



Supporting Irish Athletes



"The Hypervolt is a really useful tool in my recovery arsenal, helping me stay in the best shape possible to train."

As an athlete it's not only the hard miles out on the road or track that get me to the startline, it's also all the work in between.

Recovery is such a key part of my life, using the Hypervolt pre & post training has helped me tackle the rigours hard training has on my body"

Ciara Mageean

*Olympic Games Semi Finalist 2016
European Bronze Medalist Outdoor 2016
European Bronze Medalist Indoor 2019*

www.Hyperice.ie is our dedicated website with all the latest Hyperice products and Developments.

Hyperice is distributed in Ireland by Sports Physio & Performance

Contact us on; Tel: 062-77014 E-mail: sales@sportsphysio.ie



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

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

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



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

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

Dan Canina, Business Development Director, NORMATEC



Supporting Irish Sport





CRICKET IRELAND

'The team at Sport Physio have become an integral part of the Science and Medicine team at Cricket Ireland. In the short few years I have been fortunate to lead the medical services at CI, Matt and the team have been there throughout, supporting us with supplying not only Physiotherapy consumables, but also our strength and conditioning and sport science departments have benefitted from the very wide range of equipment and stock that they can supply.

This has helped us train and fitness test both our Men's and Women's national squads as well as our Ireland Wolves team and national academies. The team have also been extremely accommodating by sourcing and providing items that they may not have sold in the past or items that are specific to our sport which allows us the ease of only having to deal with one company that we have the highest confidence in.

Throughout the COVID-19 pandemic, Sportsphysio were also invaluable in getting us back to training and playing safely by providing all of our hygiene equipment, temperature checking equipment and signage for our High Performance Centre in Dublin and our 2 performance hubs in Northern Ireland. They have also assisted in putting together Home exercises packs in order to allow all of our players to get the most of their training whilst in lockdown. Due to success of this, sportsphysio were Cricket Ireland's top recommended company for all cricket clubs in Ireland to source and procure their COVID-19 safety packs which allowed them return to playing the sport they love.

I'm very much looking forward to continuing our strong relationship with Matt and the team.'

Mark Rausa, Head of Physiotherapy and Medical Services, Cricket Ireland



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

Aidan Woods – Lead Physiotherapist, Irish Olympic Team



Sports Physio supplies have been supplying Athletics Ireland for the past 8 years. The Sports Physio team there offer a comprehensive range of supplies and a very prompt delivery service

Charlotte Wickham, Athletics Ireland

Specified Medical Supplier for the 2013, 2015, 2017 & 2019 World Student games. Sports Physio Suppliers provided all physiotherapy supplies for the Irish team that participated at these World University Games. Matt and his team provided a high quality professional service and were a pleasure to work with.

Ciarán Ó hIarnáin, Development Manager, Student Sport Ireland.



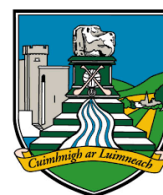
Professional Athlete Recovery Rooms



Sports Medicine & Performance Supplier to GAA Intercounty teams



Medical & Performance Supplier to the Irish International Rules Team



Sports Physio Supplies have been supplying Donegal GAA for the past 5 seasons. Service has been excellent for us and every item we have asked for has been delivered quickly and in a very efficient manner. We would highly recommend Sports Physio Supplies for any sports team especially those who are in constant need of physiotherapy supplies.

Dermot Simpson Head Physiotherapist Donegal Senior Football Team



"Since switching to sportsphysiosupplies over 9 years ago, Matt keeps ticking all the boxes again and again. My players would be lost without his 24/7 back up. Well done team!"

