



"Fit4Sport know what matters when it comes to customer service. A helpful and knowledgeable team who always go the extra mile. They offer a great range of products with a fast and efficient delivery schedule. I would highly recommend."

Medical Dept
Leeds Utd FC



"Fit4Sport are an important component in the life of our sports medicine department. They provide an efficient and competitive service ensuring all our physiotherapy and medical supplies needs are met."

Medical Dept
Ulster RFC



"Fit4Sport have been our long term supplier of medical consumables at HTAFC. They have consistently provided an efficient service with a wide range of equipment and consumables to help support a medical department within the context of elite sport."

Medical Dept
Huddersfield Town FC



"We have had a very long and successful relationship with Fit4Sport spanning 10 seasons. Fit4Sport always go the extra mile to ensure our requirements are met and would highly recommend them."

Medical Dept
Stoke City FC

1 Tapes & Strapping

2 Bags & Kits

3 Emergency

4 Woundcare & Infection Control

5 Footcare

6 Supports

7 Hot & Cold Therapy

8 Massage & Acupuncture

9 Couches & Equipment

10 Exercise Recovery & Rehab

11 Education

12 Pharmacy

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.

15 Available Colours



NAVY

ROYAL

SKY

GREEN

LIME

NEON YELLOW

YELLOW



PINK

NEON ORANGE

ORANGE

AMBER

MAROON

RED

WHITE

BLACK

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.

21 Available Colours



NAVY

DARK ROYAL

ROYAL

SKY AQUA

NEW SKY BLUE

LIME

GREEN

NEON YELLOW

NEON ORANGE

PINK



ORANGE

MAROON

PURPLE

NEW PURPLE

RED

AMBER GOLD

FOREST GREEN

YELLOW

GREY

WHITE

BLACK

19MM SOCK TAPE

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

13 Available Colours



PINK

YELLOW

TRUE ROYAL

SKY

RED

PURPLE

ORANGE

NAVY

MAROON

LIGHT SKY

GREEN

WHITE

BLACK

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. LATEX FREE. 6.8m length

3.8cm	£2.19
5cm	£2.79
7.5cm	£3.89



LIGHTPLAST® Pro EAB Tearable

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	£2.79
7.5cm	£3.99



Fit4Sport 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



Fit4Sport Lite 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	£1.79
5cm	£2.69
7.5cm	£3.69



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	£1.39
5cm	£2.59
7.5cm	£3.09



Fit4Sport Premium EAB

White heavyweight cotton elastic adhesive bandage. Strong adhesion with smooth unwind. Conforms well. Short Stretch 4.5m

2.5cm	£1.29
5cm	£2.09
7.5cm	£2.69



Fit4Sport Top Value EAB

Brown elastic adhesive bandage offering good support. Unwinds and conforms well. Short stretch 4.5m length

2.5cm	£1.09
5cm	£2.09
7.5cm	£2.59



Fit4Sport Classic EAB

A premium elastic adhesive bandage that is easy to apply. Mid weight bandage gives firm, flexible support. Soft edges add extra comfort with yellow directional line.

5cm	£1.89
7.5cm	£2.39



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	£1.09
5cm	£2.09
7.5cm	£3.09

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)	£30.99
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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	£1.89
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Fit4Sport Cohesive

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

5cm x 4.5m	£1.69
7.5cm x 4.5m	£2.99



Premier Sock Tape

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

19mm	£1.89
38mm	£2.59



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	£1.69
7.5cm	£1.79



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 £8.59

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.

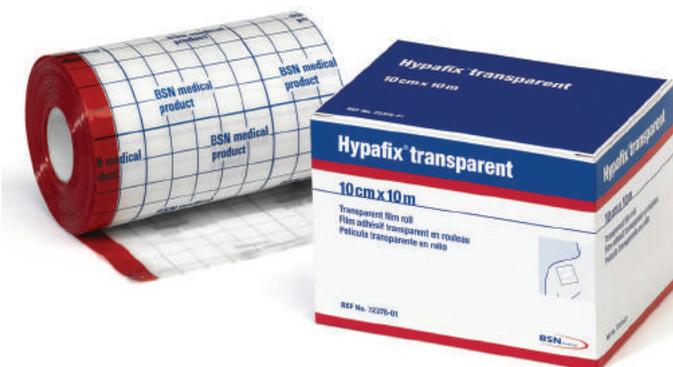
£11.49



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 £2.89
5cm £4.19
10cm £6.59



HYPAFIX® Transparent

Transparent dressing for wide area fixation. It provides a barrier against water, moisture and contamination. 2m length.

10cm £7.79



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 £1.99
5cm £3.79
7.5cm £5.49





Fit4Sport 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	£1.99
5.0cm	£2.49

Shinguard Tape

Extra long roll. White zinc oxide based tape ideal for holding up socks and securing shin pads. 50m Length

2.5cm	£5.99
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Fit4Sport 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



Fit4Sport P Tape

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

2.5cm	£3.09
3.8cm	£4.79
5cm	£5.99

Leukotape P Tape

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	£7.99
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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	£2.39
4cm	£2.99
5cm	£3.89





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	£2.49
In white only	
2.5cm	£1.29
3.8cm	£1.99
5cm	£2.79



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	£1.19
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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	£2.39
7.5cm	£3.49



MUELLER® Tearlight Colours

Easy to tear elastic adhesive now available in 5 colours. Red, Blue, Black, Green and Yellow. Ideal for ankle strappings to match the socks. 6.8m length.

5cm	£2.99
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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	£59.99
10cm x 5m	£15.99



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	£9.99
5cm x 30m	£58.99





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	£5.99
5cm x 30m	£33.99



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	£20.99
5cm x 35m	£68.99



Dynamic Tape

Dynamic Tape is a specially designed, highly elastic tape and is completely different from rigid sports tapes and kinesiology tapes. It's unique properties and four way stretch allow for a truly biomechanical approach to taping, something that integrates well with a clinician's clinical reasoning process. The tape is applied in a way that allows the elastic energy to mimic the action of injured muscles or to modify movement patterns. It can be used to facilitate or inhibit, assist and resist, or to off-load. In addition to this biomechanical approach it has also proved extremely effective for lymphatic taping due to its durability, versatility and superior comfort. Dynamic Tape can stretch to over 200% of its resting length with no restrictive end point.

Available in Black Tattoo or Tan Tattoo. Also available as an Eco tape made from recycled bottles in Black and Grey Tattoo.

5cm x 5m	£8.99
7.5cm x 5m	£13.99
5cm x 31m	£46.99



Sterogrip Tubular bandage

Elasticated tubular support bandage. 10m length.

B	£5.99
C	£6.59
D	£7.59
E	£8.59
F	£9.59
G	£10.59



MUELLER® Dermal Pad

Shock absorber for tender skin areas and bruises. Pads may be adhered directly to skin with tape or cohesive. 3mm or 10mm thick.

£15.99



Mueller

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.

£25.99



Scissors

Bandage Scissors 7.5"	£4.19
Bandage Scissors 5.0"	£3.19
Blunt/Blunt Scissors	£2.19
Blunt/Sharp Scissors	£2.19
Sharp/Sharp Scissors	£2.19
Tough Cut Scissors	£2.49
Tape Cutter	£9.49
Tape Cutter Blade Pk10	£19.99
Kinesiology Scissors	£19.99





MUELLER® Tape & Tuffner Remover Spray

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

4oz £5.49
10oz £9.59



MUELLER® Tuffner™ Pre Tape Spray

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

4oz £5.99
10oz £9.59



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 £6.99



MUELLER® Quick Drying Adherent Spray

Colourless tape adherent. Apply to skin before taping.

