chart

See website for full range



210-391 ActivForce 2 Dynamometer

Digital Dynanometer + 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 .

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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	Thigh CCT Wrap	Lower Back CCT Wrap	Wrist CCT Wrap	Ankle CCT Wrap	Shoulder CCT Wrap	Hip CCT Wrap
120-214 €36.90	120-215 €36.90	120-257 €36.90	120-246 €36.90	120-213 €36.90	120-216 €39.90	120-247 €36.90

COLD THERAPY– CRYO CUFF COLD THERAPY SYSTEM

 <p>120-101(2) <u>Cryo/Cuff Gravity Cooler</u></p> <p>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>€75+VAT</p>			 <p>120-239 <u>The Cryo/Cuff IC (Integrated cold & compression pumped system)</u></p> <p>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.</p> <p>Includes bucket, piping & integrated pump. Choose from any of the wraps listed below.</p> <p>€145+VAT</p>		
120-101 €59.00 + VAT			120-239 €129.00 + VAT		
					
Aircast Shoulder Wrap	Aircast Thigh Wrap	Aircast Elbow Wrap	Aircast Hand & Wrist Wrap	Aircast Knee Wrap	Aircast Ankle Wrap
120-167 €85	120-166 €69	120-203 €69	120-201 €79	120-165 €79	120-164 €79

COLD THERAPY– OFFERS

Cryo Bundle				Student/ Graduate OFFER
	Aircast Cryo System + 2 wraps x2 (knee + Ankle)	Cold compression therapy wraps x1 (shoulder)	Cloth Ice Bag x2	
Injury Management Pack				€290+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.



					
		€490+VAT	€750+VAT	€1040+VAT	€1340+VAT
		1 Gate System	2 Gate System	3 Gate System	4 Gate System
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"> Pro-Agility Tests(5m-10m-5m) T-Test Lane Agility Drills Lap Events & Custom Events 	<ul style="list-style-type: none"> Pro-Agility Tests(5m-10m-5m) T-Test Dash Tests - Start & End Time (20m Dash) Lane Agility Drills Lap Events & Custom Events 	<ul style="list-style-type: none"> Pro-Agility Tests (5m-10m-5m) T-Test Dash Events with 1 Split Time (Start, 10m - 20m) Flying Events (Dynamic or Moving Start) Flying Events with 1 Split Time (Start - 10m - 20m) Lap Events & Custom Events 	<ul style="list-style-type: none"> Pro-Agility Tests (5m-10m-5m) T-Test Dash Events with 1 Split Time (Start, 10m - 20m) Dash Events with 2 Split Time (Start, 10m - 20m - 30m) Flying Events (Dynamic or Moving Start) Flying Events with 1 or 2 Split Times (Start - 10m - 20m - 30m) Lap Events & Custom Events

PERFORMANCE TEST KIT BUNDLE

 <p>Dashr Speed 2 Gate System</p>	 <p>€999+VAT</p> <p>ChronoJump A2 System</p>	<p>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.</p> <p>Performance testing allows the team to track physical characteristics and implement procedures to enhance athletic ability. therefore increasing the likelihood of success.</p> <p>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.</p>
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Testing & Monitoring

GENERAL TESTING EQUIPMENT

 <p>POLAR Polar Heart Rate Monitor (Single or 10 pack)</p>	 <p>1) Aneroid Sphyg 2) Aneroid Sphyg with thigh cuff 3) Welch Alllyn Durashock</p>	 <p>Mini Wright Peak flow Meter</p>	 <p>Stethoscope Dual Head Economy</p>	 <p>Classic Lightweight II Littmann Stethoscopes</p>
<p>210-288 €79.90 + VAT 210-290 €699 + VAT</p>	<p>1) 210-113 €24.90 + VAT 2) 210-129 €35.90 + VAT 3) 210-161 €79 + VAT</p>	<p>210-139 €18.90 + VAT</p>	<p>210-160 €14.90 + VAT</p>	<p>210-243 Classic €120+VAT 210-394 Lightweight €71.90 + VAT</p>

BFR

HYDRATION TESTING

TIMING

 <p>Occlusion Cuff Elite</p>	 <p>Digital hand held pocket refractometer urine S.G</p>	 <p>Portable Pen Digital Refractometer</p>	 <p>Stopwatch</p>	 <p>50m Measure</p>
<p>210-270 €110 + VAT</p>	<p>120-249 €495 + VAT</p>	<p>120-240 €495 + VAT</p>	<p>210-118 €11.90 + VAT</p>	<p>210-173 €29 + VAT</p>

RANGE OF MOTION TESTING

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

BODY COMPOSITION TESTING

 <p>Portable Height Meter</p>	 <p>Limb Measure</p>	 <p>Seca 206 Portable Pull Down Height Meter</p>	 <p>Harpenden Harpenden Callipers</p>	 <p>Slimguide Skinfold Calipers</p>
<p>210-110 €110 + VAT</p>	<p>210-159 €8.90 + VAT</p>	<p>210-179 €26.90 + VAT</p>	<p>210-137 €239 + VAT</p>	<p>210-139 €18.90 + VAT</p>
 <p>Seca 807 Electronic Scales</p>	 <p>Seca 760 Mechanical Scale</p>	 <p>Seca 813 Electronic Scales Large Platform</p>	 <p>Seca 875 Light Flat Scale</p>	 <p>Tanita Body Fat Monitor</p>
<p>210-190 €69.90 + VAT</p>	<p>210-178 €119 + VAT</p>	<p>210-191 €145 + VAT</p>	<p>210-215 €219 + VAT</p>	<p>210-149 €209 + VAT</p>

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Website: www.sportsphysio.ie

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

Training and Rehab Essentials



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" SPS 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" SPS 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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