



Student & Graduate Offers

Sports Physio & Performance

Killinan, Thurles, Co. Tipperary

Tel: 062 77014

www.sportsphysio.ie

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



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.



New Clinic Setup



Recovery Room Setup

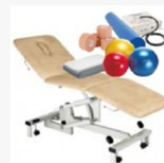


Physio & Performance Bundles



Graduate Start Up

MASSIVE SALE NOW ON



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.



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 Choesive 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.



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 ****

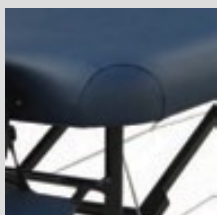
Built to last, all Affinity tables are stress tested to a weight of 32 stone/450lbs and are covered by a 2 year warranty
The Affinity Sport is a truly portable table at just 14.5kgs.



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 ****



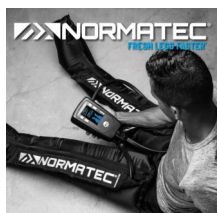
"Plinth 2000 have been working closely with Sports Physio Supplies since 2007. We deliver each couch to the customer directly & provide Service & Back up support to Sports Physios Supplies' customers"

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



Treatment Aids / Recovery



Hypervolt with
bluetooth
€324.12 + VAT

See Graduate
page on website
for discount



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



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	69.90

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 10)	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:

- 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 Cohesive 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

Most Popular Taping

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



Sports-Tape Ex 1

With excellent adhesion and tensile strength properties, the Sport-Tape EX1 is our most popular regular strength zinc oxide. Bleached hypo-allergenic zinc oxide. Serrated edge for easy tearing. Unwinds smoothly and easily for fast application. Serrated edge and easy unwind make it an ideal solution for the busy dressing room.

13.7m long—See widths in table

Tape width	Order #	Price € exc VAT (Qty)	Box Price € excl VAT
1.0"(2.5cm)	100-152	1.88 (1+)	
1.0"(2.5cm)	100-152	1.51 (48+)	72.50
1.5"(3.8cm)	100-151	2.82 (1+)	
1.5"(3.8cm)	100-151	2.27 (32+)	72.50
2.0"(5.0cm)	100-153	3.77 (1+)	
2.0"(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)	Box Price € excl VAT
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"(5cm)	100-154	7.95 (1+)	
2"(5cm)	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)	Box Price € excl VAT
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



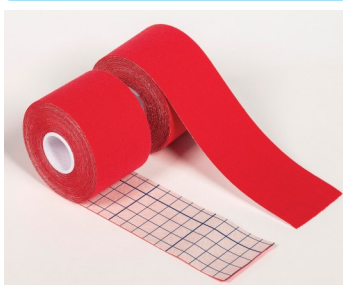
Sports Cohesive (Cotton)

Top Quality Cohesive alternative to Powerflex. Very strong conforms well to body contours. Firm support. Hand tearable. 4.5m long in 5.0cm (2") 7.5cm(3") & 10cm(4") widths

Tape width	Order #	Price € exc VAT (Qty)	Box Price € excl VAT
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 length	Sports K Price (Qty)	Box Price € excl VAT
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

Order #	Price € ex VAT
100-150	€1.22
100-150(Box) 48	€46.90



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

Other Taping

Other Popular Taping.
Please see website for more details.

Zinc Oxides

Mueller M tape



Sports-Tape Pro



Strappal Tape 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



Spatting 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



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 €29.00	120-215 €29.00	120-257 €34.90	120-246 €29.00	120-213 €29.00	120-216 €34.90	120-247 €34.90

COLD THERAPY– CRYO CUFF COLD THERAPY SYSTEM

 <p>120-101 Cryo/Cuff Gravity Cooler 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.</p> <p>€59+VAT</p>				 <p>120-239 The Cryo/Cuff IC (Integrated cold & compression pumped system) 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.</p> <p>€129+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

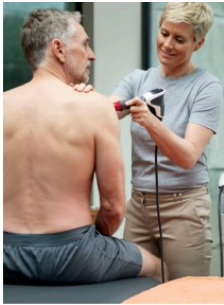
COLD THERAPY– OFFERS

Cryo Bundle			
	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**

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.