4oz £5.99
10oz £9.59



Zoff®

Individual wipes in a sachet for safe removal of tape adhesive.
Pk of 20 wipes.

£5.99



LEUKOTAPE® Remover

Banish the trauma of removing adhesive tape. Easy to use and won't leave an adhesive residue on the skin.

350ml.

£7.99



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

£6.79



MUELLER® Stickum

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

4oz

£6.79



MUELLER® Stickum

Paste

Contains resin in a wax to improve ball handling

4oz

£7.95



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

£11.59

500g Wax

£16.99

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

£6.99



For enhancing grip in all sports.



GRIPA Glu Tub

120g

£8.19



GRIPA Glu Tub

450g

£19.99



Gripa Glu Remover

200ml

£8.29



Gripa Glu Tube

80g

£4.99

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Bags & Kits

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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 Empty £22.99
Club Bag Full (Premium Refill Kit) £43.99

Premium Refill Kit

- 2 x Instant Ice Packs
- 1 x Eye Pad
- 1 x Fit4Sport Cold Spray
- 1 x Foil Blanket
- 1 x White Petroleum 50g
- 1 x Wound Dressings No 8
- 1 x Resuscitation Aid Disposable
- 1 x Wound Dressings No 9
- 2 x Triangular Bandages Disposable
- 1 x Washproof Plasters Pk20
- 1 x Zinc Oxide 2.5cm
- 1 x EAB 2.5cm
- 1 x Crepe 7.5cm
- 1 x Fit4Sport Lite Tearable EAB 7.5cm
- 1 x Scissors
- 1 x Graze Jet Spray 500ml
- 1 x Dressings Pack Containing:
- 3 x Melolin Dressing 5cm
- 2 x Gloves
- 3 x Cleansing Wipes
- 1 x Leukostrip
- 1 x Pkt Pins

Premium Refill Kit £21.99



Fit4Sport Emergency Care Bag

Easy to carry first aid bag. Ideal as a travel kit or personal first aid kit. W20cm x L20cm x D10cm.

Care Bag Empty £8.99
Care Bag Full (Standard Refill Kit) £20.99

Standard Refill Kit

- 1 x Instant Ice Pack
- 1 x Resuscitation Aid Disposable
- 1 x Zinc Oxide 2.5cm
- 1 x Fit4Sport Lite Tearable EAB 7.5cm
- 1 x Eye Pad
- 1 x Scissors
- 1 x No 9 Dressing
- 1 x Foil Blanket
- 1 x Triangular Bandage
- 1 x Dressings Pack Containing:
- 2 x Melolin Dressing 5cm
- 1 x Gloves
- 5 x Cleansing Wipes
- 1 x Leukostrip
- 1 x Pkt Pins

Standard Refill Kit £11.99





Leuko Waist Bag

For fast and easy access to essential medical products.

£15.99



Fit4Sport Bumbag

For fast and easy access to essential medical products.

£17.99



Fit4Sport Roller Kit

The perfect solution to carrying heavy medical bags. These easy to handle kits have a compartmentalised lift out tray and ample interior space for bulkier products. Roller wheels and handles make these kits ideal for the therapist on the move. L64cm x W34cm x D41cm.

£69.99



Fit4Sport Docs Case

Stylish lightweight aluminium doctors case. Compartmentalised base and insert with pockets for instruments etc. L33cm x W17cm x D12 cm.

£39.99



Fit4Sport Drinks Bottles

Drinks Bottle 1Litre

£1.99

Drinks Bottle Carrier

£10.99

Drinks Bottle Carrier Plus 10 Bottles

£28.99



Travel Skips

Take the strain out of carrying medical gear and kit with these sturdy travel skips and wheels. Skips are stackable with interlockable edges.

Travel Skip 1: 75cm x 55cm x 38cm

£425.00

Travel Skip 2: 75cm x 55cm x 58cm

£495.00

Trolley for Travel Skips

£185.00



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 £299



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 £199



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



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 £79





Eye Wash Station

Contains 2 x 500ml eyewash, 5 x 20ml steripod.

£27.99

HSE First Aid Kits

All contents meet the Health & Safety Executive guidelines.

- 10 Person Kit: 27 x 27.5 x 9.5cm £10.99
- 20 Person Kit: 27 x 27.5 x 9.5cm £13.99
- 50 Person Kit: 32 x 33.5 x 9.5cm £27.99



Burns First Aid Kit

All contents meet the Health & Safety Executive guidelines. The kit provides fast and effective treatment for burns, scalds and sunburn in the work place or home. 27 x 27.5 x 9.5cm.

Contents:

- 1 x Reliburn Dressing 20cm x 20cm
- 2 x Reliburn Dressing 10cm x 10cm
- 8 x Reliburn Blot Sachet 3.5g
- 1 x Reliburn Dressing 5cm x 15cm
- 1 x Reliburn Gel Bottle 125ml
- 1 x Conforming Bandage 10cm x 4m
- 1 x Conforming Bandage 7.5cm x 4m
- 1 x Large Universal Shears
- 1 x Gloves (pair)



Metal First Aid Wall Cabinet

Ideal Storage for your first aid supplies. Lockable with keys. 40 x 30 x 12cm. (Supplied empty)

£43.99

£23.99

iPAD

Intelligent Public Access Defibrillator



iPAD SP1 Automated External Defibrillators

from
£1099
+VAT



iPAD SP1
Carry Case

iPAD SP1 Fully Automatic

iPAD SP1 Semi Automatic

Semi or fully automatic. The choice is yours.

#creatinglifesavers

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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
£219.99

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 80cm. Board Weight: 8 kg. Load Capacity: 159 kg
£769.99

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.

£64.99

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

£149.99

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	£45.99
4 Strap - 58cm	£53.99
5 Strap - 75cm	£60.99
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

£159.99



Sam Splint

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

Splint Flat 23cm x 11cm	£8.99
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.

£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 £5.49
 Disposable Resusci Aid £0.99



Guedel Oropharyngeal Airways

Guedel Airways. Six sizes available. Please specify.

£0.65



I-gel Supraglottic 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



Nasopharyngeal Airways

This mediprene latex free nasopharyngeal airway has a fixed flange. Available 20, 24, 26, 28, 32, 34.

£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



Bag Valve Mask

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

£15.59



Pitchside Trauma Care Bag

A fully equipped backpack. 12 transparent pouches hold all your emergency kit that may be needed pitchside.

Contents list:

- Extrication Collar x 2
- Nasopharyngeal Airway 24, 28, 30
- 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 2
- IV fluid giving set x 2
- Tegaderm IV dressing pk 5
- 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

IV Cannula

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

Single Cannula £2.39
Box of 100 £79.99



Syringes

Supplied in boxes of 100

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



Hypodermic Needles

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



Nebulising Oxygen Mask

£4.49

Non-rebreathe Mask

£3.29

Oxygen tubing 2m

£1.39

Peak flow meter

£9.99

Peak flow mouthpieces

£0.69

Giving Sets

£2.19



Stethoscope
Stethoscope

£8.99



Blood Glucose Meter

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

Blood Glucose Meter
Test strips pk 50

£21.99
£29.99



Pocket Diagnostic Set

Otoscope and Ophthalmoscope pocket set.

£229.99



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.

£43.99



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.

£31.99

Thermometers

Digital Oral Thermometer
Digital Ear Thermometer
Lens Covers Pk 20
Braun Ear Thermometer
Braun Lens Cover Pk 20



£3.29
£26.99
£3.99
£49.99
£4.99



Pen Torch

Penlight and pupil gauge.