Mark Van Drumpt, Limerick GAA Senior Hurlers



Cork GAA Rehab Gym, Pairc uí Chaoimh



An Dún



An Clár



Dún na Ngall

"In my capacity as Chartered Physiotherapist to Cork County Board for the last 11 years I have dealt with many suppliers of physiotherapy consumables. However in the last 8 years it is testament to Matt & his team that I have not used another provider since meeting him. Their personable manner & willingness to provide an immediate service is their biggest quality. I have no hesitation in recommending Sports Physio Supplies to any Allied Health Professional working in this area. **Declan O Sullivan, Senior Physiotherapist Cork GAA**



I have been a customer of "Sports Physio Supplies Ltd" since their inception in 2006. They have supplied all my strapping, rehabilitation and equipment requirements for my clinical work and my work with Shannon RFC, Munster rugby and Tipperary hurling. I find them extremely efficient & accommodating. They understand the business of sports medicine & the need occasionally for obscure & urgent orders. They have never let me down and are the best value for money I can find. **John Casey Chartered Physio Tipperary Senior Hurling**



Cill Dara KILDARE GAA



UÍBH FHAILÍ THE FAITHFUL COUNTY



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

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

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

Limerick Hurlers
 All Ireland Senior
 Hurling Champions 2018 & 2020

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

Pádraic Maher
Tipperary Senior Hurler

Tipperary Hurlers
 All Ireland Senior
 Hurling Champions 2019



GAA



We have been using the NormaTec recovery system for the last 2 years and find it as an excellent tool to help reduce muscle soreness

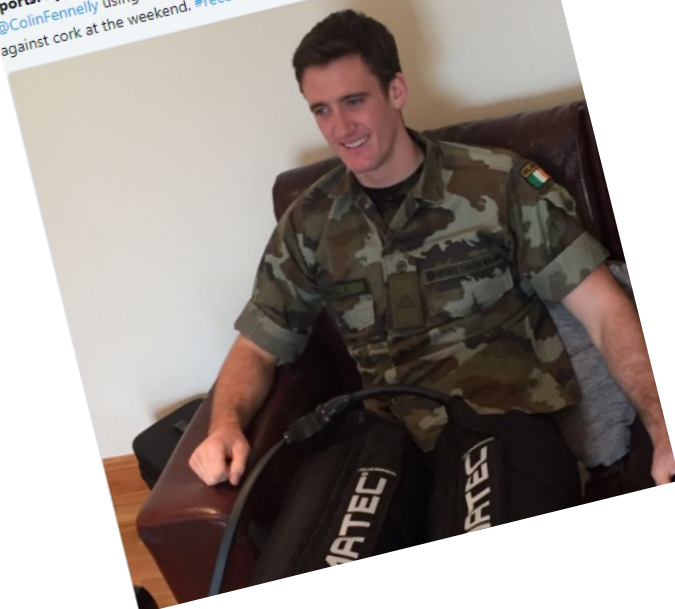
It allows players to recover a lot faster which is needed when the volume of training increases. It only takes about 3 minutes to set up and the portable system is convenient as it can be used whenever you want.

Martin McIntyre
 Mayo Senior Football Team Medical & Performance

TJ Reid @_tjreid · Mar 12
 Thanks to @Sportsphysioirl for the normatec compression boot for recovery, badly needed after a tough game in thurles last night, #recovery



SportsPhysioSupplies @Sportsphysioirl · Mar 7
 @ColinFennelly using our Normatec Pulse recovery boot after a tough game against cork at the weekend. #recovery #normatec



Supporting Player Associations

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



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

Paul Flynn—GPA CEO

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

Matthew O'Hanlon—Wexford hurler

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

Matt Carr—Sports Physio & Performance



Supporting Player Associations



We are delighted to sponsor an Injury Management Kit for adult Inter County Camogie and Ladies Football squads in conjunction with the Women's Gaelic Players Association. We are also delighted to offer the squads an exclusive heavily discounted recovery package and packages for individual players who are considering their own recovery solutions. We strongly support the promotion of female sport and actively support women's teams and individual athletes across a range of sports with our recovery solutions. We hope that this sponsorship will play a part in injury management & recovery for the squads and contribute to improved player welfare throughout the season.

womensgpa Massive thanks to @sportsphysioirl for sponsoring an Injury Management Kit for each of our squads. They are also offering the squads an exclusive heavily discounted recovery package and special team and individual discounts on purchases until the end of March. For more info, get in touch.