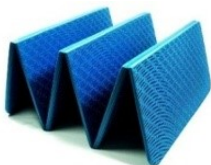
Comprehensive range of Clinic Room Equipment
& Supplies. We have a clinic room kit out
checklist that we can offer. We offer technical
support, demos & training on all the equipment
supplied.



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.

Clinic & Rehab Room Kit out

Balance—Kit out your Rehab Centre

 <p>40" Professional Trampoline</p> <p>130-159 €115+VAT</p>	 <p>BOSU Balance Trainer/ Pro</p> <p>140-148 €139+VAT Pro-140-506 €198+VAT</p>	 <p>Air Dome Pro II</p> <p>140-439 €80+VAT</p>
 <p>Wobble Cushion (35cm)</p> <p>140-100 €19.90+VAT</p>	 <p>Balance Pads</p> <p>SPS-140-199 €26.90+VAT Airex-140-155 €69.90+VAT</p>	 <p>Dual Wobble Board</p> <p>140-174 €21.90+VAT</p>

Exercise Band—Excellent for Rehab




Rolyan Band


45.m clinic rolls 5.5m rolls 1.2m patient packs

140-194
Rolyan Band Dispenser
€69 + VAT

Product	SKU	45.7M	SKU	5.5M	SKU	1.2M
Yellow Rolyan	140-120	44.90	140-119	7.40	140-210	2.00
Red CI Rolyan	140-109	49.90	140-103	7.90	140-207	2.30
Green CI Rolyan	140-110	54.90	140-104	8.90	140-208	2.60
Blue CI Rolyan	140-111	59.90	140-105	9.90	140-209	2.90
Black CI 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



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 & controls the resistance.



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.

Please see website for full range of harnesses.



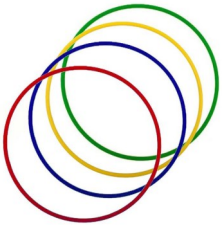



130-235 Quick Release Leash €29 + VAT
The Quick Release Leash is a heavy-duty leash that combines fixed resistance with overload release for explosive speed training. 3m long strap with a handle—trainer can provide a strong resistance to the athlete before pulling the release clip, tricking the nervous system into commanding the muscles to shift gears more quickly.

Coaching / Athletic Development



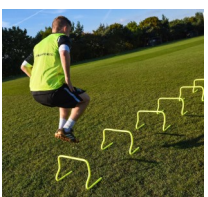



FUNDAMENTAL MOVEMENT KIT

 <p>Injury Management Prehab & Rehab Performance Training Recovery Measurement & Testing www.sportsphysio.ie</p>	<p>140-523 The Fundamental Movement Development Kit Designed to help:</p> <ul style="list-style-type: none"> • Catching, Throwing & Kicking, • Agility, Balance, Coordination (ABC of movement) • Jumping, Landing, Rolling, Crawling (Rudimentary movement) • Speed, Agility, Quickness (SAQ)
     	<p>Kit Includes</p> <ul style="list-style-type: none"> • 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 <div data-bbox="1209 472 1481 589" 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 611 1465 667" style="background-color: #00AEEF; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p>€119+VAT</p> </div>

FUNDAMENTAL MOVEMENT KIT ADD-ON

 <p>Hula Hoop x 6</p>	 <p>1" Powerband x 3</p>	 <p>Dowel Rods x 6</p>	 <p>Mini Bands x 12 (Yellow x 6 and Green x 6)</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> <div data-bbox="1201 1283 1465 1339" style="background-color: #00AEEF; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p>€99+VAT</p> </div>
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SPEED DEVELOPMENT KIT

 <p>Injury Management Prehab & Rehab Performance Training Recovery Measurement & Testing www.sportsphysio.ie</p>	<p>140-524 Speed Development Kit Enhances:</p> <ul style="list-style-type: none"> • Jumping & Landing Mechanics • Sprint Technique • Force Production • Speed
    	<p>Kit Includes</p> <ul style="list-style-type: none"> • Marker Cones x 50 • Speed Harnesses x 3 • Adjustable Ladder x 2 • 9" Hurdle x 4 • 12" Hurdle x 4 • Carry Bag x 1 <div data-bbox="1193 1637 1473 1753" 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 1794 1473 1850" style="background-color: #00AEEF; color: white; border-radius: 10px; padding: 5px; text-align: center;"> <p>€139+VAT</p> </div>