Disposable
Re Usable

£3.39
£3.95

Urinalysis

Multistix 8 SG box 100
Multistix 10 SG box 100
Urine Sample Bottles 20ml Pk 10
Urine Sample Bottles 30ml Pk 25



£49.99
£59.99
£3.99
£5.99

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 bony 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



Adhesive Wound Dressing - Relipore

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	£12.99
8.5cm x 9.5cm - Box 10	£25.99



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	£15.99
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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

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	£5.89
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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Antiseptic Spray

A quick and effective spray that works well to disinfect your minor injuries; it has a powerful yet mild formula which is kind to the skin and protects your wounds from becoming infected.

100ml	£1.99
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Savlon Cream

Antiseptic and cleansing cream.

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

Betadine Dry Spray

Antiseptic spray for treatment of infection in wounds.

100g	£17.99
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Videne Solution

500ml	£13.99
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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

105g	£1.49
500g	£3.49



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. £9.99

Tisept

Chlorhexidine cleansing solution in individual sachets.

Pk of 25. £10.99



Gloves

Vinyl powder free - Box 100	£4.99
Latex powder free - Box 100	£5.99
Nitrile powder free - Box 100	£6.59
Sterile Latex powder free - Box 50	£24.99



Plasters

Fabric Assorted - Pk of 100	£6.99
Waterproof Assorted - Pk of 100	£5.99
Waterproof - Pk of 20	£1.49
Dressing Strip 7.5cm x 1m	£1.99
Dressing Strip 7.5cm x 5m	£7.99



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	£4.29
7.5cm x 7.5cm - Pk 25 x 5 Sterile	£9.99
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

Cotton Wool

500g. £3.99

Cotton buds

Pk of 100. £2.19



The Clinell® Range



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
£5.99



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

£2.49
£4.99



Hard Surface Cleanser

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

500ml

£4.99



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

Sterile Dressing pack (Spec 10)

- 1 x water repellent sterile field
- 1 x absorbent paper towel
- 4 x large absorbent cotton wool balls
- 4 x absorbent swabs (10cm x 10cm)
- 1 x absorbent dressing pad

£1.19



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



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 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

£8.39



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



Relistrip - Wound Closure Strips

- 3mm x 75mm Pk 50 x 5
- 6mm x 75mm Pk 50 x 3

£15.99

£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
- 3mm x 75mm pk 10 x 5
- 6mm x 75mm pk 50 x 3
- 6mm x 75mm pk 10 x 3

£19.99

£7.99

£19.99

£7.99

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



Leukosan Glue

Leukosan® Adhesive represents a well-composed wound closure concept, offering a leading option for precise wound closure procedures. Quick, easy and safe to apply, 1 layer is sufficient. The glue flexes with skin and offers a pain-free application.

Pack of 10

£59.99

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

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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.

£4.69

COMPEED® Extreme

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

*vs. Compeed Blister Medium

£5.49



COMPEED® Underfoot

Underfoot blisters are a common problem due to high levels of lateral movement, twisting force and greater pressure than elsewhere on the foot. Underfoot has been specially designed to fit and protect blisters and adds an extra cushioning zone to ease the pressure and provide pain relief.

£5.49

COMPEED® Anti-Blister Stick

COMPEED® Anti-Blister Stick is effective in the prevention of friction and blistering

£4.89



Skin on Skin

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

Second Skin Squares - Pk of 200

£26.99

Second Skin Circles - Pk of 48

£39.99



Skin on Skin Dressing Kit

Provides advanced cushioning, soothing relief, and long-lasting protection for blisters, chafing and minor skin irritations. Breathable, medical-grade adhesive shield moves with you to ensure protection while securing placement of the hydrogel pad.

Kit contains:

- 2 Soothing, Hydrogel Pads - 19.5" square hydrogel pads (16 cm x 7.5 cm)
- 5 small adhesive knit sheets (7.5 cm x 3.7 cm)

£11.99



Savlon Blister Plasters

Active heal will keep the wound moist helping to accelerate healing and reduce pain. Pack of 5.

£4.79



Rock Tape Blister Kit

Stop blisters and hot spots before they start and easily treat blisters on the move with RockTape's Blister Kit made from Rocktape. Contains 4 x 25cm strips, 6 x 15cm strips, 4 x 7cm strips.

£6.99



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.

£17.99



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.

£13.99



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.

£27.99



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 £20.95
7mm - Pack of 4 £29.95
10mm - Pack of 4 £39.95



Foam

5mm - Pack of 4 £13.95
7mm - Pack of 4 £15.95



Fleecy Web

Pack of 4 £9.99



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



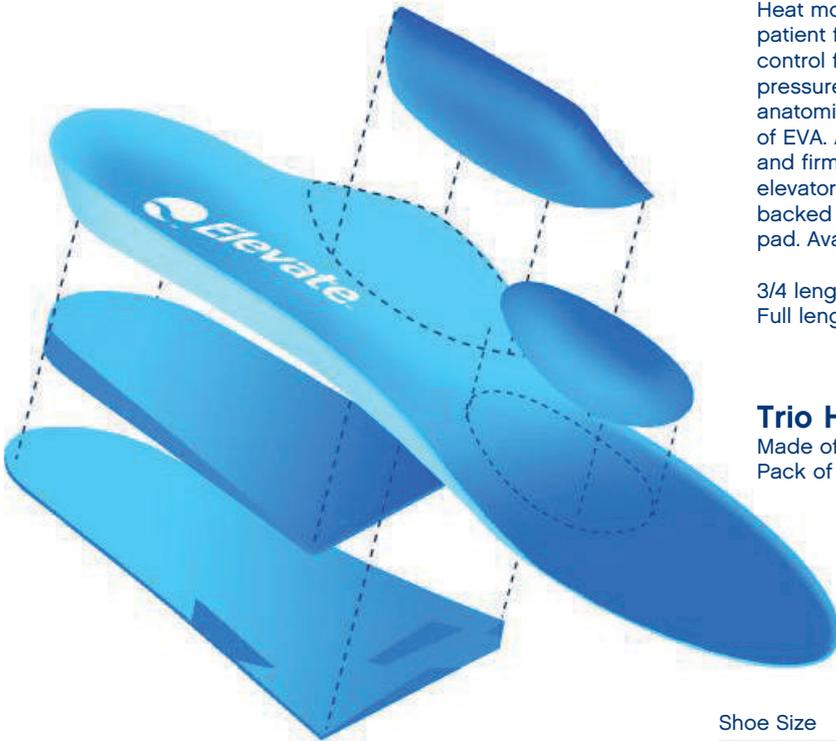
Gehwol Fusskraft

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
450ml £18.99



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 £21.99
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

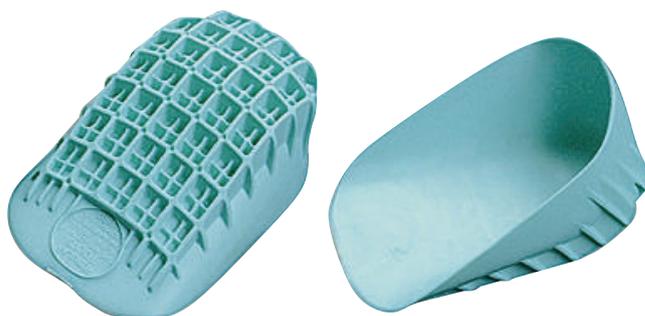
Relieves pain throughout heel. Helpful when treating achilles tendonitis, plantar fasciitis, bursitis. Available in medium, large and x-large.

