



15



Celebrating 15 years as  
the team behind *your* team

**20/21**  
**catalogue**



# Welcome to Fit4Sport.

## 'The team behind the team since 2005'

After 15 years, here at Fit4sport we continue to be the leading sports medical supplier within professional sport. Our team is knowledgeable and passionate and our service is reliable and proven.

Fit4sport currently stock over 3,000 product lines which are available for next day delivery and our experienced staff are on hand should you need any help with your orders. We are also able to source non-stocked products for you.

As a team we are very proud of the relationships we have built with our customer base in the many different sports and throughout all the divisions. We would like to take this opportunity to say thank you for your loyalty and for enabling us to supply such renowned medical teams across the country. Thank you also to those who have sent us action shots to use in this catalogue and those who continue to recommend us to other medical teams.

No matter what product or service is required you can be assured that we will always go that extra mile to make sure that your needs are met. We will also continue to ensure that we offer your medical team the one stop shop that you have become accustomed to.

Call us on **0161 633 5533** or email [info@fit4sportltd.com](mailto:info@fit4sportltd.com) and one of the team will be ready to help.

## How to Order

POST Fit4Sport Ltd, Park Lane,  
Royton, Oldham OL2 6PU  
TEL 0161 633 5533  
FAX 0161 633 5530  
ONLINE [www.fit4sportltd.com](http://www.fit4sportltd.com)  
EMAIL [info@fit4sportltd.com](mailto:info@fit4sportltd.com)

### PAYMENT

We accept:     or cheque, BACS

To open an account please contact our sales team on: 0161 633 5533

24 hour delivery service will be charged at £5.95 up to a maximum of 25 kilos per parcel. This applies to mainland UK (excluding Scottish Highlands). Oversize/ heavyweight items such as couches, gym equipment, trolleys etc. are subject to additional delivery and handling charges which will be quoted at time of order entry.

All prices published are subject to VAT at the current rate.



"Fit4Sport offer a wide range of medical items and a comprehensive product catalogue at competitive prices. The difference with this company to its competitors is the personalised bespoke nature it is offered in. The support Warrington Wolves receives from Fit4Sport is very much appreciated and nothing is ever too much to ask!"

**Warrington Wolves**



"Northampton Saints have been dealing with Fit4Sport for many years and have received outstanding and friendly service from the team. Fit4Sport always go the extra mile to ensure our requirements are met and we would recommend to any club."

**Northampton Saints**



"We use Fit4Sport for most of our sports therapy equipment and supplies, and have always found the service, support and delivery to be extremely reliable and efficient. A pleasure to deal with."

**Bucks New University**



"Thanks to all the team at Fit4Sport for the continued service and support. They offer a great range of product and excellent customer service and I would happily recommend them."

**Manchester United Women FC**



"We have used Fit4Sport for the past five seasons and the level of service we have received has been exceptional, professional and personal. They deliver all the products we require efficiently and quickly."

**Swansea City AFC**

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# PREMIER SOCK TAPE

## 5cm PRO WRAP

PST have developed 'Pro Wrap', Pro Wrap acts as a light weight adhesive bandage that holds shin pads and socks in place.

14 Available Colours



## 7.5 cm PRO WRAP

Pro Wrap can either be applied directly to the leg or over the top of a sock and because of it's innovative construction offers a high level of durability & comfort.

22 Available Colours



## 19MM SOCK TAPE

Premier Sock Tape is the market leading tape used by professional footballers and amateur players alike.

14 Available Colours



# 1

## Tapes & Strapping

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## MUELLER® Tearlight EAB

A lightweight elastic adhesive tape - Superior adhesive with excellent conformability. Easy to tear. Easy unwind. Also ideal as a compression wrap or fixation bandage for padding and cold packs. Available in 5 colours. Red, Blue, Black, Green and Yellow. LATEX FREE. 6.8m length

3.8cm	£2.19
5cm	£3.09
7.5cm	£4.09



## Lightplast® Pro

A stretch tape which may be used as a lightweight strapping or to secure padding etc. The moisture resistant adhesive helps keep strapping firmly in place. 6.8m length

5cm	£2.99
7.5cm	£4.39



**Best Seller!**

## Supreme Tearable

Lightweight and easy to apply adhesive bandage tears easily and moulds well over joints. 6.8m length

5cm	£1.99
7.5cm	£2.99



## Premium Tearable

Lightweight, easy to tear with proven Jaybird tensile strength and strong adhesive. Can also be used as a line out tape to aid lifting, provides top performance in demanding situations. 6.8m length

2.5cm	£1.89
5cm	£2.79
7.5cm	£3.89



## LEUKOTAPE® P

Recommended in particular for patellofemoral taping and shoulder taping techniques. Leukotape P is a rayon backed tape with a strong adhesive. Hand tearable. 13.7m length.

3.8cm £8.99

## LEUKOTAPE® P Combi Pack

Contains 1 x Leukotape P 3.8cm plus 1 x roll of Fixomull 5cm for use as part of patellofemoral taping procedure.

£12.49



## HYPAFIX®

Soft flexible non woven fabric that conforms to body contours. Ideal for holding dressings in place and as a base coverage for patellofemoral taping technique. 10m length.

2.5cm £2.99  
5cm £4.29  
10cm £6.69



## LEUKOBAND® EAB

Designed for professional sports use, Leukoband provides a firm secure strapping that will give stability to a joint without feeling bulky. 4.5m length

2.5cm £1.49  
5cm £2.69  
7.5cm £3.19



## TENSOPLAST EAB

This high quality elastic adhesive bandage is highly conformable and gives controlled compression to damaged tissue. Soft edges and yellow directional line. 4.5m length

2.5cm £2.39  
5cm £4.09  
7.5cm £5.79





## MUELLER® M-Tape Team Colours

Mueller M-tape trainers tape now available to match your socks. Colours available: Orange, Purple, Maroon, Pink, Grey, Navy, Red, Black, Royal Blue, Yellow and Dark Green. 9.1m length.

3.8cm £2.69

### In white only

2.5cm £1.49  
3.8cm £2.19  
5cm £2.99



## MUELLER® Mlastic

A lightweight tan coloured cohesive stretch tape that adheres to itself and not the skin. Mlastic can be used for compression on wounds to stop bleeding. 4.5m length.

5cm £2.59  
7.5cm £3.69



## MUELLER® Underwrap

High Quality foam protects skin from taping or strapping adhesive. Can also be used to hold shinpads and socks in place. Available in a range of colours. 27m length.

7cm £1.39



## Mueller Kinesiology Tape

Designed to help provide support to muscles and joints without limiting the range of motion. Mueller Kinesiology Tape features a revolutionary wave pattern adhesive that moves with your skin and muscles as you heal. Apply it to the skin in patterns to mimic your muscles. Latex free.

Available in Black, Beige, Pink and Blue.

5cm x 5m £6.49  
5cm x 30m £33.99



## POWERFLEX™

No need for sprays or underwrap with this hand tear, lightweight cohesive bandage. Powerflex provides firm support without restricting mobility. A firm favourite with players. 5.4m length.

2.5cm	£1.19
5cm	£2.19
7.5cm	£3.19

## Powerflex AFD

Powerflex bandage with absorbent foam pad to quickly stem blood flow from a wound. Individually wrapped. 4.5m length.

5cm width (Box of 16)	£31.99
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## MUELLER® Tape Wrap

A premium cohesive which is breathable, lightweight and easy-to-tear tape. It features ultra-soft fabric that's flexible like a pre-wrap, but won't trap moisture or slip. Tapewrap Premium is stronger and offers more support than pre-wrap. Great for securing pads, bandages and for use over socks.

5cm	£1.99
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**Best Seller!**

## Cohesive Wrap

Tan coloured cohesive which is easy to tear and offers good compression.

5cm x 4.5m	£1.69
7.5cm x 4.5m	£2.09



## Premier Sock Tape

A unique soft polyvinylchloride sock tape used with club socks. 12 colours available. 33m length.

19mm	£2.05
38mm	£2.89



## Premier Sock Cohesive

This cohesive wrap has been designed as a multi-use field sports bandage. It stick to itself, is porous and water resistant. Available in a range of colours to match club socks.

5cm	£1.79
7.5cm	£1.99



## Trainers Tape

Our Top selling tape. Excellent adhesion and tensile strength. It is a bleached white hypoallergenic zinc oxide based tape that tears easily and unwinds smoothly down to the core. 13.7m length.

2.5cm	£1.39
3.8cm	£2.09
5.0cm	£2.49



## Pro Tape

A superior quality 100% Rayon woven fabric tape designed for heavy duty taping applications where superior tensile strength and adhesion qualities are demanded. Serrated edge for easy tearing. Hypo-allergenic adhesive. High quality adhesive provides firm anchorage for immobilising joints. 10m length.

1.25cm	£0.99
2.5cm	£1.89
3.8cm	£2.69
5.0cm	£3.29



**Best Seller!**

## Rigid P Tape

Strong and durable. Aggressive adhesive makes it ideal for rigid joint immobilisation. Tan coloured. 13.7m length.

2.5cm	£3.19
3.8cm	£4.99
5cm	£6.29



## STRAPPAL® Zinc Oxide

Strappal is a hypoallergenic zinc oxide tape designed for rigid joint support. Excellent for fixation of dressings. Tearable lengthways and widthways. 10m length.

1.25cm	£1.39
2.5cm	£2.59
4cm	£3.09
5cm	£3.99



## SportTape

SPORTTAPE is a British company producing kinesiology tape that has been designed specifically for sport. It was formulated whilst working with some of the country's best athletes and physiotherapists. As a result SPORTTAPE FLEX is constructed from premium fabric, a unique blend of fibres and has unrivalled adhesion. Extra sticky.

5cm x 5m	£8.29
10cm x 5m	£15.99
5cm x 22m	£33.99



## Rocktape

Rocktape is the only Kinesiology tape engineered to meet the demands of endurance athletes like runners, swimmers and cyclists. Unlike other products, Rocktape can be used both to apply compression to promote recovery, or decompression to relieve pain and swelling.

5cm x 5m	£11.25
5cm x 30m	£61.99
10cm x 5m	£10.99



## Kinesio Tex FP

Kinesio's new, highly innovative, enhanced tape. Developed by Dr Kenzo Kase, the founder of the Kinesio Taping Method. The new tape combines innovation with the very latest research and technology to provide a cutting-edge therapeutic tape.

Higher Grade Cotton: the tape is lighter, more comfortable and has improved breathability, Micro-Grip Adhesion: gives better grip and hold, Patented Finger Print Technology: greater 'stickiness' and breathability with less adhesive.

Nano Touch Stimulation: stimulation to the cells of the epidermis and underlying areas, which will be more effective at stimulating tissues during the healing process.

5cm x 5m	£10.49
5cm x 30m	£59.99



## TOROPRO Tape

TOROPRO is made from an entirely synthetic material, which gives it stronger elasticity than cotton kinesiology tape. TOROPRO is clinically tested and creates a lifting effect underneath the skin and between the epidermis and dermis layers and muscles. The extra sticky, hypoallergenic and latex free adhesive dries more quickly than other leading brands. It is waterproof and sweat resistant, TOROPRO Tape provides pain relief and reduces swelling and inflammation, and provides support without restricting range of motion.

5cm x 5m	£10.99
10cm x 5m	£21.99
5cm x 35m	£69.99



## STRAPIT Pro Strapping Tape

Tan coloured, hand tearable, rigid strapping tape with pinked edges. Sold in convenient tube or bulk box packs. With extra strong zinc-oxide adhesive, Strapit Pro Strapping Tape ensures optimal support for joint stability and high performance. 13.7m length

2.5cm	£3.19
3.8cm	£4.99
5cm	£6.29



## STRAPIT Latex Free Rigid Strapping Tape

High performance, professional rigid strapping tape with latex free and zinc oxide free adhesive. Ideal for taping players with sensitive skin or allergy concerns. Tan coloured, hand tearable rigid strapping tape with pinked edges. 13.7m length.

3.8cm	£5.99
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## STRAPIT Fix Tape

A hypoallergenic fixation tape. Latex free adhesive. Ideal for use in conjunction with Rigid Strapping tape. Conforms well at an economical price. 10m roll

5cm	£2.09
10cm	£3.99

## STRAPIT Quick Fix

Hypoallergenic underwrap. Perforated for easy application. Taping preparation without backing paper and scissors. 10m roll.

5cm	£3.99
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## STRAPIT Underwrap

Used as a foam underwrap for sports strapping tape where there is a risk of skin irritation. This professional quality underwrap does not crumble under stress. 27m roll Sold in a bulk box of 48 rolls.

7cm	£55.99
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## STRAPIT Stretch Band Light

Professional quality, hand tearable elastic adhesive bandage. With cotton support and a latex free adhesive. Available in Black or Tan. 6.8m length.

2.5cm	£1.39
5cm	£1.99
7.5cm	£2.99



## FLEXIT High Performance Cohesive Bandage

Strong high-performance cohesive bandage with waterproof technology for long lasting application. Quick wrap under athletic tape or on its own to provide support and stability around joints and structures requiring a level of protection. Over 45lbs of tensile strength, this is the cohesive bandage of choice when it comes to ultimate support. Available in Beige and Black. **CONTAINS NATURAL RUBBER LATEX**

5cm	£2.19
7.5cm	£3.19



## GRIPIT Active Tape

A "functional tape" assisting in unloading muscles and joints, reducing pain and enhancing performance and recovery. It is highly elastic with no rigid endpoint and has multi-directional stretch. A blend of nylon and cotton cloth giving it a light and athletic feel which is durable and contours well to the body. Low allergenic no latex or zinc oxide.. Water repellent, Available in Black Tan Red and Blue

5cm	£6.99
7.5cm	£10.99



## Scissors

Bandage Scissors 5.0"	£3.29
Bandage Scissors 7.5"	£4.29
Blunt/Blunt Scissors	£2.19
Blunt/Sharp Scissors	£2.19
Sharp/Sharp Scissors	£2.19
Tough Cut Scissors	£2.99
Tape Cutter	£9.99
Tape Cutter Blade Pk10	£19.99
Kinesiology Scissors	£19.99



## D3 Light Rip

Lightweight elastic bandage made from a latex free woven cotton spandex with zinc oxide adhesive. Economical and highly adhesive. Available in white and black. 7m length.

2.5cm	£1.79
5cm	£2.09
7.5cm	£3.09



## D3 Rigid Tape

A rayon-cotton blend tape with a strong zinc oxide adhesive. Suitable for taping all joints. No stretch and stays stuck. Hypoallergenic and latex free.

2.5cm	£2.99
3.8cm	£3.99
5cm	£4.99

**d<sup>3</sup>** cohesive  
bandage  
compression  
wrap

**20**  
colours

revolutionary football wrap  
that will only adhere/stick to itself - nothing else  
hand tearable  
waterproof  
breathable

next generation sporting woundcare  
cohesive superior strength and spandex stretch  
is also ideal for compression of swelling  
or use with protection of primary dressings

available: **5.0cm**  
supplied inner: 12pcs / carton: 192pcs

available: **7.5cm**  
supplied inner: 12pcs / carton: 144pcs

@ **5mtrs**  
each poly bagged





## MUELLER® Tape & Tuffner Remover Spray

Spray or brush onto outside of tape to loosen. Removes ointments, liniments and adhesive particles from skin.

4oz £6.59  
10oz £9.99



## MUELLER® Tuffner™ Pre Tape Spray

Secure tapes and strapping with Tuffner™ spray adherent. No clogging.

4oz £6.59  
10oz £9.99



## MUELLER® Mtac Spray

Helps tape and underwrap stick better to skin. Sprays a fine mist creating an even tack. Convenient fast drying non-aerosol formula pump spray.

8oz £7.99



## MUELLER® Quick Drying Adherent Spray

Colourless tape adherent. Apply to skin before taping.

4oz £6.9  
10oz £9.59



## MUELLER® Dermal Pad

Shock absorber for tender skin areas and bruises. Pads may be adhered directly to skin with tape or cohesive. 10mm thick.

£16.99



## MUELLER® Heel & Lace Pads

Tear-off foam padding on a perforated roll. Helps protect tender foot areas by reducing friction inside shoes. 7.5cm squares. Pk of 2000.

£29.99



## MUELLER® Magic Grip

Grip enhancer which repels water. Ideal for all sports. Not sticky or tacky and washes off with soap and water. Improves grip by 75%.

3oz

£8.99



## MUELLER® Stickum

An Aerosol adhesive spray for hands which can help prevent fumbling even in wet conditions.

4oz

£6.99



## MUELLER® Stickum Paste

Contains resin in a wax to improve ball handling

4oz

£9.99



## Trimona Wax

Gives wet hands a tacky grip to improve ball handling in all weather conditions. It is a natural resin and dermatologically safe. Can help reduce handling errors for players at all levels. Available as a wax tub or in a handy spray can.

200ml Spray

£11.99

500g Wax

£18.99

## Trimona Hand Wash Lotion

Pump-action bottle for skin-friendly cleaning of the hands after using trimona wax.

250ml

£6.99



## Rosin Powder

Grip improving powdered rosin. Provides added grip to hands.

4oz

£7.49



## Griptec Advanced Handgrip

Griptec is an aggressive non-slip grip formulation made in New Zealand using natural ingredients. Griptec is applied to the hands, enabling complete control of the ball.

Fine particle size grit within the formula activates with moisture combined with the paste provide high friction for optimising control.

Available as a spray or paste, the paste will last longer and is more efficient than a spray which contains approximately 40-60% propellant.

100g paste  
200ml spray

£13.50  
£14.50

## Tubular Bandage

Provides comfortable and continuous support for sprains and strains. Elasticated and flexible. stays in place but allows complete freedom of movement. Also suitable for holding shin pads in place. 10m length.

B £5.59  
C £6.59  
D £7.59

E £8.59  
F £9.59  
G £10.59

# 2

## Bags & Kits

**Fit4Sport Run on Bags** 18

**Elite Bags** 19

**Mueller Kits & Bags** 20-21





## Fit4Sport Club Touchline Bag

Stylish and seriously spacious, the club bag has zipped pockets front and back with bottle holders at each end. Movable Velcro dividers inside the bag keep products tidy and within easy reach. W35cm x L30cm x D20cm.

Club Bag

£23.99

## Team First Aid Bag

A neat and compact run on bag with a wipe-clean interior. Central zipped main compartments with Velcro dividers. Separate zipped front pocket with mesh pockets and elastic straps. Bottle holder on one side pocket. L30 x H19 x D15cm.

£15.99



## Fit4Sport Bumbag

For fast and easy access to essential medical products. Ideal for hands-free player care, comes with an adjustable waist strap.