Super to work with @sportsphysioirl and we hope their generous support will play a part in injury management & recovery for the squads and contribute to improved

The team @ Sports Physio & Performance.



big thank you to @Sportsphysioirl who supported TippLadiesFB by providing them with activation bands lead of last weekends All Ireland Final in @CrokePark #lgfa vgpa #properfan #20x20



Supporting Teams & Development squads



**Óglaigh
na hÉireann**
DEFENCE FORCES IRELAND



WHAT THE COACHES SAY.....

Cathal Cregg— Head Strength & Conditioning Officer, Connacht GAA

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

Julie Davis—Head of S&C Armagh Senior Football

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



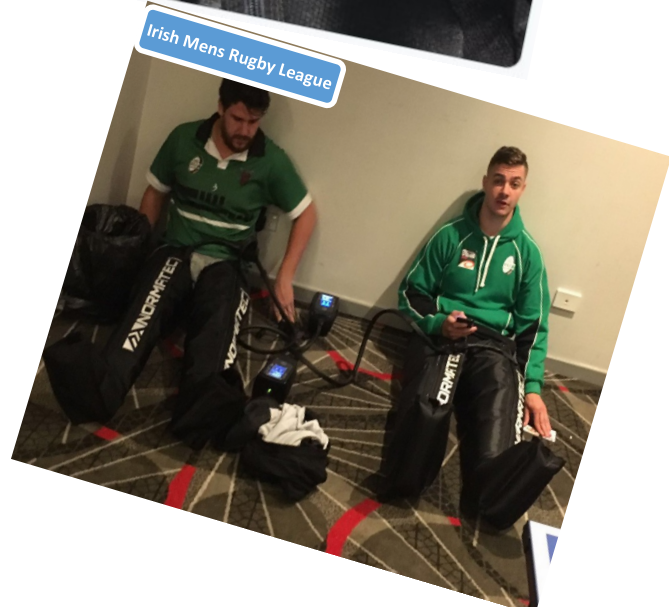
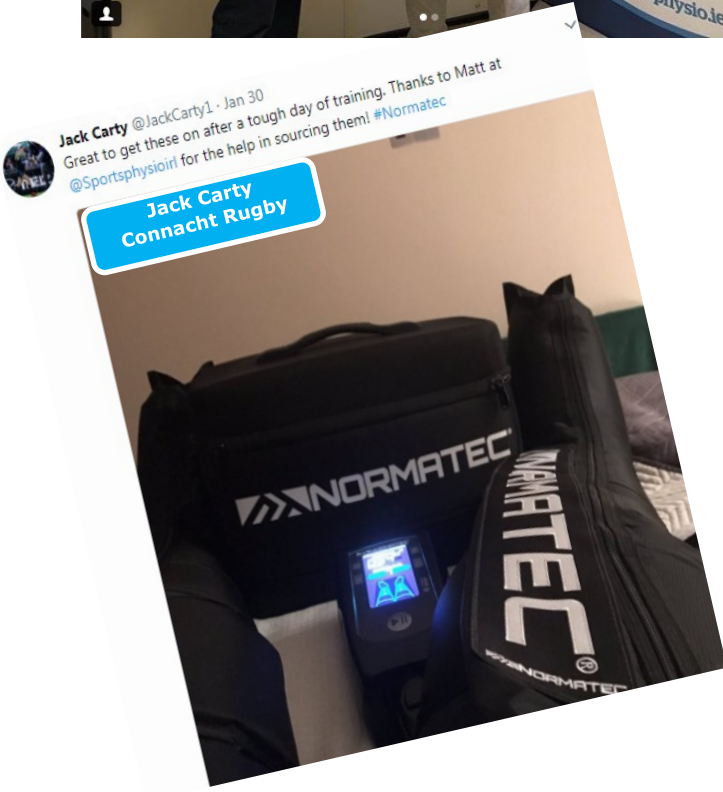
Ciaran Sloan - Senior Strength & Conditioning Coach