£23.99

Silipos Wonderspur Blue Dot

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

£23.99



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

£7.99

Large over 175lbs

£7.99



Silicon Gel Heel Cups

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

Shoe size 5-9

£11.99

Shoe size 9+

£11.99



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 tendonitis 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

7" foot dresser

£4.39

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



£78.99

**THE ONLY SEAMLESS
COMPRESSION IN THE
WORLD THAT CAN ASSIST
WITH INJURY RECOVERY
AND PREVENTION**



Men's CORETECH® Injury Recovery Shorts

Patented seamless technology combined with physiotherapist-backed design results in the ultimate medical-grade compression product for recovery and prevention of hamstring, hip, pelvic, and groin injury.



Men's CORETECH® Injury Recovery Tights

Patented waistband and medical grade compression.



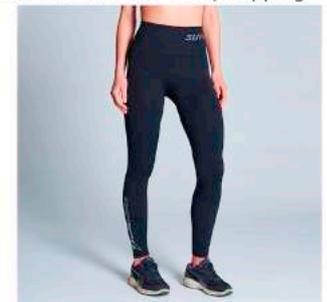
Men's Bodymapped Recovery Leggings

Featuring medical grade compression and RibTech® Bodymapping.



Women's CORETECH® Injury Recovery Shorts

For pelvic, hip, groin, and post-natal support.



Women's CORETECH® Injury Recovery Tights

Patented waistband and medical grade compression.



Supacore products are next-generation compression. Featuring patented technologies CORETECH®, RibTech®, and Supa-X®, Supacore give performance sportswear upgrades. Featuring physiotherapist-backed design, Supacore products join innovation with function.



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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.

£27.99



Mueller XLP Ankle Brace

This lightweight ankle brace is designed for speed and flexibility. The high front design leaves front of foot open to allow greater foot movement and better ball control. Fits either foot. Available XS - XL.

£18.99



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.

£15.99



Mueller Elastic Ankle

Breathable fabric. Fits either foot. Available XS - XL.

£8.99



Mueller Adjustable Ankle Support

Designed to help support and protect sore, weak, sprained, strained, and arthritic ankles. Adjustable tension straps provide custom fit for controlled compression. One size fits most.

£16.99

Shoe Size for all above

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

AIRCAST



Aircast Sports Air-stirrup

For functional management of ankle sprains. Semi rigid shells to prevent inversion/eversion. Duplex aircell system to enhance circulation and reduce swelling. Left or right. One size fits most.

£44.99

AIRCAST



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



AIRCAST

Air Heel

Specifically designed to treat plantar fasciitis, Achilles tendonitis, and heel pain. Using two interconnected aircells located under the foot arch and in back of the heel, the AirHeel applies pulsating compression with every step to help reduce swelling and discomfort.

£34.99



AIRCAST

Airsport Ankle Brace

Foam filled aircell to cushion and support ankle. Semi rigid encased shell. ATF cross strap for ankle stabilisation. Ideal for chronic ankle injuries. Available Left or Right. Available Small - Large.

£45.99



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.

£49.99

Shoe Size

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



AIRCAST®

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.

£129.99



AIRCAST®

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.

£89.99



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.

£68.99



OPED VACOcast

A cast stable fixed walker that benefits from the same vacuum technology as VACOPed and VACOpedes.

Setting the standards for modern health care for all foot and ankle fractures. Optimum pressure distribution supports the healing process and early weight bearing allow the patient to get back to their daily routines considerably quicker.

£129.99

VACOcast



OPED VACOPed

Due to the unique design of this dynamic walker patients can weight bear earlier, enabling a faster return to sport. Gold standard for Achilles rupture management. VACOPed is cast stable; this stability is achieved via an inner vacuum cushion that forms to the shape of the leg by evacuating the air, allowing adjustments to be made for swelling, whilst the external shell provides the rigidity. Adjustable ROM (range of movement) bar allows the boot to be fixed or permit movement dependant on the indication.

Vacoped £219.99
Vacopedes £119.99

VACOPed



Mueller Hinged Wrap Around Knee Brace

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

Regular 30-40cm
Large 40-50cm

£35.99
£35.99



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 butress 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.

£29.99



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



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.

£129.00



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.

£129.99

Small	Medium	Large	X-Large
33cm-35cm	35cm-38cm	38cm-43cm	60cm-67cm

Measure around knee cap



Rection Web

A responsive, webbed approach to knee pain that gives you a distinct alternative to the basic knee sleeve. Developed by orthopedic surgeon, Dr. William Nordt it can help decrease knee pain and increase function. The elastomeric web absorbs shock, disperses energy and shifts pain away from your knee. Fitted under sleeve for comfort Fit left or Right , available in 4 sizes. Available in Black and red

£65.99



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

Small	Medium	Large	X-Large
36-46cm	46-56cm	56-69cm	69-81cm

Measure 15cm above mid patella.



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.

£38.99



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



Variable Compression Shoulder Support

Ideal for recent shoulder dislocations, shoulder instabilities and rotator cuff repair. Anatomically designed to give stability and focussed compression. Left or right. Universal size

£28.99



Arm Sling Immobilizer

Provides general arm support and restricts movement. Adjustable shoulder strap with pad allows for custom fit. One size fits most

£8.25



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



Mueller Thigh Support

Unique contour design allows this support to be placed directly on the thigh or higher up to support the groin. Ideal for injuries and sprains of the quadriceps, hamstring, or groin muscles. Wear to warm muscles before strenuous activities or all day for constant, adjustable compression.

£13.99



Mueller Compression shorts

Provide uniform support and compression to abdominal, quadriceps and hamstrings. Super stretch spandex centre panels provides cooling to major arteries whilst still keeping muscles warm. Available small - extra large. Measure around waist.

£22.99



Mueller Calf Shin Support

Lightweight support, provides comfortable compression to help with shin splints. Wrap around design for easy on/off. One size fits most.

£16.99

storelli

ADVANCED ATHLETE PROTECTION

Storelli is a brand dedicated to exclusively to Advanced Athlete Protection, proudly out of Brooklyn, NY. Designing sharp, innovative cutting edge protective gear that works.



EXOSHIELD HEADGUARD

Outperforms traditional headguards in scientific protection testing and reduces the effect of G-forces by up to 180%.

£54.99



BODYSHIELD LEGGUARD

It offers a flexible, breathable layer of our extreme-protection foam on the side of the leg and ankle, protecting you from kicks and hard grounds.

£31.99



BODYSHIELD SLIDERS

Designed to grant you the protection and light-weight mobility you need during competitive matches.

£41.99

www.storelli.com



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



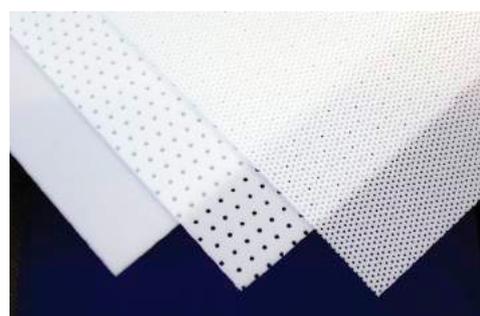
Epi Sport Epicondylitis Clasp

Use in the treatment of tennis and golfers elbow. Targeted compression reducing stress, pain and inflammation

£17.95

Measure forearm 1.5 - 2" below elbow

Small	Medium	Large	X-Large
23-25.5cm	25.5-28cm	28-30.5cm	30.5-34.5cm



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	£49.99
2.4mm	£56.99
3.2mm	£65.99

HYPERICE



Hyperice® ICT

Ice Compression Technology

Featuring Patented Air-Release Valve

Icing reinvented. The product that started it all. Designed in collaboration with the world's best athletes, this recovery staple paved the way for the brand's future innovations.