£14.99

## Standard Refill Kit

- 1 x Instant ice pack
- 1 x Resus aid
- 1 x Zinc oxide 2.5cm
- 1 x Cohesive 7.5cm
- 1 x Eye Dressing
- 1 x Scissors
- 1 x Large Wound Dressing
- 1 x Foil Blanket
- 1 x Triangular Bandage
- 2 x Non-adhesive dressing
- 1 x Gloves pair
- 10 x Cleansing wipes
- 1 x Wound closure strip
- 6 x Safety pins

Contents may vary

Standard Refill Kit

£11.99

## Premium Refill Kit

- 2 x Instant ice packs
- 1 x Eye Dressing
- 1 x Cold Spray
- 1 x Foil Blanket
- 1 x Petroleum jelly 50g
- 1 x Resus Aid
- 1 x Wound Dressing Large
- 2 x Triangular bandage
- 1 x Plasters pk 20
- 1 x Zinc oxide 2.5cm
- 1 x Crepe 7.5cm
- 1 x EAB 2.5cm
- 2 x Cohesive 7.5cm
- 1 x Scissors
- 1 x Jet Spray Bottle
- 4 x Non-adhesive dressing
- 2 x Gloves pair
- 20 x Cleansing wipes
- 1 x Wound closure strip
- 6 x Safety pins

Contents may vary

Premium Refill Kit

£22.99



## Pitchside Emergency Backpack

Bag designed for first responders to comfortably organize and carry essential medical equipment with quick and easy access. This backpack offers complete freedom of movement to the user. Available Red or Blue

Weight 3.2 Kg  
Dimensions 31 x 47 x 22.5 cm  
Material 1000D POLYESTER

Max contents recommended 15kg

£149.99

## Pitchside Emergency Bag

Basic life support (BLS) bag. Its honeycomb internal structure allows the user to easily organize all the contents. It has several detachable compartments in different colours for easy identification. Removable backpack straps with two large capacity external pockets with elastic bands and pockets with transparent window. Fully adaptable interior thanks to its removable velcro padded dividers. Reinforced base. Four removable compartments with transparent front with the international color code. Isothermal ampoule with capacity for 27 ampoules. Available in Red.

Weight 2.86 Kg  
Dimensions 28 x 47 x 22 cm  
Material 1000D POLYESTER

Max contents recommended 15kg

£129.99



## Emergency Trolley Bag

This large capacity emergency bag with a built-in trolley allows a comfortable transport and quick access to the necessary equipment for emergency professionals. High visibility reflective bands & reflective zips. Ergonomic padded back panel with mesh cover. Built-in trolley 4 detachable, colour-coded compartments with transparent windows for easy identification. 2 additional flaps with large transparent pockets Large main space suitable for resuscitation device and mask, space for oxygen bottle with velcro straps fastening

Weight 6.20 Kg  
Dimensions 24 x 34 x 60 cm

Max contents recommended 25kg

£199.99



## HERO ATHLETIC TRAINER KITS

- Customizable kits with interchangeable accessories
- Rugged lightweight nylon exterior with reflective piping for increased visibility in low light
- Accessories are constructed of lightweight nylon which are durable and crack resistant
- Full-open design lets you unzip bags completely for easy packing and unpacking of gear
- Premium handles, zippers and dividers that are built to last



### Mueller Epic Hero

Comes with 4 dividers, 4 tie down straps and 3 zip storage pockets

63cm x 37.5cm x 25cm £349



#### Epic 25" x 15" x 10"

L2 Divider 10 x 10 (2 EA.)  
L2 Divider 15 x 10 (2 EA.)  
M2 Mesh Pocket 10 x 10  
M2 Clear Pocket 10 x 10 (2 EA.)  
Tie Down Strap (4 EA.)



### Mueller Perfect Hero

Comes with 4 dividers, 4 tie down straps and 2 mesh zip storage pockets

25cm x 37.5cm x 12.5cm £209



#### Perfect 20" x 10" x 10" (1 EA.)

L2 Divider 10 x 10 (2 EA.)  
L2 Divider 5 x 10 (2 EA.)  
M2 Mesh Pocket 10 x 10 (2 EA.)  
Tie Down Strap (4 EA.)



### Mueller Unsung Hero

Comes with 4 dividers and 2 zip storage pockets

25cm x 37.5cm x 12.5cm £139

M1 Clear Folded Pocket (1 EA.)

#### Unsung 10" x 15" x 5" (1 EA.)

L1 Divider 5 x 5 (2 EA.)  
L1 Divider 10 x 5 (2 EA.)  
M2 Mesh Pocket 10 x 10 (1 EA.)  
M1 Clear Folded Pocket (1 EA.)



### Mueller Utility Hero

Comes with Cartridge kit

25cm x 12.5cm x 12.5cm £89





# UNLIMITED CONFIGURABILITY

Introducing Mueller's extended **premium line** of Athletic Trainer Kits, giving you the power to customize: swap, shift, configure and reconfigure your Kit just the way you need it.

Medi Kit™  
MULE

Medi Kit™  
Omni

Medi Kit™  
Fill Pack Module

Medi Kit™  
VERSA

Medi Kit™  
Pro Sport  
Backpack

Mueller® has teamed up with one of the industry leaders in Athletic Trainer kits and is honored to offer an expanded premium line of kits to meet your every need. Mueller® by MERET™ is built for the professional - professionals that depend on rapidly and proficiently deploying athletic training supplies during crucial moments. Mueller® by Meret™ products will function for a lifetime under the MERET for Life (M4L) Warranty Policy.



1680/1200 ICT  
Infection Control Tarapaulin



Oversized #10 YKK Super  
Tough zippers w/ alloy pulls



Solid alloy hardware



2 Needle taped seams



SLIDERS™ System for  
unlimited configurability



MOLLE compatibility



TS2Ready™ for attaching  
add-on modules



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# Adult/Child setting at the flick of a switch...

- Instant switch from Adult to Paediatric
- Suitable for all schools, clubs and groups
- Automatic switch on when lid opened
- Pads attached, ready for use
- Pads fit both Adults and Paediatrics

**MEDIANA**  
**HEARTON**  
**AED A15**  
Mediana Automated  
External Defibrillator A15

# 3

## Emergency

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## Spinal Board

Hi-Vis Orange PE material spinal board, Lightweight with pins to accommodate speed clips. X-ray compatible. Offers full body immobilisation

Dimensions: 184cm x 46cm x 5cm.  
Board Weight: 7kg.  
Maximum Load: 159kg

£229.99

## EXL 65 Scoop Stretcher

A moulded stretcher which is ergonomically designed from high strength aluminium and precision mouldings. Specially designed twin safety lock hinges, uncoupling one or both ends of the scoop is achieved quickly and easily. Comes with pins and biosafe strap. Preferred choice of many Premiership Rugby Union Clubs.

Dimensions: 2010 x 430mm x 80mm.  
Board Weight: 8 kg.  
Load Capacity: 159 kg

£779.99

## Spider Straps

10 point attachment. Secures easily with velcro closures. Centre straps adjust to accommodate different sized players. Made of 2" nylon webbing.

£99.99

## Speed Clip Board Straps

Seat belt buckle type for quick release. Set of 4.

£69.99

## Spinal board carry bag

£69.00



## Ferno CHI Combi Head Immobiliser

A uniquely designed base-pad and strapping system providing optimum fitting in all cases. The CHI is manufactured from a unique latex-free Polyurethane moulded head-blocks, which are impervious to liquids. Compatible with all versions of Scoops and Spineboards by altering orientation of head-blocks and using a specially designed strapping system.

Dimensions: 24.5 cm x 30 cm x 17 cm Weight 2.3Kg

£159.99

## Head Immobiliser

Compatible with any type of spinal board. Provides firm control to head whilst maintaining correct spine alignment. Wipe clean material.

£84.99

## Frac Immobiliser

Splint and immobilise suspected fractures with this easy to use system.  
Available in 3 sizes.

2 Strap - 34cm	£49.99
4 Strap - 58cm	£54.99
5 Strap - 75cm	£62.99
Carry Bag	£24.99



## Two Fold Stretcher

Allows for minimum storage space when not in use. Manufactured from aluminium, the stretcher bed is produced from a tough PVA material that is resistant to fluid and is extremely easy to clean. Complete with fully zipped carry bag and straps. Hi-Vis Orange

Size: Open 14cmH x 52cmW x 206cmL  
Size: Folded 10cmH x 18cmW x 103cmL

£129.99



## Sam Splint

Lightweight splint can adjust to any part of the body. Waterproof, reusable.

Splint Flat 23cm x 11cm	£9.99
Splint Flat 46cm x 11cm	£12.99
Splint Roll 92cm x 11cm	£14.99
Splint Finger 9.5cm x 4.5cm	£2.19



## Rigid Collars

One piece design. colour coded set of 6 collars infant, paediatric, no neck, short, regular, tall. Lie flat for storage comes complete with carry bag. Set of 6.

£69.99



## Extrication Collar

Adjusts to fit all adults. 16 different sizes ranging from neckless to tall. Safety buttons hold in place for maximum reliability. Stores flat.

£12.99



## Elbow Crutches

Double adjustable. 66-94cm.

£18.99

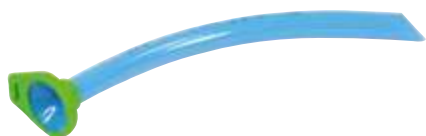


## Resuscitation Pocket Mask

One way valve and filter. Pre inflated cuff for solid seal.

Resuscitation Mask  
Disposable Resusci Aid

£5.49  
£0.79



## Nasopharyngeal Airways

This mediprene latex free nasopharyngeal airway has a fixed flange. Available 6mm, 7mm, 8mm and 9mm.

£4.95



## Res-Cue Suction Pump

Hand operated suction designed for all emergency applications. Fast and powerful stroke suction vacuum. 300ml canister.

Res-Cue Pump

£54.99



## Guedel Oropharyngeal Airways

Guedel Airways. Six sizes available. Please specify.

£0.65



## I-gel Airway

A non-inflatable, anatomical seal of the pharyngeal, laryngeal and perilaryngeal structures whilst avoiding compression trauma. Made from a unique, soft, gel-like material. Integral bite-block reduces the possibility of airway channel occlusion. 15 mm connector – reliable connection to any standard catheter mount or connection. Sizes 2-5

£13.95



## Bag Valve Mask

Disposable resuscitator made from clear vinyl. Cushioned mask conforms easily. Includes mask, patient valve, bag and oxygen line.

£15.59



Available in 14g Orange, 16g Grey,  
18g Green, 20g Pink and 22g Blue.

Single Cannula	£2.39
Box of 100	£79.99



Supplied in boxes of 100

19g Cream x 1.5"	£5.99
21g Green x 1.5"	£5.99
23g Blue x 1.25"	£5.99
25g Orange x 1"	£5.99

A fully equipped backpack. 12 transparent pouches hold all your emergency kit that may be needed pitchside. Contents may vary subject to availability.

Extraction Collar x 2  
Nasopharyngeal Airway x 3  
Oropharyngeal airway set of 6  
Pocket resuscitation mask x 1  
Hand held suction x 1  
Disposable bag valve mask x 1  
Non rebreathe oxygen mask x 2  
Nebuliser mask x 1  
Oxygen tubing x 1  
Portex mini trach emergency kit  
Portex chest drain kit x 1  
Asherman chest seal  
IV Cannula 16g grey x 4  
IV Cannula 18g green x 4  
IV Cannula 20g pink x 4  
IV Cannula 22g Blue x 4  
Syringe 5ml x 5  
Syringe 10ml x 5  
Hypodermic needles 21g green x 5  
Hypodermic needles 23g blue x 5  
Hypodermic needles 25g orange x 5  
Quick release tourniquet x 1  
IV fluid giving set x 2  
IV dressing  
Mediwrap blanket  
Magill forceps  
Tough Cut scissors  
Sharps box 0.6ltr  
Pen torch x 1  
Sterile medium gloves x 1  
Sterile large gloves x 1  
Stethoscope



£629.99

Supplied in boxes of 100

2mm	£9.95
5mm	£10.95
10mm	£13.95
20mm	£15.95



<b>Nebulising Oxygen Mask</b>	£4.79
<b>Non-rebreathe Mask</b>	£3.29
<b>Oxygen tubing 2m</b>	£1.39
<b>Peak flow meter</b>	£9.99
<b>Peak flow mouthpieces</b>	£0.69
<b>Giving Sets</b>	£2.19



## Stethoscope

Stethoscope

£5.99

Littmann available to order.



## Pocket Diagnostic Set

Otoscope and Ophthalmoscope pocket set.

£249.99



## Omron Blood Pressure Monitor MX2

This easy to read, fully automatic BP monitor has an advanced one button operation with easy to read large LCD display. Systolic, diastolic and heart rate shown simultaneously.

£29.99



## Blood Glucose Meter

Blood Glucose Monitoring System. Easy to test, small sample required. 5 second test time.

Blood Glucose Meter

£23.99

Test strips pk 50

£16.99



## Pulse Oximeter

Measures blood-oxygen saturation (SpO2) level and pulse rate. Compact and simple to use. Dual colour display showing SpO2 and pulse and Plethysmogram. Adjustable brightness. low battery indicator. Takes AAA alkaline or rechargeable batteries.

£24.99



## Thermometers

Digital Oral Thermometer

£3.29

Digital Ear Thermometer

£31.99

Lens Covers Pk 20

£3.99

Braun Ear Thermometer

£49.99

Braun Lens Cover Pk 20

£4.99



## Pen Torch

Penlight and pupil gauge.

Disposable

£2.49



## Urinalysis

Multistix 8 SG box 100

£32.99

Multistix 10 SG box 100

£39.99

Urine Sample Bottles 20ml Pk 10

£3.99

Urine Sample Bottles 30ml Pk 50

£11.99

# 4

## Woundcare & Infection Control

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## Primapore

This highly conformable dressing combines an absorbent central dressing pad with a soft flexible adhesive cover. Excellent over boney areas.

8.3cm x 6cm - Box 50	£13.99
10cm x 8cm - Box 20	£6.99
15cm x 8cm - Box 20	£12.99
10cm x 20cm - Box 20	£17.99



## Advapore Adhesive Wound Dressing

Economical low allergy adhesive dressing with highly absorbent centre pad. Sterile. Box of 50

5cm x 7.5cm	£8.49
7.5cm x 10cm	£9.99



## Opsite Plus

The combination of Opsite film providing a protective barrier plus a low adherent wound dressing pad to absorb. Opsite Plus is an ideal wound dressing. Players can bathe and shower without removing dressing.

5cm x 6.5cm - Box 25	£14.99
8.5cm x 9.5cm - Box 10	£31.99



## Cutiplast

For primary wound management. Cutiplast sterile adhesive wound dressing is soft and conformable with a nonstick central pad and outer dressing cover. Hypoallergenic adhesive for sensitive skin.

7.5cm x 5cm - Box 100	£21.99
10cm x 8cm - Box 50	£25.99
15cm x 8cm - Box 50	£31.99



## Opsite Flexigrid

This clear transparent film dressing allows for easy monitoring of wounds and speeds healing by providing a moist wound environment. Bathe and shower without changing dressing. Pack of 10.

10cm x 12cm - Box of 10	£16.99
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## Melolin

Melolin provides cushioned protection for minor wounds, without sticking.

5cm x 5cm - Pk 100	£21.99
10cm x 10cm - Pk 100	£43.99



## LeukoMed

Soft sterile dressing pad which is highly absorbent. A skin friendly treatment for exuding wounds. Leukomed dressings are air and moisture permeable making them particularly skin friendly.

7.2 x 5cm  
8cm x 10cm

£7.99  
£14.99



## Leukomed T plus

Transparent film dressing with absorbent pad, water and bacteria proof dressing with a highly absorbent dressing pad, these allow patients to resume their everyday activities. Alternative to Opsite plus. Pack of 50

7.2 x 5cm  
8cm x 10cm

£20.99  
£41.99



## Leukomed T

A water and bacteria proof transparent film dressing. The dressings reliably secure cannula and protect dry wounds. Leukomed T dressings have a unique, red strip release mechanism allowing quick, simple one-hand application. Alternative to Opsite Flexigrid. Pack of 50

7.2 x 5cm  
8cm x 10cm

£29.99  
£53.99

## A QUICK SPRAY OF SCIENCE CAN HELP SORT THAT



A new wound treatment with antibacterial silver ions. Covers the cut or graze with a breathable barrier.

100ml can

£8.59



WANT TO ENHANCE YOUR FIRST AID SOLUTIONS WITH MORE THAN JUST ANOTHER SPRAY-ON PLASER?

MAKE ALFASILVER SPRAY YOUR GO-TO FIRST AID TREATMENT ANYWHERE, ANYTIME





## NatraSan

### NatraSan First Aid Spray

NatraSan First Aid Spray is 100% natural but clinically proven to kill 99.9% of germs on contact, but is harmless to humans and the environment. Use on cuts, wounds and minor burns to prevent infection and promote healing. Completely safe in eyes and ears and to sanitise the inside of the mouth. Ideal for hand sanitisation and as a disinfection of all hard and soft surfaces. Also kills athlete's foot fungus. EU Compliant. British Standards tested.

A 100% natural antibacterial skin and hand sanitiser, NatraSan First Aid Spray is safe and gentle on the skin but incredibly effective at eliminating harmful bacteria and viruses, including: Difficile, Norovirus, MRSA, Influenza H1N1, H5N1 and H7N9, Hepatitis A&B.

The natural antibacterial and antimicrobial solution is gentle and contains no alcohol, preservatives or fragrance; there's no need to rinse hands after using Natrasan.

100ml	£5.99
200ml	£8.49



### Opsite Spray

A quick dry transparent spray dressing that seals and protects minor wounds, cuts and abrasions.

100ml	£12.99
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### Betadine Dry Spray

Antiseptic spray for treatment of infection in wounds. 100g

£17.99
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### Savlon Cream

Antiseptic and cleansing cream.

30g tube	£2.19
60g tube	£3.39
100g tube	£4.39



### Videne Solution

500ml	£14.99
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### Iodine Scrub

Pk of 25.	£23.99
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### Vaseline

16g tube	£1.09
50g	£1.99
100g	£3.49
225g	£3.99

### White Soft Paraffin

500g	£4.09
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## Irriclens

Irrigate and cleanse wounds effectively with the saline spray solution. Sterile.  
240ml

£7.59

## Sterile Saline Pods

Easy to use sterile saline solution in a handy pod container.  
Pk of 25.  
20ml

£9.99

## Tisept

Chlorhexidine cleansing solution in individual sachets.  
Pk of 25.  
25ml

£12.99



## Gloves

Vinyl powder free - Box 100	£4.99
Latex powder free - Box 100	£5.99
Nitrile powder free - Box 100	£6.99
Sterile Latex powder free - Box 50	£24.99



## Plasters

Fabric Assorted - Pk of 100	£5.99
Waterproof Assorted - Pk of 100	£5.99
Waterproof - Pk of 20	£1.49
Dressing Strip 7.5cm x 1m	£1.99



## Gauze Swabs

Soft, absorbent cotton gauze dressings

5cm x 5cm - Pk of 100	£2.19
7.5cm x 7.5cm - Pk of 100	£3.29
10cm x 10cm - Pk of 100	£4.19
7.5cm x 7.5cm - Pk 25 x 5 Sterile	£7.99
10cm x 10cm - Pk 25 x 5 Sterile	£14.99



## Sterile Dressing

No 8 Medium	£0.59
No 9 Large	£0.69
No 16 Eye	£0.59

## Triangular Bandage

Single use.	£0.39
Calico.	£0.89

## Cotton wool balls

Pk of 200.	£3.99
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## Cotton Wool

500g.	£5.49
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## Cotton buds

Pk of 100.	£2.19
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# The Clinell® Range

**NHS**  
Approved

*Quite simply, the most effective cleaning and sanitising wipe available on the market today!*



## Clinell Universal Wipes

### The most effective universal formula on the market

A mix of biocides with different mechanisms of action prevents bacterial resistance and superbug formation.