BUILD YOUR OWN KIT OPTION



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 6
SASP Ladder—4M	<input type="text"/>			
SASP Agility Hurdle	<input type="text"/>	<input type="text"/>	<input type="text"/>	
SASP Hula Hoop	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Dowel Rod	<input type="text"/>			
Powerbands	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Mini Bands	<input type="text"/>	<input type="text"/>	<input type="text"/>	

Every Kit is provided with a free carry bag.

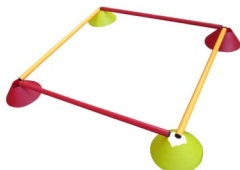




Choose your own kit to suit your coaching needs.









Scan Selection Page and Send to sales@sportsphysio.ie to Receive Quote

Coaching / Athletic Development

OTHER ATHLETIC DEVELOPMENT EQUIPMENT

			
SASP Round Markers x 10	SASP Kit Bag	SASP Marker Ladder Set	SASP Telescopic Poles
130-539 €14.90 + VAT	130-538 €7.90 + VAT	130-544 €25.90 + VAT	130-543 €6.90 + VAT
			
SASP Marker Cones x 50	SASP Skipping Rope	Tennis Balls	Bean Bags (12 pack)
130-533 €11.90 + VAT	130-540 €2.90 + VAT	Call for Quantity Pricing	130-383 €10.90 + VAT
			
SASP Agility Hurdle 6"/9"/12"	SASP Ladder 4M	Hula Hoops (30cm,45cm,60cm)	Dowel Rods (10 pack)
130-545 €4.60+VAT/ 130-534 €5.20+VAT/ 130-535 €5.70+VAT	130-536 €14.90 + VAT	30cm 130-546 45cm 130-547 60cm 130-385 €2.00 + VAT each	130-548 €39.00 + VAT

SPEED TRAINING EQUIPMENT

 130-170 Reebok 6"/8"/10"  130-189(2) Aerobic Studio Step 4"/6"/8"  130-165 Aerobic SPS Fitness step 29x16"(5/7")	 SASP Pro Adjustable Hurdle Height-27"-42"	 3 sizes available: 140-309 Smart Hurdle 3: Adjusts to 12", 15" and 18"(each) €70 + VAT 140-310 Smart Hurdle 4: Adjusts from 21"- 36" in 3" increments €85 + VAT 140-311 Smart Hurdle 5: Adjusts from 27"- 42" in 3" increments €95 + VAT 3 packs available: 140-575 Smart Hurdle 3 (3 pack) €178.50 + VAT 140-574 Smart Hurdle 4 (3 pack) €216.75 + VAT 140-323 Smart Hurdle 5 (3 pack) €242.25 + VAT	 K-Bands 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, & will take your body to the next level with a combination of aerobics & resistance training.
130-170 €95 + VAT 130-189(2) €75 + VAT 130-165 €20.93 + VAT	130-541 €39.00 + VAT		
 Skipping Ropes	 Plyometric Hurdles		
140-229 8ft/9ft/10ft €4.90 + VAT 130-540 SASP Rope €2.90 + VAT	130-405 €35 + VAT	Smart Hurdles	140-275 €26.90 + VAT

Coaching /Athletic Development

MINI BANDS

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

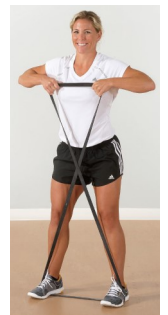
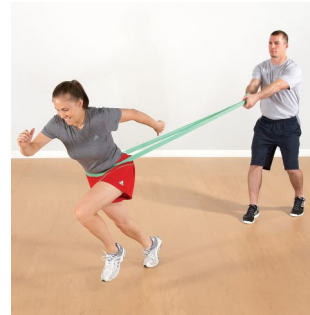


Order Code	Strength	Price ex VAT	10+ price	20+ price
140-255	Light Yellow	€2.20	€1.98	€1.87
140-246	Medium green	€2.40	€2.16	€2.04
140-247	Heavy blue	€2.60	€2.34	€2.21
140-245	Ex. Heavy black	€2.80	€2.52	€2.38
1 of each band €8.90 + VAT				

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)



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.