Hyperice ICT Benefits

- Air-release technology improves surface contact, surface area, and compression
- Ergonomic design provides a customized fit
- Portable device allows for mobility during use
- Harnesses the power of ice to help reduce inflammation



Utility Device
Ankle / Elbow / Wrist / Shin / Jr Knee



Knee Device
Left / Right Knee

Venom™

Wearable Vibration + Heat

Treat with heat. The Venom is a cutting edge, digitally connected wearable device that combines heat and vibration to warmup, loosen and relax muscles.

Venom Benefits

- Loosens and relaxes tight and sore muscles
- Warms and prepares the body for physical activity
- Provides a heated massage at home or on-the-go



Back Device
Lower / Middle Back



Leg Device
Knees / Hamstrings / Quads



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Hot & Cold Therapy

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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"

£8.79
£10.79



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.

£0.99



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 £72.99
Mueller ice bag dispenser £19.99

Plastic Ice Bags - 35cm x 50cm pk 100 £6.59
Premier Heavy Duty Ice Bags 30 x 45cm pk 1000 £49.99



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	£4.69
Spray 150ml	£4.59
Rub 100g	£4.69
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



Heat Spray

Gives comforting relief from pain by warming the skin over the painful area.

£1.59

Freeze Spray

A fast acting spray that cools the area to help kill pain instantly.

£1.59



RockSauce Fire & Ice

RockSauce Fire is a topical pain relief cream that works by providing incredibly strong healing sensations that last for hours – with powerful ingredients like menthol and capsaicin that work together to soothe sore joints and muscles.

RockSauce Ice relieves muscle and joint pain with string 6% menthol to provide a powerfully icy cooling sensation. Combined with Arnica, Green Tea and Aloe, RockSauce Ice soothes more than your brain with natural ingredients to reduce swelling and keep skin irritation-free.

The convenient 3oz massaging roll-on bottle means your hands stay clean and clear of our powerful active ingredients. Take it anywhere, apply it anytime with no mess and no hassle.

3oz roll on	£8.99
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HEATED PERFORMANCE PANTS



WARM TO PERFORM

Lizard Heat Heated Performance Pants are used to assist in warming your main core leg muscle areas. Our unique design enables Athletes to actively or passively warm your Hamstrings, Thighs, & Calf areas.

Our new performance solution enables maximum heat coverage whilst maintaining comfort and design. We developed some features of the new product using knowledge from some of England's top sports physiotherapists and Sports Scientists.

£349.99

Quality, Flexible Heating Panels

Multiple, flexible heating panels are integrated into our new heated pants and with future devices. They are so thin, and comfortable as with our design to be used in sporting environments.

Windproof and waterproof

Designed to maximize the heat for short periods, helping with muscle heat maintenance. Extremely easy to apply and remove using Chunky Zips down each side, this design makes them perfect for Athletes.

Safety: Automatic Overheat Protection

Built-in safety overheating protection is built into every product to help ensure total safety.

Built-In Three-Level Temperature Control

Comes with a on/off button combined with a three level temperature controller button integrated directly into the garment.

LOW 38-42 °C **MEDIUM** 40-45°C **HIGH** 45-50 °C





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	£99.99
Team	£124.99
Squad	£154.99



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
Icemate 24litre (flat top)	£23.99



Aircast Cryo/Cuff®

A must for soft tissue injuries. The Cryo/Cuff® provides simultaneous cold and compression. It is easy to use and so versatile it can be used in the treatment room or even pitch side following an injury.

Aircast Cryo/Cuff® Flask	£59.99
Aircast Cryo/Cuff® Ankle	£61.99
Aircast Cryo/Cuff® Knee Medium	£61.99
Aircast Cryo/Cuff® Knee Large	£61.99
Aircast Cryo/Cuff® Calf	£61.99
Aircast Cryo/Cuff® Elbow	£61.99
Aircast Cryo/Cuff® Shoulder	£61.99
Aircast Cryo/Cuff® Thigh	£61.99
Aircast Cryo/Cuff® Back, Hip and Rib	£64.99
Aircast Cryo/Cuff® Hand/Wrist	£64.99

Aircast Cryo/Cuff® Intermittent Compression Lid

New lid features integrated pneumatic pump. 30 second on/off cycle provides automatic intermittent compression on top of cold therapy.

£119.00



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



Moist Heat Packs

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

Standard	£12.50
Oversize	£28.50
Neck Contour	£13.95
Standard Terry Cover	£27.95
Oversize Terry Cover	£36.95
Neck contour Terry Cover	£19.95



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.

£1995.00

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Massage & Acupuncture

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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 £8.99
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® Massage Lotion Relax

Completely preservative-free. Natural emulsifiers and essential oils for a relaxing effect. Stimulates the blood circulation, contains essential oils such as lavender, bergamot and laurel to ease aching muscles, stimulates the blood circulation and provide a soothing effect for the absolute must among therapists.

500ml £13.95

NAQI® Massage Lotion Menthol

Warming massage lotion with good gliding and dispersal properties. Ideal for relaxing massages after sports. Increases circulation and cools the skin.

500ml £16.95

NAQI® Massage Lotion Cool

Cooling and refreshing massage lotion. Very pleasant in warm weather and after exercise.

500ml £13.95



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



NAQI® Arnica Gel

Contusion gel for sprains, injuries and bruises. Relieves rheumatic pain, recommended for functional rehabilitation. Airless bottle.

100ml £11.99

NAQI® Inflamm Gel

Excellent to use for massage after activity. Reduces inflammation and pain.

100ml £11.99

NAQI® Cool Gel

Offers an immediate and long lasting cooling effect. Apply several times per day, before and after sports to promote a faster recovery.

100ml £11.99



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 Wax

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 £30.99

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 £30.99

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



Premax Essential Cream

Premax Essential 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. Premax Essential has a moderate resistance and is long lasting, wipes off easily, and leaves the skin feeling refreshed and moisturised.

100g	£9.99
400g	£21.99



Premax Original Cream

Premax Original 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. Premax Original has a firm resistance and is long lasting, wipes off easily and leaves the skin feeling fresh and clean.

100g	£9.99
400g	£21.99



Premax Arnica Cream

Premax Arnica combines Beeswax, Aloe Vera, Vitamin E, Olive Oil, Shea Butter, Cocoa Butter, Ginger and Arnica Montana. The benefits of Arnica, Ginger and Olive Oil are well known, and the Shea and Cocoa butters give the cream a smooth and creamy texture. Aloe Vera and Vitamin E helps the skin maintain its condition. It has a moderate resistance, is long lasting, wipes off easily and leaves the skin feeling moisturised and clean.

100g	£9.99
400g	£21.99



Premax Massage Lotion

Premax Massage Lotion is a smooth, silky, and unscented massage lotion. It is the lightest of the Premax massage range, with more glide and effortless workability. Premax Massage lotion is a fantastic alternative to massage oil, massage cream, or sorbolene cream. It is long lasting, wipes off easily and moisturises the skin.

1000ml	£20.99
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Premax Sports Grip Balm

A non-slip sports grip balm applied to hands or sporting equipment to enable superior grip and control in all weather conditions. It's long lasting, sweat and moisture resistant, and has a clean, dry finish.

100g	£10.99
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Chemodol Massage Oil

Suitable for all skin types. Neutral fragrance.