### Multi-purpose

Acts as a disinfectant and detergent replacing the need for different types of wipes and surface cleaners.

### Simple, easy and reliable

There are no dilution errors - as the pre-measured dose consistently delivers the correct concentration. This avoids errors that may occur when mixing disinfectant solutions.

### Extremely cost-effective

The Universal range of wipes are cost effective by replacing multiple cleaning products.

### No damage to surfaces or equipment

Ideal for use on most types of rubber, plastic and metal.

### Completely skin-friendly and dermatologically tested

There are no sore hands even with frequent use.

### Unique wall - mounted dispensers

Hygienic and accessible, for quick and easy wipe dispensing. These dispensers are proven to increase compliance and provide effective wipe usage, by conveniently placing wipes at their point of use.



## Clinell Universal Spray

- Clinell Universal Spray 500ml provides a single, universal product to disinfect, clean surfaces and equipment
- Disinfectant and detergent spray replaces the need for multiple surface cleaners
- For areas that are hard to reach with a wipe
- For everyday hard surfaces such as toilets, bathrooms, baby changing tables, as well as cleaning and sanitising your hands
- Ideal for cleaning sports and gym equipment





## STERIZAR® Sanitiser

STERIZAR® is an antibacterial sanitiser, alcohol free, with advanced barrier technology which means for a minimum period of 30 days any surface treated with STERIZAR® will remain contamination free from any bacteria type that STERIZAR® has been treated against. Tested to kill Norovirus, MRSA, C Diff, E Coli, Salmonella + 99.9999% of a wide range of other bacteria. Tested to be food safe and skin safe.

Remains effective even when dry for up to 6 hours on the skin  
Effective even when dry for up to 30 days on hard surfaces



## Foam Hand Sanitiser

Gives an immediate fresh and clean feel to the skin. Give 30% additional dose to the gel product

50ml  
600ml

£2.99  
£8.99



## Hard Surface Wipes

Ideal for use on any hard surface where infection control is a priority. Does not stain steel surfaces.

200pk

£6.99



## Hand Gel Sanitiser

Alcohol free hand gel formulated to kill bacteria in seconds. No need to rinse and remains effective for 6 hours.

50ml  
500ml

£3.49  
£6.99



## Hard Surface Cleanser

Trigger Spray bottle Ideal for use on any hard surface. Alcohol Free, lasts up to 30 days

500ml

£8.99



## Germstar

Hospital strength formula comprises of 70% Isopropanol as its key ingredient, blended with natural emollients and a pure mint fragrance to soften the hands of the user. The quick drying time of Original (10 – 15 seconds) ensure no sticky residue occurs on the hands of the user which prevents further spread of bacteria and viruses in healthcare environments. Kills 99.9% of all transient bacteria, viruses and fungus on contact and has been proven to kill: H1N1, Norovirus, Gastroenteritis, E Coli Salmonella and MRSA.

Germstar® Noro has been formulated and engineered to kill Noro virus within 20 seconds of contact time, leaving hands sanitised. Available in Original and Noro, pump bottle or spray.

59ml  
474ml

£2.99  
£10.99

## Woundcare Plus Dressing Pack

- 1 x pair vinyl non-latex medium PF Gloves
- 1 x yellow disposable bag
- 1 x blue paper 50cm x 50cm
- 5 x non-woven swabs 7.5cm x 7.5cm
- 1 x dressing towel 43cm x 38cm
- 1 x 3-compartment procedure tray



£2.29

## Sterile Dressing pack - Medium

- 1 x yellow disposable bag
- 1 x paper sterile field 50cm x 50cm
- 5 x large cotton wool balls BP
- 4 x blue plastic forceps
- 5 x non woven swabs 7.5cm x 7.5cm
- 1 x red tie for bag
- 1 x dressing towel 43cm x 38cm
- 1 x 3-compartment procedure tray



£3.29

## Suture removal pack

- 1 x suture removal forceps
- 1 x stitch cutter blade
- 3 x non woven swabs 5cm x 5cm
- 1 x dressing towel
- 1 x laminate sheet
- 1 x yellow disposable bag



£1.59

## Sterile Suture Pack

- 1 x tray
- 1 x gallipot 60ml
- 2 x towels
- 1 x scissors
- 5 x non woven swabs 7.5cm x 7.5cm
- 1 x forceps
- 1 x needle holder
- 1 x dissectors
- 1 x sterile field



£7.39



## Skin Closure strips

Sterile, flexible wound closure strips. Prevents minor wounds from re-opening & helps to reduce bleeding. Stays securely in place even when wet low allergy & easy to remove.

3mm x 75mm pk of 50	£13.99
6mm x 75mm pk of 50	£15.99



## Leukosan Wound Closure Strips

Leukosan Strips are interwoven polyamide threads that provide superior elasticity allowing them to return to their original length when swelling subsides. Have rounded edges and excellent adhesion to ensure the strips remain securely in place.

3mm x 75mm pk 50 x 5	£21.99
3mm x 75mm pk 10 x 5	£9.99
6mm x 75mm pk 50 x 3	£21.99
6mm x 75mm pk 10 x 3	£9.99



## Dermaflex

A sterile, liquid topical skin adhesive containing a dual blend of Octyl and Butyl cyanoacrylates. This unique blend ensures that the product incorporates the most desirable properties of both Octyl and Butyl cyanoacrylates to optimise flexibility, strength and setting time. Easy to apply and quick drying, making it ideal for treating incisions, minor wounds and abrasions. Pack of 10

Pk of 10 £79.99



## Liquiband Skin Adhesive Optima

Remove the trauma of suturing with this sterile, single use tissue adhesive. Excellent wound closure, reduced risk of infection. Each ampoule contains a 0.5g adhesive and a separate safety flow control applicator for ease of use.

Pk of 10 £109.99

All sizes of Ethilon Sutures and skin staplers are available, please call for details.

# 5

## Footcare

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## COMPEED® Blister Plasters

COMPEED® Blister Plasters absorbs moisture and forms a protective cushion to provide instant pain relief and optimum healing conditions. Available in Small and medium or a mixed pack.

£4.99

## COMPEED® Extreme

COMPEED® Blister Extreme gives 20% extra cushioning\* and protection from rubbing thanks to its honeycomb structure.

\*vs. Compeed Blister Medium

£5.49



## Skin on Skin

Soothe and relieve the discomfort caused by blisters, abrasions and friction burns.

Second Skin Squares - Pk of 200

£29.99

Second Skin Circles - Pk of 48

£43.99

# PelliTec®

## Blister Prevention

The novel blister prevention pad developed in the UK



Sticks to your footwear, not your skin



Reduces the occurrence of blisters



Effective in helping blisters to heal



Developed in the United Kingdom

## PelliTec Pad Construction



☒ **Baltex Layer**  
Promotes breathability

☒ **Mylar Layer**  
For strength and durability

☒ **Gel Layer**  
Reduces friction, improves cushioning

☒ **Mylar Layer**  
For strength and durability

☒ **Scuba Layer**  
Tear resistant and water resistant

☒ **Adhesive Layer**  
Sticks to footwear

## Sensory

In independent sensory tests for blister prevention PelliTec gave significantly better cushioning than the market leading blister products.

## Sports Trials

PelliTec enabled the participants to successfully complete the 50 hour Futsal World Record with no pain from blisters.

## Diabetes

Diabetics need to look after their feet and an independent study showed PelliTec made shoes more comfortable.



## Silipos Digipads

Protects toes from constant pressure and friction, providing instant relief from the pain of blisters, bunions, corns, calluses and hammertoes. Pack of 12. Available in mini, small-medium and large-xlarge.

£19.99



## Silipos Digicaps

The digital caps are fully lined with polymer gel to give all over protection. Pack of 6. Available in mini, small-medium and large-xlarge.

£14.99



## Silipos Gel Squares Adhesive

A versatile solution to problems caused by pressure and friction these adhesive gel squares can easily be cut with scissors to the required shape and size. 10 x 10cm - Pack of 2. Available with adhesive or non-adhesive.

£11.99



## Silipos Digistrip

Versatile and easy to use. Same application as the digipad but in a strip allowing you to choose the length. Relieves painful effects of constant pressure and friction on fingers and toes. Available in narrow, medium and wide.

£29.99



## Silipos Gel Toe Spreader

Thicker than the separators. Used as an inter-digital wedge for bunion deformity, overlapping toes or toe drift. Available in Small, Medium or Large - Pack of 4.

£9.99



## Silipos Digital Care Kit

A convenient way to store and dispense the full silipos range. Compartment for each product. Comes fully equipped with digipad, digicap, tubing, spreaders and separators.

£49.99



## Silipos Gel Toe Separators

Anatomically moulded to fit comfortably between toes reducing shearing and inter-digital pressure. Available in Small or Large Pack of 15.

£11.59

## Silipos Achilles Heel Pad

A soft conforming gel pad protects the posterior of the heel from pressure and friction. Gel thickness 3mm. Available in small or large. Sold in singles.

£15.95





## Felt and Foams

All padding materials carry the same new generation hypoallergenic adhesives. Sheets benefit from a combined weave and adhesive layer that adds strength and resilience. Pk of 4 sheets.

### Felt

5mm - Pack of 4	£20.99
7mm - Pack of 4	£29.99
10mm - Pack of 4	£39.99



### Foam

5mm - Pack of 4	£13.99
7mm - Pack of 4	£15.99



### Fleecy Web

Pack of 4	£9.99
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### Starter Pack

Pack of 4 contains:

- 1 x 5mm foam
- 1 x 7mm foam
- 1 x 5mm felt
- 1 x 7mm felt

£21.99



### Toe Foam

Protects digits and tender areas from friction and pressure.

C - Pack of 12	£8.59
CX - Pack of 12	£8.59
D - Pack of 12	£8.59
DX - Pack of 12	£8.59



### Flexitol Heel Balm

Contains 25% Urea. The combination of moisturising, hydrating, emollient and occlusive properties make it highly effective.

56g

£6.49



### Gehwol Fusskraft

Extra - Universal foot cream with broad spectrum. For daily intensive care.

75ml £5.95

Green - For sweaty feet - naturally fresh. Dermatologically tested.

75ml £5.95



### Elevate Orthotics

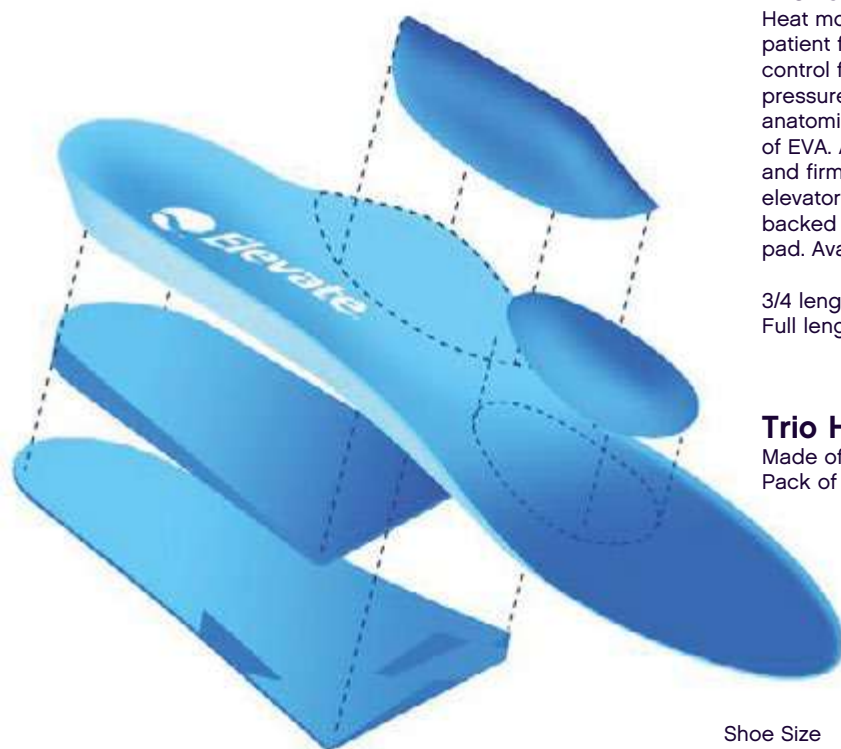
Heat mouldable modular orthotic kit for customised patient fit. Offers practitioners the opportunity to control foot posture and specifically modify the pressure distribution under the foot by means of anatomical contouring and supportive padding. Made of EVA. Available in three densities, soft, medium and firm. Supplied with: adhesive backed 8mm heel elevator 4 degree extended medial post. Adhesive backed met dome Adhesive backed valgus support pad. Available in 5 sizes.

3/4 length	£12.99
Full length	£22.99

### Trio Heel Lifts

Made of EVA. Available in 4mm, 6mm and 8mm. Pack of 5. Sizes small, medium and large.

£12.99



Shoe Size

Small	Medium	Large	X-Large	XX-Large
5-6.5	7-8	8.5-9.5	10-11.5	12-14



### 1st Line Orthotics

A heat mouldable orthotic suitable for all foot types. Deep moulded heel cups, a gentle supportive arch and a stable flat base. Made of EVA. Available in three densities, medium, firm and dual. Supplied with 3 & 5 degree adhesive backed medial posts to reduce pronation. Available in 5 sizes.

3/4 Length	£21.99
Full Length	£22.99

Shoe Size

Small	Medium	Large	X-Large	XX-Large
5-6	6.5-7.5	8-9	9.5-10.5	11-12





## Silipos Wonderspur Red Dot

Relieves pain throughout heel. Helpful when treating achilles tendonitis, plantar fasciitis, bursitis. Available in medium, large and x-large.

£25.99

## Silipos Wonderspur Blue Dot

Helpful when treating heel spurs, plantar fasciitis, knee, back and ankle pain. Available in medium, large and x-large.

£25.99



## TULI Pro Heel Cups

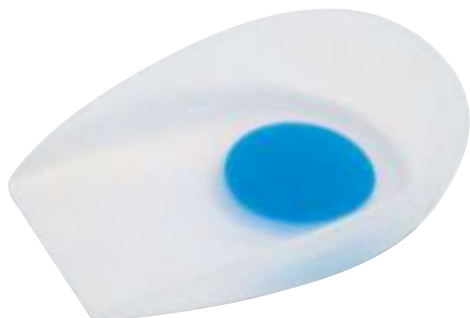
For high impact sports. Double waffle pattern absorb the force of the heel strike. Sized according to body weight.

Regular under 175lbs

£11.99

Large over 175lbs

£11.99



## Silicon Gel Heel Cups

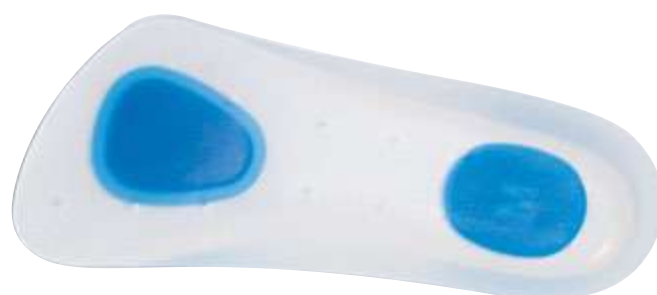
Blue point heel cups offer maximum comfort and pain relief. Made from medical grade viscoelastic silicone.

Shoe size 5-9

£12.99

Shoe size 9+

£12.99



## Silicon Gel 3/4 Length Insoles

Made of dual density medical grade silicon gel, the blue areas are extra soft providing added cushioning. Built in longitudinal arch support. Ideal for heel and arch.

Shoe size 5-9 Medium

£21.99

Shoe size 9+ Large

£21.99



## Sorbothane Double Strike

Ideal for activities where both the forefoot and heel are subjected to impact shock

Available sizes 5 - 12.5

£14.99



## Sorbothane Heels

Use where shock absorption and lift are required. These lightweight heel pads are particularly suitable for use in achilles tendinosis rehab. Available in small, medium or large.

Small 3-5

£6.99

Medium 6-8

£6.99

Large 9-13

£6.99



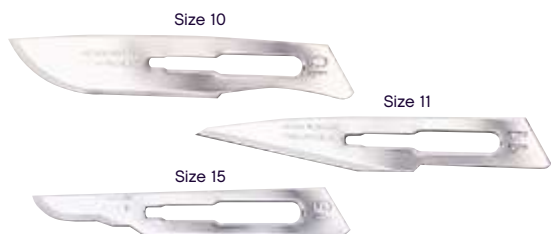
## Sorbothane Full Strike Insole

This mid-weight insole can be used with your existing insole providing the optimum combination of cushioning and shock absorption. Suitable for high absorption sports and activities.

Available in sizes 5 - 12.5.

£16.99





## Blades

Swann Morton blades. Sterile, individually wrapped in foil. Available in size 10, 11 and 15. Box of 100.

£13.99



## Swann Morton Blade Remover

Safely removes blades after use. Each hold 100 blades.

£1.09



## Pliers

£9.99



## Nail Clippers

£4.99



## Tweezers

£0.99



## Metal Nail File

Metal nail file 8"

£4.95



## Disposable Scalpel

Available in size 10, 11 and 15. Pk of 10.

£5.49



## Blade Handle

Size 3

£3.29



## Sharps Bins

0.5ltr

£1.99

1ltr

£3.49

7ltr

£4.99



## Scissors

Scissors blunt/blunt

£2.49

Scissors blunt/ sharp

£2.49

Sharp/sharp

£2.49

Tuff Cut

£2.75

Lister bandage scissors 5.5"

£3.99

Lister bandage scissors 7.5"

£4.99



## Foot Dressers

Scholl hard skin file

£5.49



## Chiropody set standard

Leather wallet containing black file, scissors, scalpel handle 3, Nail elevator and general purpose plier.

£29.99

# ascender<sup>®</sup>

UNIVERSAL  
POST-OP ROM

SECURE STRAP  
CLOSURE



The secure strap closures retain the desired strap length and hinge alignment function

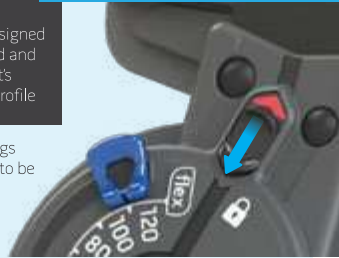
SECURE

USER-FRIENDLY  
DROP LOCK

USER-FRIENDLY

The drop lock is ergonomically designed to be easily locked and unlocked due to its curved concave profile

5 drop lock settings enable the brace to be locked at -10°, 0°, 10°, 20° and 30°



QUICK-CLIP  
RANGE OF MOTION  
SETTINGS

CONTROL

The range of motion settings can be easily adjusted via the spring loaded quick clips by a simple 'pull and slide' motion

This design prevents unintentional changes to the flexion and extension settings.