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

Rugby



Andrew Conway
Munster & Ireland
Rugby





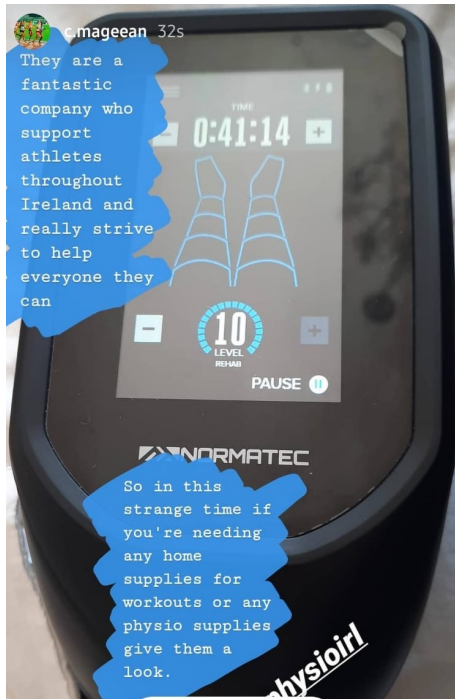
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Ciara Mageean

*Olympic Games Semi Finalist 2016
European Bronze Medalist Outdoor 2016
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c.mageean 32s
They are a fantastic company who support athletes throughout Ireland and really strive to help everyone they can

So in this strange time if you're needing any home supplies for workouts or any physio supplies give them a look.

physioirl

Athletics, Boxing & Rowing

"When you're in a sport that is all about the marginal gains recovery is so important. The Normatec boots are a vital part of my recovery routine to help me recover and be ready to give 100% at training."

"They are great to take on the go to training and competitions"

Ciara Neville
Irish Athletics



Kelly Harrington
Irish Boxing

'I have been using the Normatecs every second day now for a few weeks and have definitely noticed my legs are feeling fresher and i've just felt good overall in training.'



Sanita Puspure
Irish Rowing



Nadia Power
Irish Athletics

Hockey



Irish Women's Hockey Team World
Cup Silver Medallists 2018



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



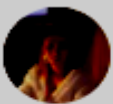
Hockey



Green Army
@IreWomenHockey

Follow

Getting our recovery in on the rest day today. Big thanks to [@Sportsphysioirl](#) for supplying us with [@NTRRecovery](#) pants [#recoveryiskey](#)



Niamh Maguire @niamhmiley · Jan 27

[@IreMenHockey](#) recovery Day 2 post warm up match v Canada with normatec recovery legs!! Thanks to [@Sportsphysioirl](#) for the support into World Cup 2018 [@ConorHarte27](#) [@PaulGleghorne](#) [@JULESBBZ](#)

Basketball



Triathlon


Aileen Flynn – Triathlete (World Championships Ironman Kona 2015 & 2017) & Chartered Physiotherapist

As a triathlete I regularly train twice a day. This can result in significant muscle fatigue and soreness. Since using Normatec as part of my recovery routine I've noticed that I can take on subsequent sessions with more ease and fresher legs. I consider Normatec a key element in my training program and attribute part of my successful season in 2017 to timely use of my recovery boots.

As a chartered Physiotherapist I see first hand in athletes bodies what can result from insufficient recovery. Elevating the legs in a recumbent position certainly helps with recovery and in my experience the added massage effect of Normatec seems to assist in reducing my muscle soreness. My legs always feel a few years younger after some recovery time in my Normatec boots.



Aileen Flynn
Irish International Ironman

 ailsflynn • Follow

ailsflynn Recovery time in what I call my space boots! It was a full day of swim, bike and hill run reps today...Let's see does this freshen up the legs so I can go again tomorrow!
#normatec #recovery #workinghard 🚴🏃🏊