500ml	£9.79
5ltr	£78.95



Baselin Massage Milk

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

500ml	£9.79
5ltr	£78.95



Chemovine

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

500ml	£9.79
5ltr	£78.95



Chemotherm

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

500ml	£13.99
5ltr	£115.99

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.£
Weleda Massage Balm 100ml £10.£



Naqi Sport Arnica Gel

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

100ml £11.99



Percutane Joint Action Cream

A powerful, fast acting natural cream clinically developed for muscular pain and joint mobility. Multi-use formula - Triple action anti-inflammatory ingredients, Arnica, Aloe Vera, Burdock, plus Capsicum for mobility and pain. 75g

75g £11.99

Fit4sport Arnica

Economical alternative to the leading brands.

Arnica Cream 500ml £20.99
Arnica Ointment 500ml £20.99



Fit4sport Pre Sport Massage Oil

For a stimulating massage prior to sport. Can be used 36 hours prior to activity. Contains black pepper, orange and rosemary in a grapeseed and wheatgerm base. 500ml £8.49

Fit4sport Post Sport Massage Oil

Relax with this soothing grapeseed post sport oil containing juniper berry, basil and grapefruit. 500ml £8.49

Fit4sport Therapeutic Massage Oil

A general relaxing massage oil containing chamomile and sweet marjoram. 500ml £8.49

Fit4sport Sports Cologne

Use to cleanse skin before massage and to cleanse excess oils post massage. 500ml £8.49

HYPERICE



Vyper™ 2.0

High-Intensity Vibrating Fitness Roller

The game changer. The Vyper 2.0 is the next generation of the world's most powerful vibrating fitness roller. Now stronger, sleeker, and even more durable.

Vyper 2.0 Benefits

- Increases range of motion and flexibility
- Increases circulation for optimal warm up
- Reduces soreness for faster recovery
- Relaxes muscles for a more comfortable roll

£139.99

Raptor™

Advanced Percussion Technology

The Raptor is a state-of-the-art percussion therapy device that enhances and accelerates recovery and warmup, penetrating the muscle with up to 3,600 percussions per minute.

The Raptor's Swiss-made brushless motor, adaptive sensor technology, and built-in cooling system make it the most advanced recovery product on the market.

Innovation by **HYPERICE**



Hypersphere™

High-Intensity Vibrating Fitness Ball

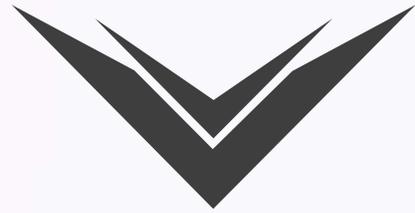
Power meets portability. Powerful yet small, the Hypersphere targets your tightest areas to unlock the body and help you move better.

Hypersphere Benefits

- Increases range of motion and flexibility
- Increases circulation for optimal warm up
- Reduces soreness for faster recovery
- Relaxes muscles for a more comfortable roll

£114.99





HYPERVOLT

Featuring Quiet Glide™ Technology

£374.99

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**

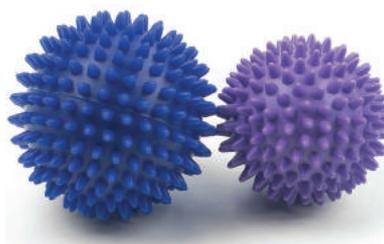


Massage Stick 14"

Portable self-massage tool. Four independent rollers to target trigger points and penetrate specific muscles. Ideal for use before or after exercise.

Length 46cm

£13.99



Spikey Massage Balls

small spikey massage balls for release of tight muscles and to improve circulation Often used in pairs but sold as singles.

7cm purple

£2.99

9cm Blue

£3.49



Mini Massage Roller

Relieves tight muscles and targets fascia management. Portable and easy to use. ABS tube with foam padding.

16 x 6.5 x 6.5cm

£7.49



Massage Ball Set

Trigger Point Massage Ball Set
Set of massage balls in 3 different hardnesses for acupuncture massage and trigger point release.

6cm diameter

£8.99



Vari massage stick

Ultimate massage stick. Can choose from two arrangements for maximum deep tissue massage. Ideal for trigger points and myofascial release. 12 cogs

45cm x 7cm Diameter

£16.99



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



Classic Plus Acupuncture Needles

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

13mm x 0.20	£6.29
25mm x 0.20	£6.29
25mm x 0.22	£6.29
25mm x 0.25	£6.29
25mm x 0.30	£6.29
40mm x 0.22	£6.29
40mm x 0.25	£6.29
40mm x 0.30	£6.29
50mm x 0.25	£6.29
50mm x 0.30	£6.29
70mm x 0.25	£6.29
70mm x 0.30	£6.29
90mm x 0.30	£6.29

Sharps Disposal Bins

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



Seirin B Acupuncture Needles

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

15mm x 0.25	£14.50
30mm x 0.30	£14.50
40mm x 0.25	£14.50
50mm x 0.30	£14.50



Heskier one tool

An ergonomic massage, acupressure and myofascial release tool promoting the flow of interstitial fluid for use by professional therapists to enhance daily recovery and treat injuries. An all in one bodywork tool. Made of Medical grade nylon

£79.99



Physioblade

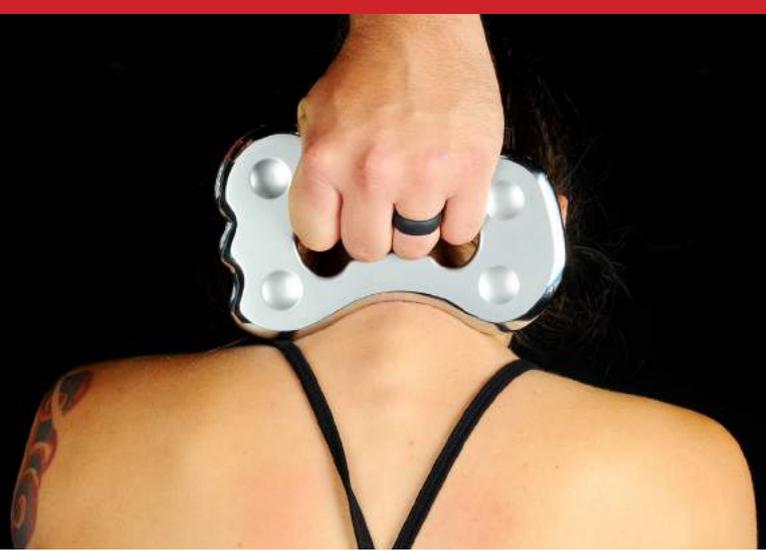
A multi-purpose IASTM tool made out of stainless steel. The blade has been designed with a variety of angles and curved edges to allow comfortable use. The double bevelling allows for superficial or deeper treatment. Comes in pouch

£129.99



ROCKBLADES®

ROCKBLADES 2.0 COMPLETE SOFT TISSUE IASTM SYSTEM



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



Rock Rub

Rock Rub is a new massage was that is fantastic for soft tissue work, especially for deeper tissue techniques and small treatment areas. Rock Rub maintains a fantastic consistency throughout treatment, along with a pleasant fragrance. Rock Rub is fantastic for instrument-assisted massage techniques too. A small amount of Rock Rub goes a long way. Made with Canola Oil, beeswax and Vitamin E.

50g
400g

£5.59
£12.49

ROCKBLADES® MOHAWK

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



9

Couches & Equipment

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Therapy Couches

A very strong and rigid couch with a traditionally long head section or backrest. The couch can be adjusted to provide support for the player in prone, supine and seated positions. Designed with double gas strut construction for complete stability. Retractable wheel design with adjustable foot stability on uneven surfaces. Available as hydraulic or electric and supplied with breathing hole and plug.

Warranty: 10 year structural frame warranty, 2 years on electric and hydraulic actuation, 2 years on gas struts and 12 months on all other components.