OPTIMISED  
FOR AIRFLOW

BREATHABLE

Advanced production techniques of brace pads allow integration of airflow channels, enhancing breathability and improving patient comfort.



CUSTOM DESIGNED  
FOR COMFORT

Multi-section design allows the pad to form and contour to the leg

Brace pads are manufactured using a high quality foam offering an effective balance of comfort and resistance.

Sealed edges provide a perfect finish and avoids use of binding that is both uncomfortable and unsightly.

EFFECTIVE  
NON-SLIP SURFACE

ANTI-MIGRATION

Integrated soft anti-slip surface finish minimises distal migration of the brace



INNOVATIVE

High quality moulded "soft-touch" Y-tabs with low profile hook surface allow for quick adjustment of strap length and ensure improved aesthetics

SOFT TOUCH  
Y-TAB



QUICK CLIP  
STRAP CLOSURE

Quick clip buckles enable the easy removal and application of the brace whilst retaining the desired strap length setting

# 6

## Supports

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## Mueller High Performance ATF

Designed to conform to the arch of the foot for precise fit and no bulk. The brace allows unrestricted foot movement for jumping, speed and agility. Fits either foot. Available XS - XL.

£29.99



## Aircast Air-stirrup Universal

Patented duplex aircell system to reduce swelling and pain by enhanced circulation. Ideal for ankle sprains and chronic ankle instability. Universal semi-rigid shell Bilateral. . One size fits all.

£31.99



## Mueller One Brace

Extremely light and low-profile, the One® protects against inversion and eversion ankle sprains. Adjustable figure 8 straps with side pulling stirrups. Latex free Fits left or right. Available S-XXL. Measured on shoe size.

£34.99



## Aircast Airsport+

Ideal for acute ankle sprains and postoperative tendon rupture or ankle fracture. The Boa lacing system provides adjustable uniform compression and the foam filled air cells support the ankle. Semi rigid encased shells. Anterior cross strap. Latex free. Available Left or Right, Small – Large. Measured on shoe size

£58.99



## Mueller Adjustable Ankle Stabiliser

Lightweight design, ideal for extended use. Side stays to provide firm lateral support. Figure 8 strapping to offer custom fit and controlled compression. One size fits most. Fits either foot.

£16.99



## Aircast Airsport A60

Features a 60 degree stabiliser to guard against rollover and help prevent ankle sprains. Slim anatomical design for improved fit. Easy single strap adjustment. Available Left or Right. Available Small - Large.

£41.99

Shoe Size for all Mueller above

X-Small	Small	Medium	Large	X-Large
5-6	6-8	8-10	10-12	12-14

Shoe for all Aircast above

Small	Medium	Large
3-5	6-8	8-11



## Mueller Hinged Wrap Around Knee Brace

Ideal brace for weak or injured knees needing maximum medial/lateral support without restricting movement. Patella buttress protects and stabilises the kneecap. Measure around patella.

Regular 30-40cm  
Large 40-50cm

£39.99  
£39.99



## Mueller Wraparound Knee Support

Provides support to the knee, improves circulation and assists in healing and increased joint flexibility. Neoprene blend, steel springs to support the knee and anatomically shaped patella opening with half tube buttress support. OSFM

£19.99



## Mueller Textured ITB Strap

This lightweight wrap helps relieve pain or aching on the outer side of the knee associated with iliotibial band syndrome. Textured neoprene prevents slipping. One size fits most

£15.99



## Mueller Patella Knee Strap

Provides effective compression to help guide the patella. Strap is fully adjustable and comfortable for all day wear. Ideal for patella tendonitis and Osgood-Schlatters. One size fits most.

£9.99



## Mueller Max Knee Strap

Lightweight support. Compression tubes target above, below and both sides of the knee. Breathable mesh fabric allows for all day comfortable fit. One size fits most.

£22.99



## Mueller Neoprene Knee Sleeve

Contour design for comfort and fit. Soft neoprene blend gives even compression and soothing warmth. Available in open or closed knee style. Open patella relieves pressure on kneecap. Available small - x large. Measure around centre of knee.

£15.99



AIRCAS<sup>T</sup>

## Aircast AirSelect Elite

Specifically designed for stable fractures of the lower leg, foot and ankle. Overlapping aircells provide intermittent compression reducing oedema. Pre inflated front panel aircell and custom inflation system provides a full contact fit. New design now features integrated inflation system and lets patient inflate each aircell individually.

£136.49



AIRCAS<sup>T</sup>

## Aircast Air Select Short

Short walking boot offers a solution to a number of indications related to the forefoot, midfoot and hind foot injuries. Ideal for metatarsal fracture and stress fracture of the foot. Integrated inflation for ease of use with lightweight lab tested rocker sole to encourage a natural gait.

£99.99



## Actimove Walker

A high quality, rigid outer skeleton ensures high protection of the foot, ankle and lower leg. Circumferential strapping, a shock absorbing sole and breathable materials provide comfort for the patient. Features rocker bottom to aid physiological gait, adjustable heel wedge and toe guard. Integrated pump and valve system.

Short  
Tall

£54.99  
£69.99



DONJOY

## Donjoy TROM Advance Cool

Total range of motion post op brace. Features locking capabilities following ACL, PCL, MCL surgery. Range of motion from -10 degrees to 90 degrees. Universal size.

£129.99



DONJOY

## Donjoy Rehab TROM

Designed as a sized, short, ready to fit brace. Simple one piece application. Provides controlled range of motion and quick locking capabilities. 42cm in length.

£129.99



DONJOY

## Donjoy Playmaker

Suitable for mild ACL, MCL and LCL instabilities. Suitable for moderate activity levels. Features spandex material to promote a cooling effect. Enhanced low profile hinge allows for a range of motion control. Fits left or right knee. Available in 7 sizes. 6 month warranty.

£165.99

## RX

Rx/recipe/means "Prescription" in Latin. This is what Rehband call products that are developed to prevent injuries and increase performance.



*RX Knee Sleeve 3mm*  
Size(s): XXS/XS/S/  
M/L/XL/XXL  
Thickness: 3mm  
Colour(s): Black  
£18.99



*RX Knee Sleeve 5mm*  
Size(s): XXS/XS/S/  
M/L/XL/XXL  
Thickness: 5mm  
Colour: Black  
£22.99



*RX Thumb Sleeve*  
Size(s): S/M & L/XL  
Sold in Pairs  
Colour(s): Black  
£6.50



*RX Shin/Calf Sleeve*  
Size(s): XS/S/M/L/XL  
Thickness: 5mm  
Colour: Black  
£22.99



*RX Elbow Sleeve*  
Size(s): XS/S/M/L/XL  
Thickness: 5mm  
Colour: Black  
£22.99

## QD

QD/quaque die/means "Every Day" in Latin. This is what Rehband call their lightweight products which can be used for every day support, while maintaining the agility of movement.



*QD Knitted Knee Sleeve*  
Size(s): S/M/L  
Colour: Grey  
£16.99



*QD Knitted Ankle Support*  
Size(s): S/M/L  
Colour: Grey  
£12.50



*UD Tennis Elbow Strap*  
Size(s): One Size  
Colour: Black  
£16.99

## RX CARBON BLACK

Lift heavier and perform better, the RX Knee Sleeve Carbon Black is the latest edition to the Rehband range. Available in 5mm and 7mm, in 6 different sizes: SX-XXL. Can be used where there are requirements of no visible logos, i.e. competitions, or work-related situations. The RX Knee Sleeve Carbon Black is classified as a medical device.



*5mm RX Knee Sleeve Carbon Black*  
Size(s): XS/S/M/L/XL/XXL  
Colour: Black  
£24.99

*7mm RX Knee Sleeve Carbon Black*  
Size(s): XS/S/M/L/XL/XXL  
Colour: Black  
£29.99

PREPARE.PERFORM.RECOVER



# ZONED COMPRESSION SHORTS

The first and only compression shorts in the world with a scientifically proven effect\*.



Available in all club colours



## SCIENTIFICALLY PROVEN

Independent RCT-study has proved the positive effects of the Knap'man shorts on groin injuries in football players.

## PREMIER LEAGUE APPROVED

The Zoned Compression Shorts are being used by players in all major sports competitions, including the Premier League.

## PATENTED COMPRESSION

The patented Knap'man 'Zoned Compression'-technology contains built-in compression zones with up to 45% compression.

## INJURY PROTECTION

The Zoned Compression Shorts are specially designed for the prevention and treatment of upper leg injuries (especially groin and hamstring injuries).



### Bryan English

Head Medical Middlesbrough FC

"I have seen many compression garments in my 20 years working in elite sport. However, for me, Knapman is the best product I have come across."



### Adam Weir

Sports Doctor Erasmus MC

"At the Erasmus MC (Centre for Groin Injuries) I see people with groin-related complaints on a daily basis. With such complaints I always recommend wearing the Knap'man compression shorts".

\*The results of the RCT-study are published in 'Physical in Sport', Volume 38 (Juli 2019).

### USP 45% MEN



#### Colours:



£ 89.00

### USP 25% MEN



#### Colours:



£ 79.00

### USP 45% WOMEN



#### Colours:



£ 89.00

**Knap'man**<sup>®</sup>  
Ultimate Compression

Experience the unique Knap'man benefits?

Ask us about the possibilities for a Knap'man Experience Training.

PREPARE.PERFORM.RECOVER



# ZONED COMPRESSION TIGHTS



## RECOVER IN RECORD TIME

- Reduces muscle fatigue and sore muscles
- Promotes the supply of oxygen to the muscles
- Fast replenish of the energy reserves

## PERFORM AFTER LONG TRAVEL

- Fresh legs after a long journey
- Less performance loss
- Improved blood flow in the legs



**Jack Clover**

Strength & Conditioning Coach Everton FC

*"We were astounded by the impact of the compression pants on recovery. That's why I asked the club to provide a Knap'man recovery kit for all the players."*

### USP 45% MEN



Colours:



£ 119,00

### USP 25% MEN



Colours:



£ 109,00

### USP 45% WOMEN



Colours:



£ 119,00

### USP 25% WOMEN



Colours:



£ 109,00

We strongly recommend to combine the long pants with the compression ankle socks for optimal results.

**Knap'man**<sup>®</sup>  
Ultimate Compression

## ACTIVE STRONG

COMPRESSION



### NEXT LEVEL PERFORMANCE

- Optimizes stability
- Protect against injuries
- Boosts the energy in the muscles

### INNOVATIVE COMPRESSION

Strong and active compression, according to the Knap'man 'Zoned Compression'-Technology

### ENERGY BOOSTER

Ensures an exceptional boost of energy to the muscles.

### ACTIVE STRONG



Full Socks  
£ 49,00



Calf Sleeves  
£ 44,00



Ankle Socks  
£ 39,00

### ULTRA STRONG



Full Socks  
£ 49,90



### Serola SI belt

Gives specific support for most lower back and sacro-iliac dysfunctions and excellent support for hypermobility. Helps to correct joint biomechanics and aids myofascial rehabilitation.

£44.99



### Mueller Back Brace

Adjustable, lightweight and comfortable with eight flexible steel springs for support of lower back. Front velcro fastening. One size fits most.

£23.99

Small	Medium	Large	X-Large
<86cm	86-100cm	100-115cm	115-132cm

Measure around hips



## Elastic Wrist Brace

7" woven elastic. Simple touch and close fastenings. For mild wrist sprains and carpal tunnel. Left or right.

£8.59

Small	Medium	Large	X-Large
14-17cm	16-18cm	18-20cm	19-21cm



## Elastic Wrist Thumb Brace

Woven elastic material for comfort and durability. Comes with a removable aluminium palmar bar and thumb stay.

£8.59

Small	Medium	Large	X-Large
14-17cm	16-18cm	18-20cm	19-21cm



## Mueller Wrist Support Wrap

Helps support weak or injured wrists while maintaining full range of movement. Fits either hand. One size fits most.

£8.99



## Elastic Thumb Spica

Supports the wrist and thumb whilst leaving the palm free. Metal stay extends along thumb to restrict CMC and MCP joints leaving the IP joint free.

£6.95

Small	Medium	Large	X-Large
13-15cm	15-17cm	17-19cm	19-21cm



## Ultimate Arm Sling

Sling pouch stretches to adjust to length of the arm from elbow to wrist. Weight of the arm is supported evenly, eliminating pressure points. Available in medium and large.

£19.99



## Thermoplastic Sheets

Ideally suited for serial splinting and splint for both the upper and lower limbs. Heating time is 1-2 minutes at a temperature of 60-70°C. Working time is 3-4 minutes.

Translucent appearance on reaching activation temperature. 3 thickness variations available. Each sheet is 45cm x 60cm. Available in perforated and solid versions.

1.6mm	£57.99
2.4mm	£69.99
3.2mm	£79.99



# PFLEXX®

K N E E   E X E R C I S E R

## KNEE PROBLEMS?

**HERE IS THE ANSWER!**  
MAY LOOK LIKE A KNEE SUPPORT...  
BUT DOES MUCH MORE.

- Built in resistance builds and strengthens muscles around the knee joint
- High compression sleeve provides support and speeds recovery times
- ADVANSA Thermo°Cool® material that keeps you warm when cold and cool when hot



## PFLEXX® KNEE SUPPORT TRAINER

### PRODUCT DESCRIPTION

Resistance Training Support for Knee & Leg Muscles with Coolmax Compression Knee Sleeve with Velcro Straps incorporating PFLEXX® Power Springs for RESISTANCE and CROSSFIT TRAINING.

- Developed to help build knee strength and leg muscle in quads, hamstrings, glutes and calf.
- University studies showed increases in muscle activation of up to 30% when walking and 400% when running
- Aid to rehabilitation and accelerate recovery with compression support to help increase blood flow and alleviate pain.
- Designed to enhance fitness health and wellbeing by increasing muscles activation when active to build strength, toning & endurance.
- Use at home, at work, at the gym for general fitness active leisure pursuits, all sports and elite performance
- Comes complete with three sets of interchangeable PFLEXX® Power Springs

3.5KG WHITE 7LBS	5KG YELLOW 10LBS	7.5KG BLACK 15LBS
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 **PFLEXXSPORTS**



# 7

## Hot & Cold Therapy

<b>Ice Packs/Bags</b>	<b>56</b>
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<b>Ice Machines</b>	<b>59</b>





## Mueller Ice Bag

For use in the treatment room or on the touchline. Simply unscrew cap and fill with ice cubes or crushed ice.

Mueller Ice Bag 9" (fabric)  
Rubber Ice bag 12"

£8.99  
£10.99



## Instant Ice Pack

Emergency ice at your fingertips. Simply squeeze to activate for instant cold. Use compression and ice to help minimise soft tissue damage.

£0.69



## Mueller Heavy Duty Ice Bags

1500 tough ice bags – perfect for the treatment room. Use in conjunction with the Mueller wall dispenser for ease of use.

Mueller Heavy Duty Ice Bag 25cm x 45cm - Roll 1500 £75.99  
Mueller ice bag dispenser £19.99

Plastic Ice Bags - 35cm x 50cm pk 100 £6.99  
Premier Heavy Duty Ice Bags 30 x 45cm pk 1000 £59.99



## Mueller Ice Bag Wrap

Soft adjustable wrap ideal for applying cold therapy. Long straps provides custom fit with firm comfortable compression. Supplied with 9" ice bag.

£15.99



## Clingwrap Roll + Handle

Clingwrap Roll  
Clingwrap Handle

£2.79  
£4.50



## Re-usable Hot/Cold Pack

Retains flexibility and mouldability after freezing. Can be heated in a microwave.

15cm x 23cm

£2.79



## Deep Freeze

Designed to offer effective and convenient pain relief with the benefits of cold therapy.

Patches pack of 4	£4.69
Spray 150ml	£3.59
Gel 100g	£4.79
Roll on 50ml	£4.29



## Deep Heat

Recommended for the relief of muscular pains and stiffness including back pain, sprains and chilblains. Can be used before or after exercise.

Patches pack of 4	£5.99
Spray 150ml	£4.59
Rub 100g	£4.79
Roll on 50ml	£4.29



## Wheat Packs

A perfect tool to be used both at home and post treatment as a warm or cool compress. Made from 100% natural ingredients, it also has a 2 channel design enabling greater distribution of heat during application. A soft, durable fleece fabric, filled with 100% natural UK wheat with elasticated strap to hold in place.

£10.99



## Self Heating Back Support

Lightweight Self Heating Back Support, consists of a neoprene wrap, secured by Velcro, fused with a Tourmaline Gemstone and magnets when in contact with your body. A noninvasive way of applying heat to your lower back in order to assist in the relief of pain and discomfort. Provides heated infrared waves.

£19.99

  
**RECOUP**

**CRYOSPHERE**

£33.99



THE RECOUP CRYOSPHERE PROVIDES ALL THE BENEFITS OF A TRADITIONAL SELF MYOFACIAL RELEASE (FOAM ROLLING, IN COMBINATION WITH CRYOTHERAPY) ICE MASSAGE. THESE TWO FORMS OF MUSCLE THERAPY HELP TO DECREASE INFLAMMATION, AID IN POST WORKOUT RECOVERY, AND ALLOW SPECIFIC TREATMENT FOR AREAS OF THE BODY IN NEED.



**TRAVEL  
SAFE**



**RECOUP  
MUSCLES**



**UP TO 6  
HOURS COLD**



**NO MORE MESSY  
ICE CUPS**



**REUSABLE/  
DURABLE**

**2 IN 1**

**ICE MEETS  
MASSAGE**

# PHYSIOLAB

REPAIR • RECOVER • PERFORM



## HOW WE HELP:

- Effective pain management
- Swelling (Oedema) reduction
- Inflammation control
- Localised soft tissue repair

## WHERE WE HELP:

- Pre/post-surgery
- Sprains, strains & ligament tears to any joint or muscle
- Delayed Onset Muscle Soreness (DOMS)

## MANAGE PAIN AND SWELLING THE NATURAL WAY WITH PHYSIOLAB®

PHYSIOLAB® are a UK-based manufacturer of highly effective cooling and compression devices. The application of PHYSIOLAB® following surgery or injury can greatly reduce rates of swelling and pain, leading to an overall improved recovery time.

Please call the office on **0161 633 5533** to arrange a demo and for more details.  
Units are available for rent.





## Inflatable Ice Baths

RecoveryTub portable systems are a range of Inflatable Ice Baths designed to be used in any location. Easy and quick to install and compact for transport. Comes with Carry bag and rechargeable air pump. Team holds 3-4 players and squad tub has capacity for 6 players

Solo	£114.99
Team	£139.99
Squad	£165.99



## Igloo Ice Chests

Impact resistant design for easy transport of ice for use at pitchside.

Igloo Ice Playmate 6 litre	£21.99
Igloo Ice Playmate 15litre	£38.99
Igloo 36litre on wheels	£69.99



## Ice Machine Cuber

This stainless steel free standing ice cuber will fit neatly into even the smallest of treatment rooms. Ice is stored in an easily accessible bin. Hygienic and easy to clean. H 67cm x W 38cm x D 49cm. Production: 21kgs. Storage 9kgs.