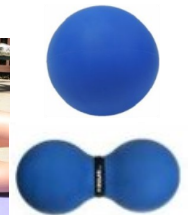


MFR Foam Roller



130-211(2) €16.90 + VAT

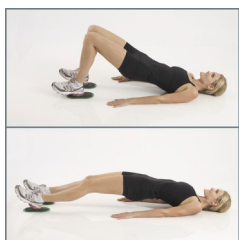
The SPS Massage Foam Roller features a range of different patterns so you can vary the intensity of the massage to suit your individual needs. Size 30.5cm long x 12cm diameter.



SPS Lacrosse/MFR Ball/Peanut Ball

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

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



Valslides

140-283 €32.90 + VAT

The Valslide is a of pair discs that provide an unstable training surface that allow you to simulate many slideboard exercises. Turns carpet & floors into an unstable training surface.



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.



Performance Bag

190-363 €9.90 + VAT

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

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



€8.90+VAT

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

BULK BAND KIT



€159+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**

€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

€259+VAT

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
	 The Pro Agility Kit €425+VAT	 The Dash Kit €650+VAT	 The Multi Event Kit €890+VAT	 The Elite Kit €1150+VAT
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+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 x 1

€819+VAT









The Vert Jump Tester x 1

210-305 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.

**Student/
Graduate
OFFER**

Testing & Monitoring

 <p>FMS Kit with Slide Box</p>	 <p>Sit and Reach Box (Metal)</p>	 <p>Portable Height Meter</p>
<p>210-329 €219 + VAT</p>	<p>210-116 €95 + VAT</p>	<p>210-110 €89 + VAT</p>
<div>   </div> <p>HALO Handheld Goniometer 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>		<div>  <p>Goniometers & Inclinometers</p> </div> <p>6" €7.90 + VAT 8" €10.90 + VAT 12" €12.90 + VAT Digital: 8" €38.50 12" €41.50 Inclinometer €79.90+VAT</p>
<p>210-313 €325 + VAT</p>		

SQUAD MONITORING SET

 <p>Digital Scales x 1</p> <p>€44.90 + VAT</p>	 <p>Height Measure x 1</p> <p>€26 + VAT</p>	 <p>12" Goniometer x 1</p> <p>€12.90 + VAT</p>	 <p>Aneroid Sphygm x 1</p> <p>€36 + VAT</p>	 <p>Knee to Wall Tester x 1</p> <p>€25 + VAT</p>
<p>€44.90 + VAT</p>	<p>€26 + VAT</p>	<p>€12.90 + VAT</p>	<p>€36 + VAT</p>	<p>€25 + VAT</p>

Student/
Graduate
OFFER

SQUAD TESTING SET

 <p>Digital Scales x 1</p> <p>€44.90 + VAT</p>	 <p>Portable Height Measure x 1</p> <p>€79 + VAT</p>	 <p>Sit & Reach Box x 1</p> <p>€95 + VAT</p>	 <p>50m Tape Measure x 1</p> <p>€29 + VAT</p>
<p>€44.90 + VAT</p>	<p>€79 + VAT</p>	<p>€95 + VAT</p>	<p>€29 + VAT</p>

Student/
Graduate
OFFER

Strength Testing

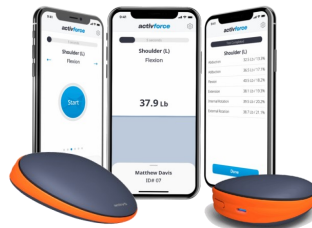
Echo Handheld Dynamometer



MicroFet 2 Dynamometer



ActivForce Dynamometer





Hand Held Dynamometer



Please see website for range dynamometers and pricing

Testing & Monitoring

ADDITIONAL EQUIPMENT

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

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
- 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

"DJO global are proud to work with Sports Physio Supplies to provide high quality equipment and training to physiotherapists in Ireland"

"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."

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