Safe working load and lifting capacity of 240kgs (37 stone)
Standard width 65cm
Head section adjustable from -25 to +75degrees
Backrest adjustable from horizontal to 80 degrees
Available in Dark Blue, Cream, Grey or Black
Dimensions 190cm x 65cm x height range of 45cm- 98cm

2 section Hydraulic	£775.99
2 section Electric	£699.99
3 section Hydraulic	£799.99
3 section Electric	£749.99

Paper Roll Holder £22.99

Delivery charges extra £65 per couch



"Seers Medical Supplier of medical furniture (Olympic Villages) to the London 2012 Games"



Couch Rolls

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

Treatment Room Towels

Available in white or navy.

Hand Towel	£4.99
Bath Towel	£10.99
Bath Sheet	£14.99

Couch Covers

Stretch terry towelling couch covers. Fit all popular models of couches. Available in beige or navy with or without breathing hole.

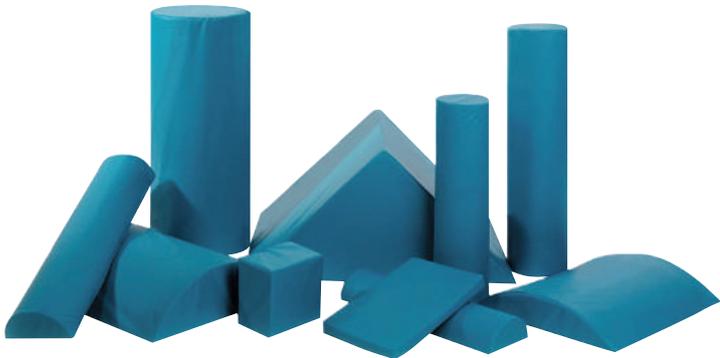
£13.99

Portable Therapy Couch

Designed for the professional therapist. Exceptionally strong. Adjustable backrest with breathing hole and plug. Soft touch wipe clean fabric, this portable couch can withstand the most rigorous of sports massages. Supplied with a free carry bag.

Adjustable height: 61-81cm
Dimensions: 183 x 61cm
Weight: 16kgs

£219.99



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	£49.99
Large roll 15cm x 50cm	£31.99
Small Roll 13cm x 44cm	£26.99
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	£32.99
Large Wedge 60cm x 50 cmx 33cm	£69.99
Cube 15cm x 15cm x 10cm	£14.99
Small rectangle 18cm x 24cm x 2.5cm	£14.99



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

Wireless Pro 4 Channel • £1,950.00

Let's start MULTI-SESSIONS™

WIRELESS PRO 4CH STANDARD is a wireless 4 channel stimulator developed to treat standard indications of electrotherapy (Pain & Standard Rehab and Vascular) with 4 channels, 2 remotes and a professional smart docking station allowing the user to manage several sessions.



Theta • £1,309.00

Control your Sessions of Electrotherapy

THETA is a 4 channel stimulator developed to treat both standard (Pain, NMES) and specific protocols in rehabilitation, especially when triggered or co-contractions are requested. Neurology (Spasticity, Hemiplegic foot, Agonist-Antagonist) or specific pathologies like Post ACL Ligamentoplasty are protocols provided by the unit.

Features

Programs

Wireless Pro Four standard + 4 Full program categories: Rehabilitation I&II, Pain Relief I&II, Vascular, Neurologic Rehabilitation and Conditioning I&II. Full Program configuration – 4CH – MULTI-SESSIONS.

Theta Four standard + 4 Full program categories: Rehabilitation I&II, Pain Relief I&II, Vascular, Neurologic Rehabilitation and Conditioning I&II. Full program configuration.

Feature	Wireless Pro 4 Ch	Theta
Wireless Technology	•	
2+2	•	•
Trigger Function	•	•
Skip	•	•
Software	•	•
Warranty	•	•
MULTI-SESSIONS concept	•	
Muscle Intelligence™ Tech	•	•
+ TENS Option	•	
Motor Point Pen	•	•
Programmability	•	•
Detailed Practical Guide	•	•
Autonomy & Speed Recharge	•	•



10

Exercise Recovery & Rehab

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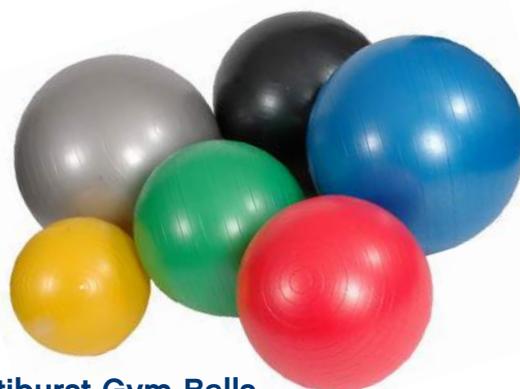
Fit-Band

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	£6.55	£37.95
Red	Light	£7.65	£40.95
Green	Medium	£8.75	£45.95
Blue	Heavy	£9.85	£49.95
Black	Extra Heavy	£10.95	£52.95

Fit-Tubing

20m	Yellow	£26.99
Light		
20m	Red	£28.99
Medium		
20m	Green	£32.99
Heavy		
20m	Blue	£36.99
Extra heavy		
20m	Black	£39.99
Special heavy		



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	£14.99
Antiburst Gym Ball	65cm	£16.99
Antiburst Gym Ball	75cm	£19.99
Pump (for Gym Ball)		£5.50



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	£1.99
Red	£2.29
Blue	£2.59
Black	£2.89



Power Strength Bands

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

Red	Extra Light	£7.49
Black	Light	£11.99
Blue	Medium	£15.99
Green	Strong	£19.99
Navy	Extra Strong	£27.99



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



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	£12.49
6kg	£13.49
8kg	£16.49
10kg	£18.49



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	£15.99	12kg	£37.99
6kg	£21.99	16kg	£47.99
8kg	£26.99	20kg	£55.99
10kg	£32.99	24kg	£68.99



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	£40.99
Medicine D Balls	7kg	£45.99
Medicine D Balls	8kg	£49.99



Neoprene Dumbbells

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

2x1kg	Purple	£5.99
2x2kg	Blue	£9.99
2x3kg	Orange	£13.99
2x4kg	Red	£18.99
2x5kg	Black	£21.99



Medicine Balls

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

1kg	£13.99
2kg	£17.99
3kg	£22.99
4kg	£24.99
5kg	£27.99



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 £18.99

Original Grid Roller 1.0
32.5cm long £33.99

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 knobby 35cm diameter.

£19.99



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.

White 90cm x 15cm £13.99
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

£21.99



Airex Balance Pad Elite

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

45.99



Airdome

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

£87.99



Economy Balance Pad

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

£25.99



BLACKROLL Booster

Vibrating core with three vibration levels. Patented registered technology that reaches deep muscles with a strong massage effect. Full scale frequency option from 12-56Hz with precise, continuous intensity control. Core can be used with any 30cm BLACKROLL. The vibration mechanism strongly stimulates and improves circulation and simultaneously lessens pain. The effect reaches deep into the tissue and stretch receptors in the fascial network. Mini USB charging device and Lithium ion battery included, Roll sold separately. £159.99



BLACKROLL Standard

Medium density, appropriate for all exercises, proven massage effect.
Colour – Black Size 30x 15cm £21.99



BLACKROLL Pro

50% harder than standard version. Higher Density for more intensive exercises. Recommended for athletes and heavier people.
Colour – Orange Size 30x15cm £24.99



BLACKROLL Groove

Ruted surface for new stimuli, strong massage effect.
Colour – Black Size 30x 15cm £24.99



BLACKROLL Groove Pro

Ruted surface for new stimuli, 50% harder than standard version, strong massage effect.
Colour – Orange Size 30x15cm £27.99



BLACKROLL Duoball

Great for massaging the back, arms neck and feet.
Colour: Black
8cm £12.99
12cm £16.99



BLACKROLL Ball

For pinpoint application.
Colour: Black, Size: 8cm or 12 cm diameter
8cm £6.99
12cm £8.99



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.