£899.99

## Ice Machine Flaker

For a constant flow of flaked ice, H 87cm X W 65cm x D 52cm. Production: 85kgs. Storage 21kgs.

£2,499.00



## Moist Heat Packs

Provides up to 30 minutes of deep soothing moist heat. Designed to fit body contours.

Standard	£12.99
Oversize	£28.99
Neck Contour	£13.99
Standard Terry Cover	£27.99
Oversize Terry Cover	£36.99
Neck contour Terry Cover	£19.99



## Hydrocollators

Chattanooga Heating units. Simple to use and easy to maintain. No plumbing required.

### E1 Model

Table top unit Includes 4 standard hot packs. Dimensions 33cm x 20cm x 41cm.

£299.00

### E2 Model

Larger table top unit with capacity to hold oversize hotpacks. Comes with 2 oversize, 1 neck contour and 3 standard heat packs.

Dimensions 38cm x 33cm x 51cm.

£659.00

# Hydro<sup>2</sup>Oil

## Grip n' Glide



100%  
WATER  
DISPERSIBLE



sport • arnica • original • unscented gel

- Cleans easily from towels
- Leaves the skin hydrated
- Vegan Friendly
- Certified Choose Cruelty Free

# 8

## Massage & Acupuncture

<b>Songbird Waxes</b>	<b>62</b>
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## Songbird Liquiwax

A version of the classic Massage Wax that comes in a pump dispenser. Somewhere between a lotion and a classic massage wax, it is an entirely new formulation which is perfect for smooth nozzle delivery. Liquiwax allows for long, gliding strokes ideal for body work, while maintaining a tight grip, though different to, and not as tight as the Massage Waxes. They are also nut free, making them ideal for any nut allergic clients.

**Orange Spice Liquiwax** has a warm, citrusy scent. The Nutmeg, Cardamom and Clove Oils add the spice to the formula and create a gentle warming effect.

**Zest Liquiwax** is a light, gentle, refreshing and uplifting citrus blend containing Lime and Mandarin.

**Sports Liquiwax** is an excellent pre and post event massage medium

**Unscented Liquiwax** still contains Arnica oil but has no essential oils in the formula. In all other respects is exactly the same as the others in the range.

500ml

£20.99



## Songbird Waxes

Supreme medium for massage. A Blend of Beeswax and only natural ingredients. Does not contain any preservatives or chemical additives. The semi-solid formula melts onto the skin providing a working surface that delivers control, smoothness and a perfect finish. A little goes a long way and the skin is left grease-free. No mess, No spills!

### Sports Massage Wax

Ideal for pre and post match massage. Essential Oils of calendula, manuka and lemon.

100g

£7.99

550g

£20.99

### Unscented Massage Max

No essential oils in the formula, but in all other respects is exactly the same as the others in the range.

100g

£7.99

550g

£20.99

### Orange Spice Wax

A good all round massage wax, gently warming. Essential oils of grapefruit, orange and pimento. Slightly softer than sports wax allowing for easier spread

100g

£7.99

550g

£20.99



## Cooling And Soothing Balm

Used for work on specific body areas. Commonly used for deep tissue bodywork. Active ingredients include arnica, hypericum, yarrow and chamomile. Menthol adds cooling sensation to the balm.

550g

£26.99

## Warming And Easing Balm

Creates a warming sensation in the area to which it is applied. Active herbal ingredients include arnica, camphor, black pepper, ginger and capsicum for relief of muscular stiffness and joint pain.

550g

£26.99

## Fascial Release Wax

Gives the right amount of grip into the connective tissue, allowing the therapist to manipulate in a wide variety of ways. Formula includes Beeswax, Olive Oil, Almond Oil, Arnica, Calendula, Essential Oils of Manuka and Lemon. Also includes Hypericum

325g

£16.99

500g

£25.99

## Vegan Fascial Release Wax

The vegan version will feel slightly different to the original and may need a little more re-application, but the result is a firm and nutritious plateau with a dry finish. It gives the right amount of grip for the connective tissue, allowing the therapist to manipulate it in a wide variety of ways; lengthening, differentiating and mobilising it. nut-free. Plant based wax rather than beeswax.

500g

£25.99

## Hydro 2 Oil Extreme Sport Massage Oil

A unique blend of essential oils renowned for their pain relieving and warming qualities. Helping to massage away muscular aches and pains while relaxing tense muscles after exercise. Use after exercise or injury to assist in faster healing.

250ml £6.59  
1ltr £13.99

## Hydro 2 Oil Muscle & Joint Massage Oil

A deeply penetrating blend of wintergreen, eucalyptus, pine, rosemary and pepper essential oils to help relieve inflamed joints, stiffness and muscle pain. This oil is ideal for athletes or anyone experiencing aching muscles and joints.

250ml £6.59  
1ltr £13.99

## Hydro 2 Oil Athletic Massage Oil – Warm Up

Formulated to assist in the preparation and recovery of the muscles before and after exercise. The combination of heat and massage helps to loosen and warm up muscles and soft tissue while stimulating blood circulation to prevent injury. Wintergreen properties produce heat immediately after application, with a sensation of warmth being maintained throughout the performance.

250ml £6.59  
1ltr £13.99

## Hydro 2 Oil Sweet Almond Oil

A light, odourless, non-greasy and versatile oil that is easily absorbed. Highly nutritious, rich in protein, minerals and vitamins, Sweet Almond is suitable for use on all skin types.

250ml £6.59  
1ltr £13.99



## Hydro 2 Oil Relaxation

A calming blend of lavender and tea tree essential oils to soothe tired, aching muscles while also promoting relaxation for the mind and body. With a light, refreshing fragrance, this oil will help the body unwind after a busy day.

250ml £6.59  
1ltr £13.99

## Hydro 2 Oil Unscented Massage Oil

A nourishing blend of soya bean oil naturally rich in Vitamin E. The light texture is easily absorbed and is ideal for all skin types. Odourless, this blend is perfect for use with essential oils.

250ml £6.59  
1ltr £13.99



## Grip 'n Glide Massage Cream Arnica

A textured and sensitive solution that combines Beeswax, Aloe Vera, Vitamin E, Tea Tree and Arnica Montana. Perfect for using in recovery massages or for massaging sensitive areas,

400g £15.99

## Grip 'n Glide Massage Cream Original

The original cream is made with Beeswax, Aloe Vera, Vitamin E, Coconut Oil, Lavender Oil and Peppermint Oil to create the ultimate traction for firm massage treatments, without causing friction with the hairs.

400g £15.99

## Grip N' Glide Massage Unscented Gel

A gel contains nourishing blend of soya bean oil, naturally rich in Vitamin E. The light texture is easily absorbed and is ideal for all skin types.

400g £15.99

## Grip 'n Glide Sports Massage Cream

Produces a warming sensation that's ideal for pre and post work-out massages. It is designed specifically to cater for sports-related massages. Combining Beeswax, Aloe Vera, Vitamin E, Methyl Salicylate, Wintergreen Oil and Peppermint Oil, the cream provides an invigorating, heated sensation while creating moderate resistance.

400g £15.99



## NAQI® Massage Lotion Ultra

This lotion has a pleasant texture with good immediate gliding and dispersal properties, Naqi Ultra is a hypo-allergenic lotion that is skin friendly. After use skin is soft but never oily. Economical to use.

500ml £9.99  
5ltr £49.99

## NAQI® Massage Lotion Sport

Specially developed for extended massages such as sports massages, oil-rich lotion with excellent gliding and dispersal properties. Particularly suited to hairy skin. Can be applied sparingly, so is economical in use.

500ml £8.99  
5ltr £49.99



## NAQI® Premium Soft Tissue Wax

A blend of fine oils carefully selected to guarantee excellent control for soft tissue therapy. The unique formulation optimises the natural skin barrier and provides a hydration boost, resulting in smooth and moisturized skin. The wax is unscented, non-greasy, easy to clean off and suitable for all skin types.

500ml £26.99



## NAQI® Recovery Gel

NAQI® Recovery Gel helps reduce muscle fatigue and stiffness after physical activity. It relaxes the muscles and helps reduce muscle fatigue after physical activity. Containing essential oils of eucalyptus, peppermint, cypress, arnica and juniper, and vanilla butter to stimulate blood flow and increase the supply of nutrients and oxygen to tired muscles. NAQI® Recovery Gel is easily absorbed, non-greasy and has an intense and prolonged effect

100ml £9.99

## Traumeel

Homeopathic combination formulated from 12 botanical and 2 mineral substances. Used within the homeopathic tradition for the relief of symptoms such as pain and swelling resulting from sprains, strains and bruising.

50g £8.49



## Traumadol Arnica Cream Gel

A pain relieving arnica-cream gel for bumps, bruises and sports injuries 10% arnica content.

100ml £10.99



## Weleda Arnica Ointment

A traditional herbal remedy for the symptomatic relief of rheumatic pain, muscular stiffness, bruising and sprains.

Weleda Arnica Ointment 25g £6.89  
Weleda Massage Balm 100ml £10.99



## Naqi Sport Arnica Gel

Contusion gel for sprains, injuries and bruises, Relieves rheumatic pain. Recommended for functional rehabilitation.

100ml £11.99





## Premax Original Cream

Combines beeswax, aloe vera, vitamin E, lavender oil, and peppermint oil. The light blend of lavender and peppermint essential oils give the cream a light, refreshing scent.

400g

£24.99

## Premax Essential Cream

Combines beeswax, aloe vera, vitamin E, olive-oil and ylang ylang oil. The light blend of patchouli and ylang ylang essential oils give the cream a light citrus scent, and the shea and cocoa butters give it a rich creamy texture. Has a moderate resistance and is long lasting.

400g

£24.99

## Premax Activate Massage Cream

A premium quality, medium resistance massage cream which is formulated to help prepare people for sport and activity by combining magnesium, caffeine, and an uplifting blend of mint and citrus essential oils. Long lasting, wipes off easily, and leaves this skin feeling fresh, hydrated and clean.

400g

£24.99

## Premax Arnica Cream

Combines beeswax, aloe vera, vitamin E, olive oil, shea butter, cocoa butter, ginger and arnica montana. It has a moderate resistance, is long lasting, wipes off easily and leaves the skin feeling moisturised and clean.

400g

£24.99

## Premax Massage Lotion

A smooth, silky and unscented massage lotion. It is the lightest of the Premax massage range, with more glide and effortless workability. The lotion is a fantastic alternative to massage oil and massage cream.

1000ml

£21.99



## Toropro Massage wax

100% UK handmade wax, made to be used by all therapists.. The whole range is nut free, the main ingredients are: Beeswax, organic sunflower oil, cocoa butter, arnica, mango butter, calendula, vitamin E. There is a light texture to the wax as well as a firm grip, perfect for deep tissue and fascia release work. Available in 4 versions: Calm, Citrus, Invigorate and Cool & Ease

400g

£25.99



## Chemodol Massage Oil

Suitable for all skin types. Neutral fragrance.

500ml  
5ltr

£9.99  
£82.99

## Baselin Massage Milk

Baselin is a non-greasy, hypo-allergenic massage milk

500ml  
5ltr

£9.99  
£82.99

## Chemovine

Suitable for use on hairy skin. Can be washed off easily.

500ml  
5ltr

£9.99  
£82.99

## Chemotherm

A mild warming effect without causing irritation. Use as a pre-sport warm up rub.

500ml  
5ltr

£13.99  
£119.99

# POWER PLATE®

## PULSE™

£249.99

### PORTABLE. POWERFUL. PERFECT

From the leader in whole body vibration for over 20 years, the Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

The Pulse is a cutting-edge vibrating massager that:

- Helps relax and rejuvenate tight and sore muscles
- Accelerates exercise warm up and recovery
- Promotes blood flow and fascia release
- Enhances range of motion
- Reduces pain

 4 VIBRATION INTENSITY LEVELS

 4+ HOUR BATTERY LIFE

 WHISPER QUIET MOTOR

 LIGHTWEIGHT DESIGN



#### SIX MASSAGE ATTACHMENTS

The Power Plate Pulse comes with six different attachments to better suit your preparation and recovery. Made of only the toughest material; the fork, small flat, large flat, thumb, small ball and large ball attachments are built to last.



**Also Available  
In Matte Red**

POWER PLATE®

[powerplate.com](http://powerplate.com)



# HYPERVOLT

Featuring Quiet Glide™ Technology

**£399.99**

The Hypervolt is a cordless state-of-the-art vibration massage device that relieves muscle stiffness and soreness, increases circulation and range of motion, and improves the overall health of the body's soft tissue.

## Benefits

- Helps relieve muscle pain, stiffness and soreness
- Increases range of motion, circulation and blood flow
- Lightweight, Easy-to-use for self-myofascial release
- Quiet Glide™ Technology delivers optimal vibration therapy

## Included Applicators



Innovation by **HYPERICE**

# Unrivalled Power. Remarkably Quiet.™

## The technology behind the results.

- **QuietForce Technology™:** Our brand new proprietary brushless motor uses QuietForce Technology, delivering the unrivalled and renowned Theragun power, all while being quieter than ever.
- **Smart Percussive Therapy™ with Bluetooth Connectivity:** Enables a personalized app experience with guided routines.
- **Wireless Charging:** Charging on contact.
- **Frequency:** Customizable speed range (1750-2400 PPMs) for tailored treatments.
- **16 mm Amplitude:** Our Theragun PRO and Theragun Elite treat deep within the muscle.
- **Theragun Triangle:** Our patented multi-grip design engineered with 4 ergonomic grips.
- **Attachments:** Our closed-cell foam attachments are designed to treat specific areas of your body comfortably.



### Theragun PRO £549.00

#### Powerfully Quiet.

Powerful, quiet, and commercial-grade. The professional percussive therapy device in a league of its own.

Top-of-the-line, commercial-grade deep muscle treatment meets personalized, guided app experiences that help to reduce muscle soreness, improve mobility, and increase relaxation. With a rotating arm, continuous battery life, and an industry-leading 2-year warranty, the Theragun PRO is the advanced, professional-grade recovery tool of choice for professionals and everyday people worldwide.



### Theragun Elite £375.00

#### Felt, Not Heard.

Premium. Effective. Elevated. The Theragun Elite is our quietest Smart Percussive Therapy™ device.

The elegantly designed ultimate wellness partner is quieter than ever. It integrates with a personalized app experience to reduce your tension, whether it comes from everyday life, work, or workouts.





## Pulse

Powerful, yet whisper quiet, the Power Plate Pulse is a best-in-class premium handheld massager. With more attachments than any other massager on the market, users can choose between size different options suited for various warm up and recovery needs.

Matte Black or Red

£249.99

## Roller

Taking classic foam rolling to a new level, the Power Plate Roller is a portable vibrating massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

£82.99



## DualSphere

The Power Plate DualSphere is a premium product ideal for an effective and concentrated massage. Encompassing a unique contoured shape and an exclusive textured design, the DualSphere can effectively target hard to reach areas.

£82.99

## Targeted Vibration Products

Designed for everyone, regardless of fitness level, our new Targeted Vibration Products are perfect for pre-workout muscle release and post-workout recovery.

**pulseroll**



### Pulseroll Vibrating Foam roller

Warming up or cooling down, this can be an essential part of your rehab and recovery routine. Can increase joint range of motion and reduce post-workout muscle soreness. Available in standard (30cm x 15cm x 15cm) or pro (38cm x 15cm x 15cm). Average battery life 3 hours. Comes with remote control to change vibration speed, standard has 4 levels and pro has 5 levels. 1 year warranty

Standard  
Pro

£82.99

£99.99

**pulseroll**



### Pulseroll Vibrating Peanut Ball

Ultra portable relief, use to increase blood flow to aid recovery. Ball has 4 vibration levels 2200- 4000 RPM. Average battery life 3 hours. Comes with remote control to change vibration speed. 1 year warranty

£74.99

**pulseroll**



### Pulseroll Single Ball

A deep tissue muscle massager that fits comfortably in the palm of your hand. Unlike the vibrating foam rollers, the single ball can reach specific trigger points all over your body. This super portable tool is ideal for muscle recovery and pain relief. 1 year warranty

£69.99

**pulseroll**



### Pulseroll Gun

Quiet noise technology massage gun. 4 intensity power levels and is supplied with 6 interchangeable heads. Comes in a zip hard carry case. Battery life 3 hours. 1 year warranty.

£187.99



## Classic Plus Acupuncture Needles

Sterile acupuncture needles with copper coil loop-end handle with individual guide tube. Offer pain free insertion. Pk 100.

Available in lengths 13mm, 25mm, 40mm, 50mm, 70mm and 90mm by 0.2, 0.25 and 0.3 diameter.

£6.29



## Seirin B Acupuncture Needles

Disposable acupuncture needles from SEIRIN have set the standard world wide. No guide tube. Box 100.

Available in 155mm x 0.25, 30mm x 0.3, 40mm x 0.25 and 50mm x 0.3.

£14.50



## Sharps Disposal Bins

7 litre	£4.99
1 litre	£2.49
0.5 litre	£1.99



## The Original Jacknobber®

Ideal for pain relieving pressure. The knobs at each of the 4 points can be used to apply pressure to muscular trigger points; particularly in back, neck and shoulders.

£6.99

## The Original Index Knobber™

Safe and effective, this simple ergonomic device allows the therapist to apply sustained, precise pressure to trigger points. The special design helps reduce overuse injuries to therapists hands.

£6.99

**ROCKBLADES**  
MORAWK



## RockBlades: The Mohawk

3 tools in one, Mohawk enables you to treat a wide range of pain, mobility and neurological issues with one precision-crafted stainless steel tool and two unique attachments. Perfectly sized and weighted, with an expertly-crafted shape with 8 treatment surfaces.

Compatible with a silicon sleeve and ABS/Polycarbonate comb to enable thousands of new treatment possibilities. Matte-finished dimples, four on each side, ensure positive traction of the tool during treatment. Each side and treatment edge is unique – both in shape and radius. Surgical stainless steel 200g.

£175



## RockBlades Soft Tissue Instruments

RockBlades are comprised of two precision-engineered and manufactured soft-tissue instruments: a surgical-grade stainless steel "Mallet" and a surgical-grade stainless steel "Mullet", accompanied by a 100% natural RockRub emollient and sanitizing wipes to form a complete, turn-key IASTM system.

RockBlades are sold as a complete IASTM solution – 1 Mallet, 1 Mullet, a 50g RockRub jar and a pack of sanitizing wipes. They're housed in a reusable docking station made of high quality plastic that can be washed and used to store the tools for use and display.

£259

BONE HEALING.

exogen<sup>®</sup>  
ultrasound bone healing system

# PROVEN.

EXOGEN

Proven effectiveness.<sup>1-9</sup>

Proven outcomes.

- 86% heal rate in nonunion patients<sup>1</sup>
- £ 1,164 estimated cost saving per patient<sup>2</sup>
- 91% compliance<sup>10</sup>
- Easy to use – 20 minutes a day

**EXOGEN is the only (low-intensity pulsed ultrasound) LIPUS device with a treatment tracking calendar, which has been shown to enhance patients' compliance.**

**Exogen is offered with a money-back Performance Program, and –**

- is recommended by NICE for nonunion patients<sup>11</sup>
- is the only LIPUS device approved by the FDA
- has supporting evidence from 16 level 1 (randomized, controlled) clinical studies<sup>12</sup>
- has supporting evidence from 3 level 2 cohort studies and 12 case controlled studies<sup>12</sup>



**References :** 1. Nolte PA, van der Krans A, Patka P, et al. Low-intensity pulsed ultrasound in the treatment of nonunions. *J Trauma*. 2001;51(4):693-703. 2. Mayr E, Frankel V, Rüter A. Ultrasound—an alternative healing method for nonunions? *Arch Orthop Trauma Surg*. 2000;120(1):1-8. 3. Roussignol X, Currey G, Duparc F, Dujardin F. Indications and results for the Exogen ultrasound system in the management of non-union: a 59-case pilot study. *Orthop Traumatol Surg Res*. 2012;98(2):206-213. 4. Lerner A, Stein H, Soudry M. Compound high-energy limb fractures with delayed union: our experience with adjuvant ultrasound stimulation (EXOGEN). *Ultrasonics*. 2004;42(1):915-917. 5. Bioventus, LLC. Postmarket patient registry for the period of October 17, 1994 to June 15, 1998. Data on file, RPT-000438, DOS 12000.01. 6. Duarte R, Xavier M, Choffie M, McCabe JM. Review of nonunions treated by pulsed low-intensity ultrasound. Presented at: 20th World Congress of Societe Internationale de Chirurgie Orthopedique et de Traumatologie; August 17-23, 1996; Amsterdam, the Netherlands. Abstract 110. 7. Gebauer D, Mayr E, Orthner E, Ryaby JP. Low-intensity pulsed ultrasound: effects on nonunions. *Ultrasound Med Biol*. 2005;31(10):1391-1402. 8. Heckman JD, Ryaby JP, McCabe J, et al. Acceleration of tibial fracture-healing by non-invasive, low-intensity pulsed ultrasound. *J Bone Joint Surg [Am]*. 1994;76(1):26-34. 9. Kristiansen TK, Ryaby JP, McCabe J, et al. Accelerated healing of distal radial fractures with the use of specific, low-intensity ultrasound. A multicenter, prospective, randomized, double-blind, placebo-controlled study. *J Bone Joint Surg [Am]*. 1997;79(7):961-973. 10. Schofer MD, Block JE, Aigner J, Schmelz A. Improved healing response in delayed unions of the tibia with low-intensity pulsed ultrasound: results of a randomized sham-controlled trial. *BMC Musculoskelet Disord*. 2010;11(1):229. 11. National Institute for Health and Clinical Excellence. Interventional procedure overview of low-intensity pulsed ultrasound to promote fracture healing. [www.nice.org.uk/guidance/igp374/evidence/overview-495678493](http://www.nice.org.uk/guidance/igp374/evidence/overview-495678493). Posted August 2010. 12. Bioventus, LLC. Data on file. Study citations available upon request.

**Summary of Indications for Use:**

EXOGEN Ultrasound Bone Healing System is indicated for the non-invasive treatment of osseous defects (excluding vertebra and skull) including:

- Treatment of delayed union and non-unions\*
- Accelerating the time to heal of fresh fractures
- Treatment of stress fractures
- Accelerating repair following osteotomy
- Accelerating repair in bone transport procedures
- Accelerating repair in distraction osteogenesis procedures
- Treatment of joint fusion

\*A non-union is considered to be established when the fracture site shows no visibly progressive signs of healing.

There are no known contraindications for the EXOGEN device. Safety and effectiveness have not been established for individuals lacking skeletal maturity, pregnant or nursing women, patients with cardiac pacemakers, on fractures due to bone cancer, or on patients with poor blood circulation or clotting problems. Some patients may be sensitive to the ultrasound gel. Full prescribing information can be found in product labeling at [www.exogen.com](http://www.exogen.com).

bioventus

# 9

## Couches & Equipment

<b>Couches</b>	<b>74-76</b>
<b>Towels</b>	<b>77</b>
<b>Nylatex Wraps</b>	<b>77</b>
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## Therapy 3 Section Couch– Standard Head

A very strong and rigid 3-section couch with a traditionally long head section to suit a wide range of physiotherapy and general examination procedures. The couch can be adjusted to provide support for the patient in prone, supine and seated positions.

The couch has an excellent height range of 45cm to 98cm and is fitted with a breathing hole and plug as standard. Foot/Backrest Adjustable from 0° to +85°, Head Section with Breathing Hole Adjustable from -25° to +75°

### Standard Specifications

- Length 194cm (65cm foot, 43cm mid, 96cm back)
- Width: 70cm
- Safe Load: 240kg
- Height range: 45cm - 98cm
- Easy-clean upholstery

### Warranty

- 5 year warranty on moving components
- Lifetime warranty on frame

**3 section Hydraulic**

£825

**3 section Electric**

£775



## Therapy 2 Section Couch– Standard Head

A very strong and rigid 2 section couch with a wide range of optional accessories available and an extensive choice of colours. This couch is suitable for supporting very heavy patients for examinations, minor procedures and physiotherapy treatments.

This 2-section couch is available as a hydraulic or electric model, both models feature a manual backrest that can be adjusted from -25° to +75° and has an excellent height range from 45cm to 98cm

### Standard Specifications

- Length 194cm (65cm foot, 43cm mid, 96cm back)
- Width: 70cm
- Safe Load: 240kg
- Height range: 45cm - 98cm

### Warranty

- 5 year warranty on moving components
- Lifetime warranty on frame

**2 section Hydraulic**

£775

**2 section Electric**

£725



Delivery from £65 per couch.  
Please call for multiple couches.

Multiple colours available



## 3 Section Therapy Couch

A very strong, robust and aesthetically pleasing treatment couch available with optional breathing hole and removable plug. Both 2 section and 3 section models feature 55mm retractable castors with an adjustable self levelling foot.

### Standard Specification

- Safe working load and lifting capacity of 250kg (39 stone)
- Choice of 2 models - hydraulic or electric height elevation
- Excellent height range from 48cm to 97cm
- 50mm high density flame-retardant foam
- Antimicrobial contoured upholstery
- Fully compliant and CE marked
- The power assisted head section incorporates anti-trap design
- Hand switch fitted as standard on electric models
- Hoist clearance along entire length of couch
- Purpose made precision bearings on all pivot points
- Gas spring assisted back rest from -30° to +85°

### Optional accessories

- Motorised backrest
- Single foot switch operation for electric models
- Double foot switch operation for electric models
- Paper towel holder
- Cot sides (powder coated, chrome plated or padded)

### Warranty

- 3 year warranty on moving components
- Lifetime warranty on frame

### Dimensions

- Length: 192cm (head 69cm, seat 122cm)
- Width: 65cm
- Safe Load: 250kg
- Height range: 48cm - 97cm

Hydraulic	£825
Electric	£775

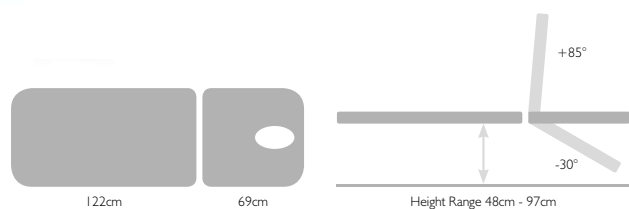


## 2 Section Therapy Couch

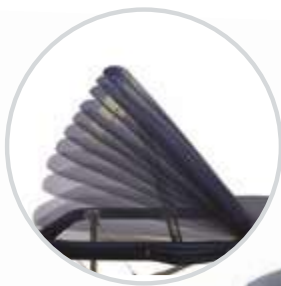
### Dimensions

- Length: 192cm (head 69cm, seat 122cm)
- Width: 65cm
- Safe Load: 250kg
- Height range: 48cm - 97cm

Hydraulic	£775
Electric	£725



**TITANMED**



## Marlin Portable Therapy Couch

Designed for the professional therapist. A slimline but exceptionally strong table featuring 4 leg cable system making it ideal for sports massage and physio treatments. Lightweight aluminium frame with a soft touch wipe clean vinyl and therafoam padding to provide a comfy but firm base. Lifting back rest, face hole and carry case included.

Weight 14.5kg  
Height adjustment 58-81cm  
Dimensions Width 62.5cm Length 185cm  
Working weight 230kgs of impact

£229.99

## Affinity Athlete Portable Couch

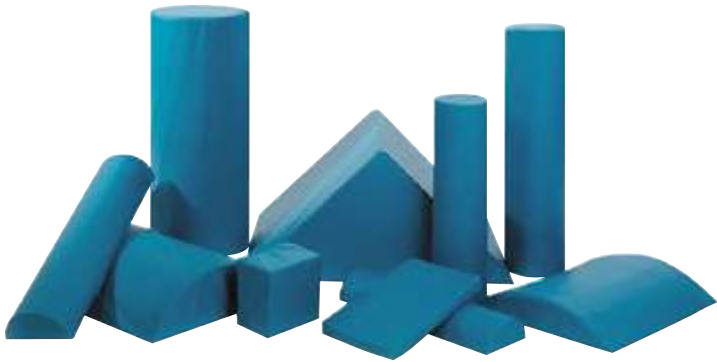
This couch is all about access and adjustability, making it a superb option for sports therapy and deep tissue massage. The lifting back rest makes it perfect for seated treatments and consultations. The sculpted centre section allows exceptional access to the pelvic and lumbar regions as well as offering the therapist an improved standing stance by reducing twisting. Comes with face cradle and arm rest and breathing hole.

PVC upholstery. Therafoam sports grade foam to ensure good levels of player comfort. Carry case included. Navy.

Adjustable Height 62-82 cm  
Dimensions 185cm x 71cm – 55.8cm  
Weight 15.6kgs

£329.99





## Positioning Wedges

Designed by experts to give a high degree of versatility for patient positioning. Come with easy wipe clean covers.

Jumbo roll 25cm x 60cm	£59.99
Large roll 15cm x 50cm	£35.99
Small Roll 13cm x 44cm	£29.99
Large D shape roll 15cm x 60cm x 7.5cm	£29.99
Large half barrel 38cm x 43cm x 10cm	£39.99
Small half barrel 38cm x 43cm x 8cm	£35.99
Large Wedge 60cm x 50 cmx 33cm	£79.99
Cube 15cm x 15cm x 10cm	£14.99
Small rectangle 18cm x 24cm x 2.5cm	£14.99



## Couch Rolls

10" Box of 18 (Hand size)	£37.95
20" Box of 9 (Couch size)	£24.95



## Treatment Room Towels

Available in white, black, and navy.

Hand Towel	£4.99
Bath Towel	£12.99
Bath Sheet	£15.99



## Couch Covers

Stretch terry towelling couch covers. Fit all popular models of couches. Available in beige, black and navy with or without breathing hole. Please ask about personalisation with club logo.

£15.99



## Nylatex Wraps

6cm x 90cm Pk 3	£22.50
6cm x 122cm Pk 3	£27.99
10cm x 90cm Pk 3	£31.99
10cm x 120cm Pk 3	£39.99
15cm x 120cm Pk 3	£49.99



## Pressure Biofeedback

Monitors the position of the lower back and gives feedback on the abdominal muscles. Identifies if muscles are actively and effectively working.

£82.99



## Ultrasound Gel

250ml	£2.29
5 litre	£16.95

# JORDAN

— Est. 1989 —



You can now add your logo, slogan or for a lighter touch, your brand colour, to our premium quality Urethane Dumbbells. Whether you are a gym, hotel, spa, sports club, university or a company with your own gym, you can proudly carry on your brand identity into your gym space.



## YOUR GYM YOUR WAY

"It is great to continue our work with Jordan Fitness. They have kitted out both the new first team and academy gym with the latest high-tech equipment in order to help Chris Domogalla [Head of Performance] and his team get the most out of the players. We look forward to working with Jordan Fitness for many years to come."

Head of Commercial Operations, Sam Jeffery



# 10

## Exercise Recovery & Rehab

<b>Fitband</b>	<b>80</b>
<b>Gym Balls</b>	<b>80</b>
<b>Bands &amp; Loops</b>	<b>80</b>
<b>Weights &amp; Medicine Balls</b>	<b>81-83</b>
<b>Jordan Fitness</b>	<b>82-83</b>
<b>Compex</b>	<b>84-85</b>
<b>Reboot</b>	<b>86-87</b>
<b>Normatec</b>	<b>88-89</b>
<b>Foam Rollers</b>	<b>90</b>
<b>Therapy Bouncer</b>	<b>91</b>
<b>Exercise Mats</b>	<b>91</b>
<b>GMove</b>	<b>92</b>
<b>Kynett</b>	<b>93</b>
<b>Teqball</b>	<b>94-95</b>
<b>Smart Cuffs</b>	<b>96</b>





## Fit-Band

Exercise bands provide a colour coded system of progressive resistance. Available in 5.5 metre or 45.7m

		5.5m	45.7m
Yellow	Extra Light	£7.99	£39.99
Red	Light	£8.99	£42.99
Green	Medium	£9.99	£47.99
Blue	Heavy	£10.99	£52.99
Black	Extra Heavy	£11.99	£55.95



## Mini Fit-Band loops

Stretch up to twice their length. Great for lateral steps and leg extension exercises. 30cm. Four resistances from Light to Special Heavy.

Green	£2.09
Red	£2.49
Blue	£2.79
Black	£2.99



## Power Strength Bands

Specially designed heavy-duty resistance bands perfect for strength and core conditioning.

Red	Extra Light	£8.49
Black	Light	£11.99
Blue	Medium	£15.99
Green	Strong	£19.99
Navy	Extra Strong	£26.99



## Antiburst Gym Balls

Gym ball can increase flexibility, balance and co-ordination. Comes complete with pump, exercise chart, plug and plug remover.

Antiburst Gym Ball	55cm	£15.99
Antiburst Gym Ball	65cm	£18.99
Antiburst Gym Ball	75cm	£20.99



## Floss bands

Muscle compression bands to encourage blood flow and restore joint mechanics. Help promote flexibility and range of movement. Can be used in mobility drills and stretching.

£13.99



## Squat Bands

Simple bands to build glute and leg muscles. Perfect for use as part of a dynamic warm up. Extra wide with a non-slip lining to help reduce band bunching. Available in 3 lengths. Contains **LATEX**

Small Blue	£7.59
Medium Green	£7.99
Large Black	£8.99



## Slam Balls

This piece of equipment is so versatile, it can be used for a huge variety of exercises. Use it to strengthen the core, increase flexibility and improve upper & lower body conditioning as well as co-ordination. Made from PVC with sand filling.

4kg	£13.49
6kg	£13.99
8kg	£18.99
10kg	£19.99



## Kettle Bells

Feature an oversized powder coated handle for excellent grip with one or two hands. Base is colour coded and covered in vinyl skin to protect floor.

4kg	£17.99	12kg	£39.99
6kg	£23.99	16kg	£49.99
8kg	£28.99	20kg	£57.99
10kg	£34.99	24kg	£69.99



## Ankle Weights

Adjustable ankle weights.

2 x 0.5kg	£11.99
2 x 1kg	£14.99



## Medicine D Balls

Offer increased control and ability to deal with heavier weights with one hand. Not suitable for bouncing, 27.5cm diameter.

Medicine D Balls	5kg	£45.99
Medicine D Balls	7kg	£56.99
Medicine D Balls	8kg	£59.99



## Neoprene Dumbbells

Coated dumbbells for aerobic and fitness training. Two flat edges prevent the dumbbells from rolling away. Supplied boxed in pairs

2x1kg	Purple	£6.99
2x2kg	Blue	£12.99
2x3kg	Orange	£18.99
2x4kg	Red	£25.99
2x5kg	Black	£30.99



## Medicine Balls

Made from PVC they bounce, are waterproof and easy to grip. An excellent tool for a complete body workout

1kg	£14.99
2kg	£18.99
3kg	£25.99
4kg	£32.99
5kg	£37.99

## Classic Rubber Barbells

A staple for any gym, health club, university or sports club, our fixed rubber barbells have a classic finish and are a perfect addition for any strength training workout.



10kg	Straight Bar	£37.00	30kg	Straight Bar	£111.00
15kg	Straight Bar	£55.00	35kg	Straight Bar	£128.00
20kg	Straight Bar	£74.00	40kg	Straight Bar	£148.00
25kg	Straight Bar	£92.00	45kg	Straight Bar	£165.00
10 - 45kg	10 Bars		5kg Increments		£900.00



## HIIT Bench

Designed and manufactured in the UK, the new Jordan HIIT Bench offers a 3-in-1 multi-functional training station; weight bench, plyo box and storage unit.

It can be a focal point for many modes of functional training that, programmed correctly and with the right equipment/accessories, can cater for small group training with Personal Trainers, through to classes.

HIIT Bench (Unfilled)	£1,250.00
HIIT Bench (Unfilled) - With Core Trainer	£1,500.00

## Digital Interval Timer - 6 Digit

Easy-to-view timer that's perfect for class or personal interval-based training sessions and classes.



6 digit EU plug	£230.72
6 digit EU plug	£231.77

## Classic Rubber Dumbbells

Great-value rubber dumbbells featuring our classic design, this versatile dumbbell suits commercial, boutique gyms as well as home users.



1KG	Pairs	£6.80
2KG	Pairs	£13.70
3KG	Pairs	£20.50
4KG	Pairs	£27.50
5KG	Pairs	£34.00
6KG	Pairs	£41.00
7KG	Pairs	£48.00
8KG	Pairs	£55.00
9KG	Pairs	£62.00
10KG	Pairs	£68.00
12KG	Pairs	£82.00
14KG	Pairs	£96.00
16KG	Pairs	£110.20
18KG	Pairs	£124.00
20KG	Pairs	£136.00
1-10KG	Set	£374.00
2-20KG	Set	£748.00



## Chrome/rubber Kettlebells

Great-value kettlebells that'll strengthen your entire body. Made to the highest quality and featuring a super-smooth handle.

4KG	£15.16	12KG	£45.49	20KG	£75.82
6KG	£22.75	14KG	£53.07	24KG	£90.98
8KG	£30.33	16KG	£60.66	4-24KG	£507.00
10KG	£37.91	18KG	£68.24		

## Jordan Training Rope

Highly versatile training tool that's perfect for all abilities, these Battle Ropes are perfect for use by first-time gym-goers through to experienced sports professionals.



D:38mm, L:15m	£160.00
D:50mm, L:15m	£200.00
D:38mm, L:10m	£110.00



## Jungle Gym XT

Fantastic suspension trainer whose versatility will result in a more powerful whole-body workout.

Jungle Gym XT	£110.00
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## Classic Premium Rubber Discs

Timeless and great-value Olympic training discs that will appeal to gym newcomers and experienced bodybuilders alike.

These newly design weightlifting discs, are ideal for boutique and commercial gyms and those looking for a stylish and sophisticated look for their free-weights area.

25kg	£77.00	<b>SETS</b>	
20kg	£61.50	400kg	£1,230.00
15kg	£46.00	300kg	£925.00
10kg	£31.00	200kg	£615.00
5kg	£15.50	1000kg	£3,070.00
2.5kg	£7.75		
1.25kg	£3.90		



## TufNut™

Say hello to TufNut. There's six sides to this innovative story. In fact, it's just the right shape to help you get into the right shape. TufNut gives you all the challenge of a tyre with all the control you want. There are straps on various faces – and various weights are available - so you can jump, flip, roll, lift, push, pull and walk until your heart and muscles are content.

40kg	Teal	£590.00
60kg	Orange	£695.00
80kg	Purple	£850.00
100kg	Red	£920.00

## Ignite V2 Rubber Studio Barbell Sets & Plates

If it's star quality you're after, with it's ergonomically designed easy-grip centre they can also be used for alternative exercises for abs, shoulders and biceps etc. The Ignite V2 Studio Barbell will totally rock your gym/studio.

10kg	£5.00
5kg	£10.00
2.5kg	£20.00
1.25kg	£30.00
Single set	£89.00
40kg Set	£149.00



## Sandbag Pro

Newly designed Sandbag Pro, helps you build more functional strength than ever before. This heavy duty training weight bag is a great full-body workout tool, making it perfect for anyone seeking to develop their fitness.

5kg	pink	£53.00
7.5kg	blue	£56.00
10kg	yellow	£62.00
15kg	teal	£65.00
20kg	orange	£71.00
25kg	purple	£74.00
30kg	red	£82.00
35kg	green	£86.00



## 3-in-1 Plyo Bloc

Newly designed Sandbag Pro, helps you build more functional strength than ever before.

This heavy duty training weight bag is a great full-body workout tool, making it perfect for anyone seeking to develop their fitness.

Three Heights	750x600x500mm	£198.00
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## Compex Sport SP 8.0

Top of the range wireless stimulator for intensive sports athletes who practice their sport on a regular basis at a high level. Wireless feature that ensures total freedom of movement and web connection.

Includes new MI-ACTION and MI-AUTORANGE range features that continually brings you better results.

Mi-ACTION- optimizes session effectiveness by combining voluntary contractions with electrostimulated contractions  
Mi-AUTORANGE- a brand new feature that enables the Compex module to determine the most appropriate level of stimulation automatically.

4 channels, 40 programs, Mi- SCAN, Mi-ACTION, Mi-TENS and Mi-AUTORANGE

£832.99

## Compex Sport SP 6.0

The SP 6.0 is designed for athletes who train more than 3 times per week, SP 6.0 includes all the electrostimulation functions with the wireless feature that ensures total freedom of movement and web connection.

Mi SCAN- scans the muscle and automatically adjusts the parameters to the user's physiology.

Mi RANGE- indicates the optimal level of stimulation to use for Recovery and Massage programmes.

4 channels, 30 programs, Mi- RANGE and Mi-SCAN

£665.99



Compex is a Swiss brand that over a period of 30 years has become the world leader in portable Muscle stimulators for improved performance & recovery in sports. Compex's flagship electrostimulation technology is an essential to health care professionals and the most demanding athletes.



## Complex Sport SP 4.0

The SP 4.0 includes all the basic electrostimulation features and MI-technology is ideal for athletes who train regularly. It also includes rehabilitation programmes that can be helpful for athletes who are injury prone.

Mi TENS- makes it easier to adjust stimulation levels for pain relief

The SP 4.0 includes the following 30 programmes covering Conditioning, Recovery/Massage, Pain management, Rehabilitation and fitness

4 channels, 30 programs, Mi- RANGE and Mi-SCAN and Mi-TENS

£436.99



## Complex Sport 2.0

Includes all the basic electrostimulation features and MI technology. An ideal partner for athletes who practice their sport 1 or 2 times a week.

20 built in programs including muscle building, cramp prevention, muscle soreness and training recovery. Include MI-SCAN

£299.99

**COMPEX** 



## Complex Electrodes

High Performance. Easy connection with a press on system, extended life-cycle (depends on skin type and conditions of use).

Pack of 2 x large electrodes (5cm x 10cm)

£6.99

Pack of 4 x small electrodes (5cm x 5cm)

£6.99

## Complex Parts

Replacement lead wires  
Spare Battery

£44.95

£46.95

Complex Battery Charger

£49.95

# REBOOTS GO

Out and about

**REBOOTS GO – RECOVERY IS EVERYTHING:** Whether at the training ground or in the team hotel, recover from sore legs wherever you need to. The light compact design is ideal for the team bus.

£799



**4**

**RECOVERY  
PROGRAMMES**

**6**

**COMPRESSION  
CHAMBERS**

**16**

**PRESSURE  
LEVELS**

**3h**

**BATTERY  
LIFE**

**1,2h** Charging time

If the power cable is in, you can start your massage even when the battery is dead!

# 4/6/8



## LOTS OF AIR PRESSURE CHAMBERS

The large number of chambers in combination with a high level of pressure make the device noticeably more effective. The Go model has 6 chambers.

## DEACTIVATABLE AIR CHAMBERS

Individual air chambers can be turned off so that you can individualise your massage avoid sore spots during the recovery process.



## 3 BASIC RECOVERY PROGRAMMES

In addition to the basic programmes detailed below, the Go device contain his own special programme! Along with the programme, you can also select the pressure and duration of the massage.



## EXCLUSIVE TO THE GO MODEL INTENSE PULSE RECOVERY PROGRAMME

Go has a new programme D that is not included in earlier models. The pressure in the last active air chamber is raised and lowered three times, giving waste products time to move through the tissue. The result? A particularly thorough recovery process!

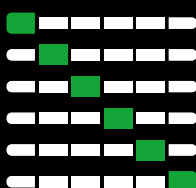


**NEW!**

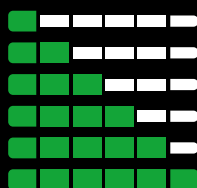
## NEW! TROUSER CUFFS

Reboots Go is also available with trouser cuffs (instead of boots).

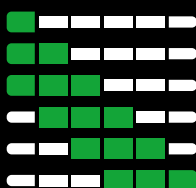
### A Flow



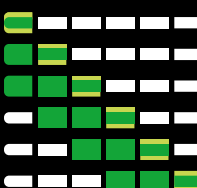
### B Intense



### C Intense Flow



### D Intense Pulse ★



**1,6 kg  
WEIGHT  
(DEVICE)**

**22×14×9  
DEVICE  
SIZE (CM)**

## THREE SIZES

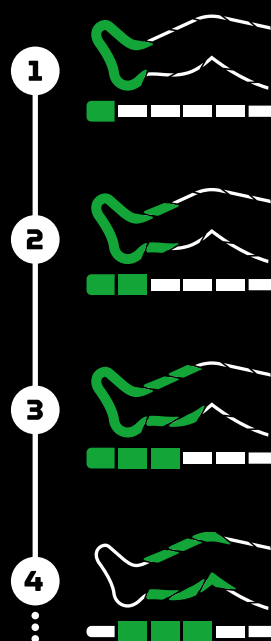
The Reboots Recovery Boots are available in three different sizes. To judge which size is best for you, take an inside leg measurement:

**M  
SIZE** up to 81cm

**L  
SIZE** 82 – 88cm

**XL  
SIZE** 89cm and up

## EXAMPLE (Intense Flow):



**£799.99**

**RECOVERY IS EVERYTHING.**

# NORMATEC®

## FRESH LEGS FASTER®

### PULSE Series Recovery Systems

NormaTec is the leader in rapid recovery, the PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. At just 11.5lbs total package weight the NormaTec Pulse Recovery system is convenient to travel, meaning you can recover anywhere.

Keep your legs fresher, faster for longer.

#### Features

- **NormaTec PULSE** control unit, hosing, power supply, two leg attachments, and microfiber bag
- Two year warranty on the control unit and a one year warranty on all other system components.
- World voltage capable external 12V power supply
- Attachments are made with durable and high-quality nylon
- Control Unit is light (weighs just 3.6 lbs) and fits in your hand
- Rechargeable battery for up to 2 hours of use. The battery is designed to allow use of the NormaTec without being next to a power outlet. It takes approximately 6 hours to fully charge



Fully connected **MOBILE APP**

27% **SMALLER**

**ENHANCED** robustness & durability



### NormaTec Pulse Leg Recovery System

Including control unit with microfiber bag, two boots, hosing & power supply.

**£1,169.99**

## ALL SYSTEMS FEATURE



Patented NormaTec Pulse Technology massage pattern



Internal battery



Zone Boost for a targeted boost in time and pressure where it is needed most



Calibration phase for a perfect fit every session



Precise, digital control and accuracy



Two year warranty



Legendary NormaTec durability and premium materials



Recovery Flush with 30-110 mmHg range



Overlapping zones for maximum recovery



Boots with zippers and attachments with integrated tubing

**NormaTec's PULSE Series Recovery Systems dramatically reduce tightness and soreness to decrease down time and maximise performance – helping athletes perform at their peak.**

## PULSE Pro Recovery System

With new interactions and capabilities, the Pro system is the most advanced rehab and recovery solution on the market. Customize every aspect of your compression therapy with our advanced touchscreen interface.



### NormaTec Pulse PRO Leg Recovery System

Including touch screen control unit with microfiber bag, two boots, hosing, power supply & hard carry case.

**£2,089.99**

*Rehab and Recovery*  
in on small package

Fully customisable  
through our powerful  
touchscreen interface

Recovery *everywhere* with  
our ultra portable design  
and internal battery

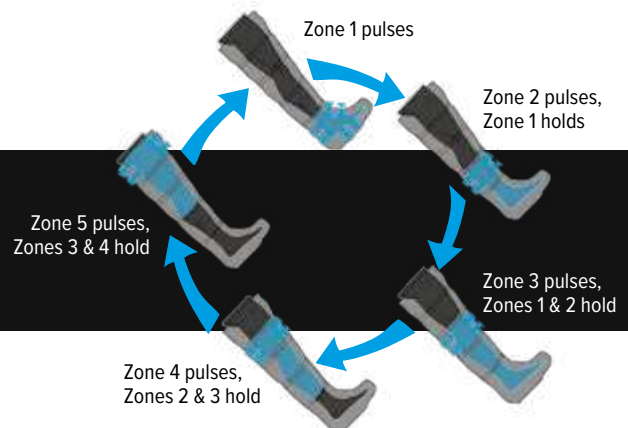


Patented NormaTec  
*Pulse* Technology

Extra attention where  
you need it most with  
**Zone Boost**

Recovery Flush for  
quick and easy  
sessions

## THE NORMATEC PULSE MESSAGE PATTERN



### Hip Attachment

Covers your quads, hamstrings, IT band, glutes and lower back.

**£415.99**



### Arm Attachment

Full-length arm sleeves feature five overlapping zones for gapless compression.

**£349.99**



### Hard Carry Case

A hard carry case custom designed to fit your PULSE recovery system. Includes compartments to carry multiple units or attachments.

**£149.99**



## Grid Foam Rollers

Featuring Matrix Technology and Distrodensity™ Zones, the rollers provide a unique targeted massage to increase circulation and help maintain flexibility. Based on a grid system of varying widths and densities and designed to withstand constant, heavy and repeated use without breaking down. Hollow inside and are all 5.5" diameter. EVA foam. 3 sizes now available.



### The Grid Mini

12.5cm long

£16.99

### Original Grid Roller 1.0

32.5cm long

£30.99

### Grid Roller 2.0

65cm long

£44.99



## Balance Disc

An ideal tool for improving balance and to improve core strength. Can be inflated or deflated to increase or decrease the level of stability. One side smooth one side knobbly 35cm diameter.

£17.99



## Foam rollers

Light foam rollers for use in balance training, muscle re-education and flexibility. Available in different lengths and densities. Blue – PE foam Black – EPP foam, a plastic foam that is more durable and will offer improved performance and longevity to EVA and PE foam rollers.

Blue 90cm x 15cm

£18.99

Black 90cm x 15cm

£29.99



## Adjustable Wobble Board

40cm adjustable wobble board offers angles between 19 and 23 degrees by simply screwing the rocker in or out, the greater the angle the greater the difficulty. Diameter 40cm

£23.99



## Airdome

Proprioception training device, works the core making exercises both more challenging and more effective. Can be used either side up.

£87.99



## Airex Balance Pad Elite

Ideal for proprioception, balance and flexibility training. 50cm x 41cm x 60mm deep.

£49.99



## Economy Balance Pad

Made from EVA foam with non slip surface, wipe clean 47cm x 39cm x 58mm deep.

£26.99



## Studio Pro Therapy Bouncer

A commercial grade rebounder that is the ideal tool for zero impact aerobic exercise. Studio Pro rebounder the bounce is smooth and almost silent offering the perfect exercise platform. 36 high quality barrel springs attached to a strong powder coated steel frame. Ideally suited to Physio departments and gyms. 6 foldable legs for storage

£89.99



## Tri-fold Mat

Offers multifunctionality as well as comfort. Can fold from 60cm to 180cm for interchangeable length or thickness depending on the exercise. Compact and lightweight with a ribbed surface for added grip. EVA foam, Latex free Green or Grey Folded length 60x30x4cm

£19.99



## Aerobic Stepper

Studio aerobic step supplied with 4 feet enabling adjustment to 11,16 or 21cm. Feet and base have non slip pads. Max user weight 200kg  
Size: 1.1m x 41cm x 21cm. Weight: 9.5 kgs  
Platform £59.99  
Individual feet £6.99



## Fitness Mat

15mm for extra cushioning and supplied flat packed with rubber eyelets for hanging. A rack is available separately that will hold 10 of these mats. 182cm x 58cm x 15mm  
Fitness Mat £29.99  
Mat Rack £17.99



## Skipping Rope

Speed Skipping Rope 9'

£12.99



## Club Aerobic Mat

Extremely durable commercial quality aerobic mat with eyelets for hanging. Made from vinyl covered pvc foam Wipe clean and water resistant.  
Size: 100xm x50cm x 9.5mm

£22.99

# GMOVE-SUIT

The GMOVE-SUIT is a revolution in the field of active compression.

It allows four uses in a single product: in addition to the possibility of using it as one would use a conventional compression device. Statically, GMOVE-SUIT also makes it possible to actively recover and strengthen muscle.

Thanks to its UNIQUE DESIGN, the GMOVE-SUIT allows freedom of movement whilst under compression and exceeds the operating levels of currently available compression systems.

## 3 programs :



### 0 GRAVITY

Thanks to its flexibility and ease of use, the GMOVE-SUIT is used at the end of a training session, for a warm down or stretching session.



### 2G- ACTIVE

The GMOVE-SUIT PROMOTES mobility following intense physical exertion, through the clearing of toxins through moderate physical training (at 50-60% of maximum effort).



### 4G-BOOST

The Boost function greatly reduces oxygen intake to increase muscle activity by using reduced loads.



**ROBUST**



**MINISIZE**



**EXTENDED BATTERY**



**POWERFUL**



**TIME SAVING**



**PORTABLE**




## Indications :

- ▶ Promotes functional and post-operative recovery
- ▶ Promotes the reabsorption of oedemas and haematomas
- ▶ Venous or lymphatic insufficiency
- ▶ Muscle recovery



# Get better faster

— KYNETT



Flywheel training is a unique development in sports and physiotherapy. Training with a flywheel is also called kinetic training. Instead of traditional weights, the training is done with a rotating disc.

In the concentric phase the flywheel starts and accelerates by means of pulling a webbing. If the webbing is completely unwound, there is so much kinetic energy stored that the webbing self-winds again, as does the well-known yo-yo. The goal is to bring the fly-wheel to a standstill and then start again with a concentric movement.

Due to the clever design, handy suitcase and weight of only 5 kg, Kynett one is easy to transport. Whether indoors, outdoors, at home, in the gym or on the go; with the Kynett one, training is possible anywhere.



## Specifications

KYNETT ONE:



- Robust case
- Suspension bracket with click system
- Two fastening straps
- Handle for single or double-handed operation
- Ankle band
- Carbine hook

### Dimensions:

520(L) x 400 (B) x 125 (H) mm

**Weight:** approx. 6 kg.

# TEQ ONE

- Q INDOOR /OUTDOOR
- Q CAN BE FIXED TO THE GROUND
- Q UV PROOF
- Q FIXED STRUCTURE
- Q EASY TO ASSEMBLE
- Q WATERPROOF



# TEQ SMART

- Q INDOOR /OUTDOOR
- Q WATERPROOF
- Q UV PROOF
- Q FOLDABLE
- Q MOBILE



used by many professional football clubs

# TEQ LITE

- Q INDOOR /OUTDOOR
- Q WATERPROOF
- Q UV PROOF
- Q FOLDABLE
- Q MOBILE
- Q EASY TO MOVE



#TEQBALL

THIS IS THE  
**FUTURE OF REHAB.**

THIS IS **BFR.**

THESE ARE THE  
**SMART CUFFS.**

- ⬆ **GROWTH HORMONE**
- ⬆ **MUSCLE HYPERTROPHY**
- ⬆ **MUSCLE STRENGTH**
- ⬆ **VO2 MAX**
- ⬇ **POST-SURGICAL RECOVERY TIME**

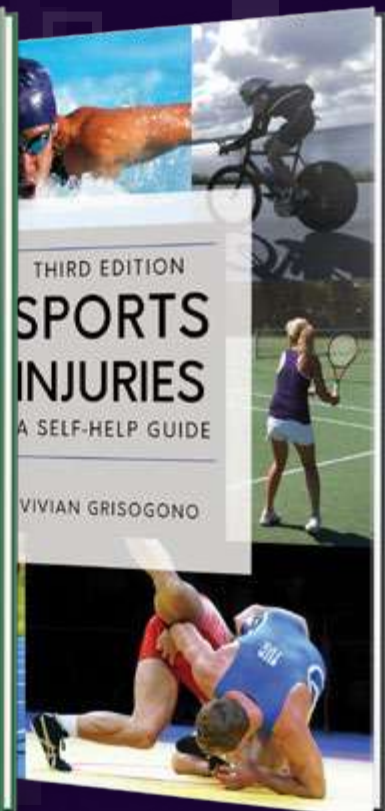
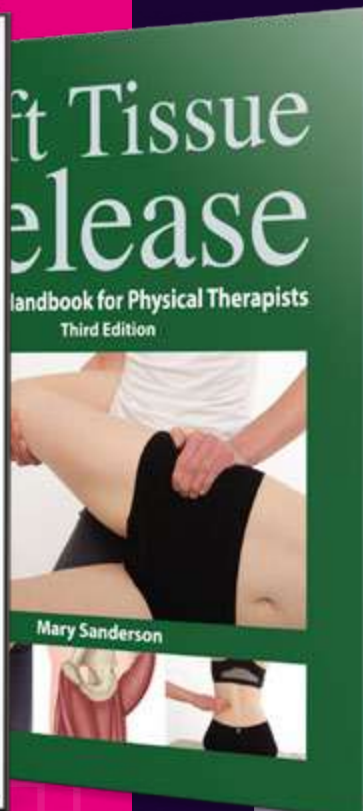
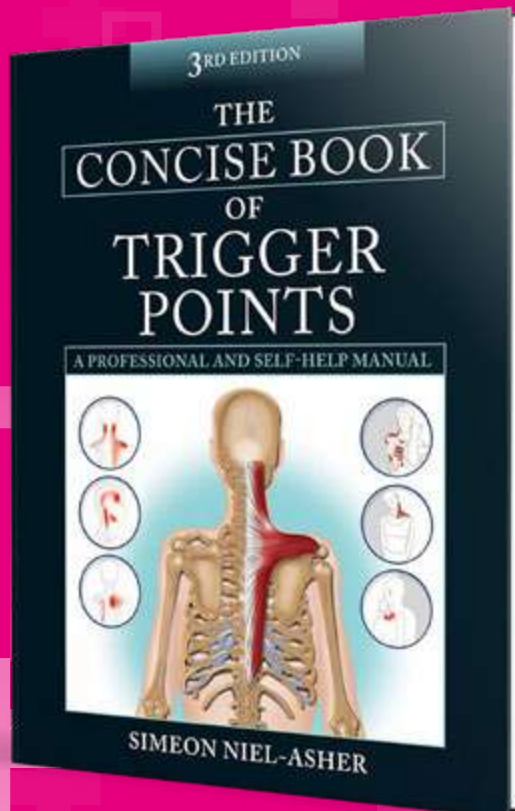


SMART  CUFFS

# 11

## Education

<b>Charts</b>	<b>98</b>
<b>Models</b>	<b>98</b>
<b>Skeleton</b>	<b>98</b>
<b>Books</b>	<b>99</b>



## Laminated Educational Wall Charts

All charts are 20" x 26"

The Skeletal System  
The Muscular System  
Knee Injuries  
Foot & Ankle  
Hip & Pelvis  
Shoulder & Elbow

£19.99



THE SKELETAL SYSTEM



THE MUSCULAR SYSTEM



KNEE INJURIES



HIP & PELVIS



SHOULDER & ELBOW



FOOT & ANKLE



## Models

Flexible Spine with Stand  
Functional Knee Joint  
Flexible Shoulder Joint  
Foot Joint with Ligaments

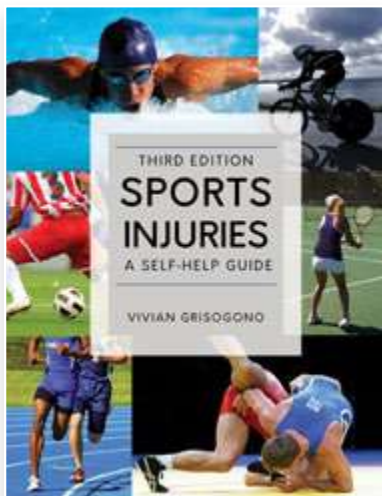
£55.99  
£23.99  
£23.99  
£23.99

## Functional Skeleton on Stand

Detachable skull, arms and legs.  
Supplied with stand.  
Height 185cm.

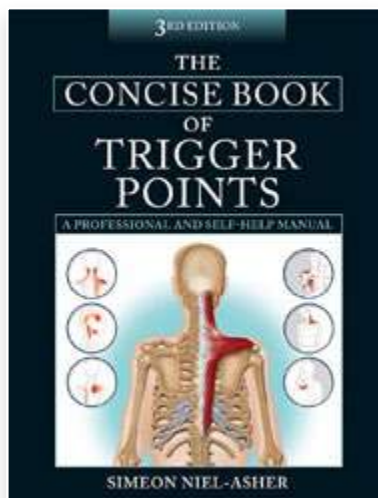
£149.99





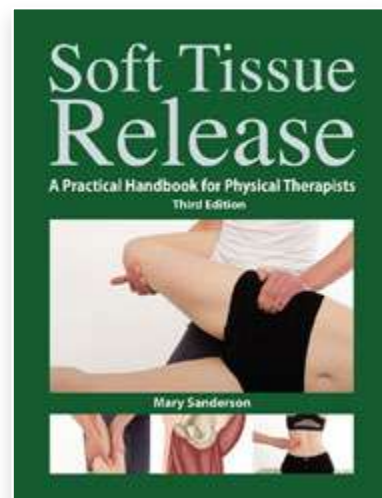
Vivian Grisogono passes on years of experience as a sports participant and physiotherapist, making this book the most effective guide to coping with injuries and getting back to sport.

£14.99



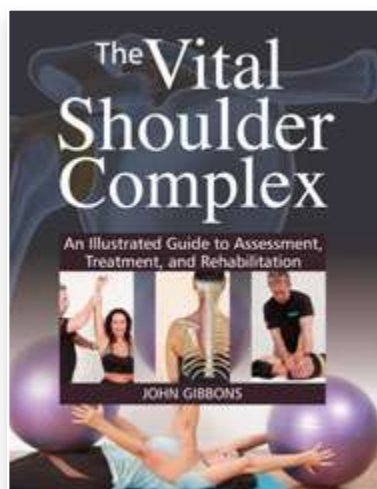
This new edition has been completely updated and revamped, sharing current research, evidence, and advanced techniques for practitioners manual therapy.

£19.99



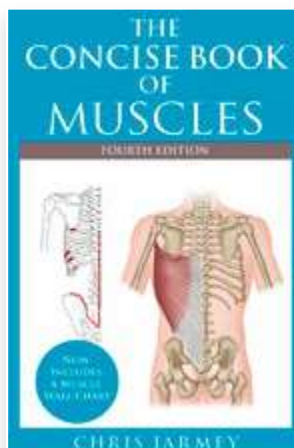
Soft tissue release is a dynamic and versatile technique, involving movement and the active co-operation of the client. This includes new photography and drawings to illustrate the theory and techniques involved.

£17.99



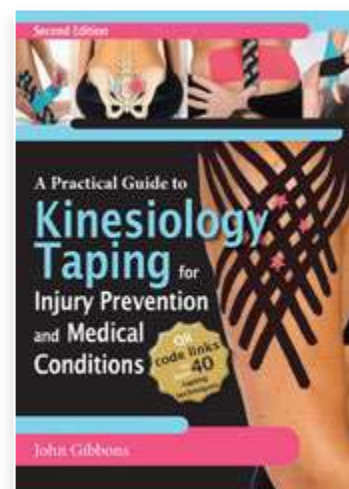
With over 350 colour photographs and illustrations and insightful case studies, this book explores the anatomy of the shoulder complex and demonstrates treatment protocols proven to successfully restore pain free movement and improve sporting performance.

£24.99



Comprehensively discuss the function of the psoas in posture, movement, and exercise, identifies the functional anatomy, biomechanics, and motor control of the psoas and its role in core and hip stabilization

£19.99



This book has been written for athletes and coaches who want to have a better understanding of how and when to apply these taping principles.

£19.99

More titles available on request



# CRAMPFIX®

CrampFix® is a new formulated supplementary sports food especially developed to help athletes achieve their performance goals. It provides the impetus athletes need to increase drive performance.

## THE CRAMPFIX® FORMULA

CrampFix®'s proprietary formula has been created to contain just the right blend of astringency, pH and mineral content to provide rapid relief. Drinking a shot of CrampFix® stimulates the sensory nerves in the throat and sends a signal through the spinal cord to inhibit the overactive nerve signals. The overactive nerve signals going from the nerves to the cramping muscle are interrupted and the cramp is rapidly relieved or prevented.



### 50mL Multi-Serve Bottle

Our **50ml Flip-Top Lid Squeeze Bottle** contains 3-5 serves and is made from soft plastic so it is easy to squeeze into the mouth. The packaging has a flip-top lid so it can be reused and accessed again easily.

### 20mL QuickFix Shot

Our **QuickFix Shots** are designed and packaged to be hassle-free and portable. Each sachet contains 20ml of CrampFix®, which is just the right amount to prevent and relieve muscle cramps and tightness. When opening each sachet, just tear it halfway and drink.



## HOW TO USE

### USE BEFORE EXERCISE as prevention

Drink 10-20ml, 5-10 minutes before exercise.

### USE DURING EXERCISE to keep you on track!

Drink 15-20ml at the first signs of a cramp.

### USE AFTER EXERCISE to assist your recovery

Drink 10ml after exercise for recovery.

# 12

## Pharmacy

Fit 4 sport hold a wholesalers dealers license and we are registered with the Medicine and Healthcare Regulatory Agency (MHRA). We can supply you with all your pharmaceutical requirements.

Orders for Prescription Only Medicines and Pharmacy products are subject to legal restrictions. Prescription products will be supplied to authorised persons only.

Please call us for more details

**0161 633 5533**



## OSTENIL® TENDON

### What is OSTENIL® TENDON?

OSTENIL® TENDON is highly concentrated hyaluronic acid (2%). Hyaluronic acid is present in the body wherever moisture is stored or lubrication between layers of tissue is required to eliminate friction. Examples are the tear film, the mucous membranes of the body, the synovial fluid in the joints, and the skin.

The hyaluronic acid in OSTENIL® TENDON is produced by a non-animal based biotechnological process. The molecular structure closely mimics human hyaluronic acid, which is why OSTENIL® TENDON is well tolerated.

### How does OSTENIL® TENDON work?

The lubricating characteristics of hyaluronic acid increase tendon gliding and reduce agglutinations (stickiness). The tendon can work again as if well-oiled. Furthermore, hyaluronic acid:

- blocks pain receptors
- hinders inflammatory mediators
- is a good transport medium for nutrients

OSTENIL® TENDON ensures a harmonisation of the tendons and the surrounding structures, reduces pain and increases joint function.



## The Power of One is Here.

### Pain Relief in a Single Injection

## DUROLANE®

hyaluronic acid, stabilized single injection

DUROLANE is a single-injection hyaluronic acid (HA) treatment that has proven:

- Greater reduction in knee pain vs. Synvisc-One® (hylan G-F 20)<sup>1</sup>
- Longer-lasting knee pain relief vs. steroid<sup>2</sup>
- Clinically equivalent performance to five-injection HA therapy<sup>3,4</sup>



\*Some patients were treated with a three-injection Synvisc® regimen. A three-injection Synvisc regimen is equivalent to one injection of Synvisc-One.

#### Summary of Indications for Use:

**Europe: DUROLANE (3 mL):** Symptomatic treatment of mild to moderate knee or hip osteoarthritis. In addition, DUROLANE has been approved in the EU for the symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, shoulder, elbow, wrist, fingers, and toes.

**DUROLANE SJ (1 mL):** Symptomatic treatment associated with mild to moderate osteoarthritis pain in the ankle, elbow, wrist, fingers, and toes.

Both DUROLANE and DUROLANE SJ are also indicated for pain following joint arthroscopy in the presence of osteoarthritis within 3 months of the procedure.

**United Arab Emirates, Saudi Arabia, Jordan: DUROLANE (3 mL):** Symptomatic treatment of mild to moderate knee or hip osteoarthritis.

There are no known contraindications.

You should not use DUROLANE if you have infections or skin disease at the injection site. DUROLANE has not been tested in children or pregnant or lactating women. Risks can include transient pain, swelling and/or stiffness at the injection site. Full prescribing information can be found in product labeling, or at [www.DUROLANE.com](http://www.DUROLANE.com)

**References:** 1. McGrath AF, McGrath AM, Jessop ZM, et al. A comparison of intra-articular hyaluronic acid competitors in the treatment of mild to moderate knee osteoarthritis. *J Arthritis*. 2013;2(1):108. doi:10.4172/2167-7921.1000108. 2. Leighton R, Akemark C, Therrien R, et al. NASHA hyaluronic acid vs methylprednisolone for knee osteoarthritis: a prospective, multi-centre, randomized, non-inferiority trial. *Osteoarthritis Cartilage*. 2014;22(1):17-25. 3. Zhang H, Zhang K, Zhang X, et al. Comparison of two hyaluronic acid formulations for safety and efficacy (CHASE) study in knee osteoarthritis: a multicenter, randomized, double-blind, 26-week non-inferiority trial comparing Durolane to Artz. *Arthritis Res Ther*. 2015;17:51. doi: 10.1186/s13075-015-0557-x. 4. DUROLANE [package insert]. Durham, NC: Bioventus LLC; 2017.

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## Introducing PENTHROX

Patient Controlled Analgesia (PCA)\* in a non-invasive, lightweight, portable, handheld inhaler.

- Proven to reduce acute pain within 6-10 inhalations<sup>1,2</sup>
- Enables rapid administration<sup>1</sup>
- One 3mL bottle of PENTHROX provides analgesic relief for up to 25-30 minutes with continuous inhalation and for up to 1 hour with intermittent use<sup>1,2</sup>

PENTHROX is indicated for the emergency relief of moderate to severe pain in conscious adult patients with trauma and associated pain<sup>1</sup>.

Dose of PENTHROX should not exceed 6 mL in a single administration.<sup>1</sup>

PENTHROX should be used in single unique episodes only. Re-use at all in a particular patient should be well separated by time. The frequency at which PENTHROX can be safely used is not established.<sup>1</sup>

\*PENTHROX should be self-administered under supervision of a person trained in its administration, using the handheld PENTHROX Inhaler.<sup>1</sup>

## References

1. Pentrox Summary of Product Characteristics (UK). December 2016.
2. Coffey F et al. Emerg Med J 2014; 31: 613-618.
3. Dayan AD. Hum Exp Toxicol 2015; 1-10.
4. Johnston S et al. Emerg Med J 2011; 28: 57-63.
5. Jacobs IG. Open Emerg Med J 2010; 3: 7-13.



FORMULATED BY EXPERTS. TRUSTED BY ATHLETES.

## 'Safe CBD Alternative' for Athletes



Everyone's interested in CBD, and rightly so, it's been a phenomenon. The problem is, CBD supplements represent a risk to athletes and will never carry the Informed Sport seal of approval.

Levagen+ Sport contains a clinically studied form of the ingredient palmitoylethanolamide (PEA), which is produced naturally in the body. What makes Levagen+ Sport unique is the inclusion of the award-winning LipiSpense® delivery technology, which enhances absorption by 1.8 times.

By replenishing the levels of PEA within the body, which get depleted from exercise-induced inflammation and pain, it enhances the activity of anandamide which acts upon the CB1 receptors. By its indirect action, Levagen+ Sport exerts similar effects to CBD. Directly, PEA stops the production of inflammatory substances through the PPAR-α receptors.

Due to the complexities surrounding CBD oil for competing athletes, our Official Partners and Expert Advisory Panel challenged us to find a safe and legal alternative. We believe we have done that with Levagen+ Sport.



### NUTRITIONAL INFORMATION

Typical values per capsule:

Levagen+ providing	333 mg
Palmitoylethanolamide	300 mg

# medinotes

medinotes.co.uk



## Electronic Patient Records | Stock Management System

**A Software Solution for Clubs, Clinics and Clinicians**



**All in one encrypted cloud based software**



**Affordable solution designed with the clinician in mind**



**Improve governance**



**Send encrypted referrals**



**Monitor equipment and medication stock**

**Secure Note Keeping • Bulk Patient Upload • Secure Referrals • Coding and Audit Workload/Wellness Monitoring • Stock/Medication Management • BNF Database Quick Note Function • Prescriptions • Appointment Scheduler • And Much More!**

## Cloud based patient record software

Note keeping in sport and private clinics is inconsistent. Many clinicians are still writing clinical notes on paper, using unsecure documents and paying for multiple systems.

Medinotes is secure, is end to end encrypted and is everything a sports team needs in one place. The Quick Note function is perfect for the busy clinician on the go.



## Secure information sharing and referrals

Sending a referral outside your team or sharing information with your team via e-mail or a shared drive document is not secure.

Medinotes has a bespoke encrypted referral solution with time limited access for the external clinician and an encrypted task and reminder system for clinicians working together.

## Protect your organisation, clinician and players

A lack of governance from staff causes medicolegal risk to clubs and clinicians.

Medinotes logs all activity on a patient's profile - perfect for an audit trail. Clinical notes are date and time stamped and tasks and reminders ensure nothing gets missed.



## Medication and equipment stock management

Tracking what equipment your team has and tracking what medication you have in stock and have dispensed is difficult and time consuming.

Medinotes has inbuilt equipment and stock monitoring. See what stock and medication you have, raise a purchase order from the supplier for the things you need and track which members of the team have dispensed an item and why.

## As used by:



**Contact Fit4Sport today to arrange a demonstration**

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**www.fit4sportltd.com**

## TERMS & CONDITIONS

### 1) DEFINITIONS

In these conditions of sale all references to "the Seller" are to Fit4Sport Limited and all references to "the Buyer" are to the person, firm, company or by whom the order is given. All references to "the Goods" are to any items supplied by the Seller to the Buyer.

### 2) QUOTATIONS

Any estimate or quotation shall comprise an invitation to treat and will remain open for a period of thirty days provided that the company has not previously withdrawn it.

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Every effort is made to ensure that the catalogue descriptions and illustrations are clear and accurate. All colours and sizes are approximate. The reproduction of colours is as accurate as photographic and printing processes will allow. Due to our policy of continual improvement some products may vary from those described. The company reserves the right to amend the specification, construction and/or design without prior notice.

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All prices are subject to alteration without prior notice. VAT is charged at the current rate unless a VAT exemption certificate is supplied with order.

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Unless there is evidence in writing to the contrary payment shall be net 30 days from the date of invoice. For new account customers payment by Pro-Forma invoice may be required.

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24 hour delivery service will be charged at £5.95 up to a maximum of 30kilos per parcel. This applies to mainland UK (excluding Scottish Highlands). Oversize/heavyweight items such as couches, gym equipment, trolleys etc. are subject to additional delivery and handling charges which will be quoted at time of order entry.

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All cancellation of orders must be in writing with our prior agreement. We are unable to accept cancellation of specially ordered or non-stock items.

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All return for credit must be previously agreed in writing. Please contact our customer service department who will advise you in the correct procedures for all return items. A restocking charge of 20% of the value of the goods may be charged. It will be customers responsibility to return the goods at their expense within 10 working days from the invoice date. All returned goods must be in the original packaging, clean and unused.

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Any loss, damage or shortage must be notified within 3 working days or confirmed in writing within 7 days. Claims outside these times will not be accepted.

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The company reserves the right to charge interest on all overdue payments and outstanding balances at the rate of 3% per month.

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### 13) WARRANTY

The Company warrants that the Goods shall at the time of delivery correspond to the specifications published by the Company when used for purposes for which goods of that type are ordinarily used. In the absence of any such published specifications applicable to the Goods, the Company warrants that the Goods shall at the time of delivery be of merchantable quality. If any Goods do not conform to that warranty the Company will at its option: i) replace the Goods found not to conform to the warranty; ii) bring the Goods into conformity with the published specifications of the Company or (as the case may be) merchantable quality; or iii) take back the Goods found not to conform to the warranty and refund the appropriate part of the purchase price. All claims must be made in writing to the customer service department (see item 9), accompanied by proof of purchase and details/nature of defect.

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