Compex 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

£435.99



Compex 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®



Compex 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

Compex Parts

Replacement lead wires £43.99

Spare Battery £41.95

Compex Battery Charger £49.95

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



NormaTec Pulse Leg Recovery System

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

£1399.99

ALL SYSTEMS FEATURE

NPT Patented NormaTec Pulse Technology massage pattern

Battery Internal battery

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

2YR Two year warranty

∞ Legendary NormaTec durability and premium materials

110 mmHg Recovery Flush with 30-110 mmHg range

5 ZONES Overlapping zones for maximum recovery

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.

£2859.99

Rehab and Recovery in on small package

Fully customisable through our powerful touchscreen interface

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

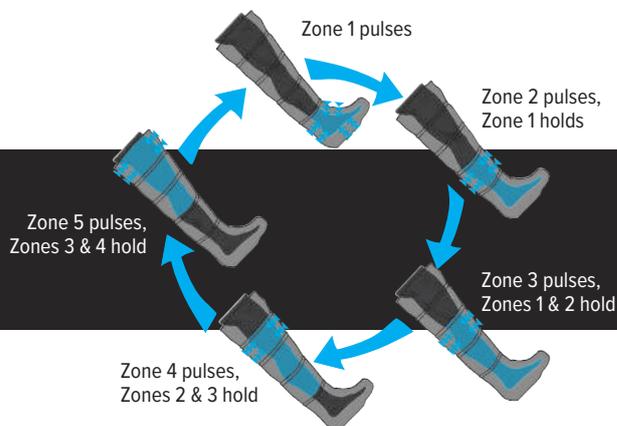


Patented NormaTec Pulse Technology

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

Suspension Trainer

The Pro Suspension Trainer is a portable lightweight training system that allows you to workout anytime. Use your own body weight as resistance and strengthen the whole body. Suspension Training increases flexibility and endurance and helps to develop and maintain a strong core.

Specifications: The hi-performance Pro Suspension Trainer has been independently load tested to over 1000lb (450Kgs) and is built to perform from hi-strength polyester webbing with industrial stitching. Steel T-fastener buckles allow for quick adjustment of the Apex style straps, which adjust from 1.25m to 2.5m to suit users of all sizes and abilities. The Apex straps attach to a 1.25m anchor strap to offer 5 different attachment points, when used with the integral door jam or when clipped to a wall anchor eyelet (not included).

Quality ABS hand grips with integrated foot cradles, for use in ground-based exercises, allow you to work out the whole body. A mesh carry bag completes the package. Maximum User Weight: 125Kgs.

£42.99



Stretchband

Designed by physios to assist with correct body positioning during stretching. Made of tension webbing. Ideal tool to increase joint range of motion, decrease muscle tension and improve recovery after exercise. Available in 2 sizes. Blue (165-195cm), Red (over 190cm).

£16.95



Multi point stretch strap

Offers a useful aid to stretching before and after exercise. Numbering on the loops allows monitoring of progression. Black and Red. 25mm x 2.2m

£8.99



Yoga Block

Used to level the pelvis in yoga and pilates postures. Small block used to raise head in reclining postures for correct neck alignment or between knees.

Sitting block (32 x 25 x 6cm)

Head block (2.5 x 20.5 x 15cm) EVA foam

Sitting Block

£9.49

Head Block

£2.99

Yoga Brick

£4.99



Yoga Belt

Standard length cotton yoga belt in pure cotton webbing with a choice of D ring or cinch buckle to suit personal preference. Available in green, light blue and navy

2m

£5.99

2.5m

£6.99



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

£74.99



Transformer 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
Individual feet

£59.99

£12.49



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
Mat Rack

£27.99

£17.99



Skipping Rope

Leather Skipping Rope
Speed Skipping Rope

9'

9'

£12.99

£6.99



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

£19.99



Firefly

The innovative firefly™ device is a simple, convenient and time efficient electronic device designed for athletes to accelerate sports recovery after exercise and minor injury.

Portable with no leads or wires and worn behind the knee, the firefly™ device delivers painless electrical impulses to gently activate the muscles of the lower leg to increase blood circulation.

It is one-size-fits-all with clinically proven sports recovery benefits, including the reduction of muscle soreness (DOMS) within 24 hours of high intensity exercise, aiding the recovery from a sprain or strain and reducing swelling following an injury. Sold as a pair

£24.99

Occlusion Cuff

The Occlusion Cuff is a brand new training product. It allows you to have the benefits of training at 70% of your maximum with loads as low as 20-30% of your maximum.

The Occlusion Cuff® increases muscle strength, muscle size, and muscle endurance with even low loads. This makes it ideal for rehabilitation, performance, and everyday training.

Occlusion Cuff design allows the Occlusion Cuffs to be used with even the largest limb sizes, while also fitting comfortably on lighter athletes. Cuff Dimensions: 85 x 7cm + 35cm extension.

The J-clip feature allows the user to disconnect the pump and gauge during their training, while maintaining cuff pressure. The string-tie feature allows the user to hold the pump and gauge system in place at the level of the cuff if desired, by tying them to the Occlusion Cuff

Each set contains:

2x Occlusion Cuff Elite | 1x Manual Pump | 1x Sphygmomanometer
2x Quick Release Valve | 2x Tubing

£89.99



Lafayette Manual Muscle Tester

The Lafayette Manual Muscle Tester (MMT) System is an ergonomic hand-held device used for objectively quantifying muscle strength. The test is performed with the clinician applying force to the limb of a patient. The objective of the test is for the clinician to overcome or “break” the patient’s resistance. The MMT records the peak force and the time required to achieve the “break” providing reliable, accurate and stable muscle strength readings.

The MMT also features interactive menus to allow a wide range of options such as data storage, preset test times and force thresholds to be implemented. While powerful and versatile, the MMT is still small enough to fit comfortably in the palm of the hand. Its ergonomic design allows for both patient and tester comfort while easily conforming to manual muscle testing protocols.

£1049.99

HYDRATE BETTER.

- Improves performance
- Reduces cramp & injury
- Immune system boost
- Ideal for team travel



- Hypotonic formula
- Glucose 3g, Sodium 0.42g
- 5 key electrolytes
- Vitamins & minerals
- Suitable for all diets
- Great taste



Phizz is a new grade of hydration tablet.
We supply 30+ professional clubs & national sides across football, cricket & rugby.



Paul Hatton
Head of Performance, Hull FC

"It is crucial that all players are in a hydrated state prior to any training or games. Our choice is Phizz."

Sir Ian Botham,
Chairman Durham CCC

"PHIZZ have a unique product & already supply our primary sponsor Emirates. We're ready to tackle promotion head on with Phizz."

Rich Kirkby,
Lead S&C Wolves FC

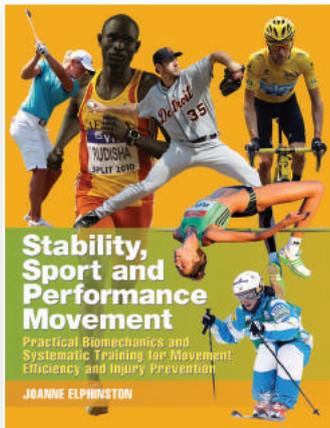
"I highly recommend PHIZZ for professional athletes. Their formula allows optimal hydration thus greater performance & recovery."



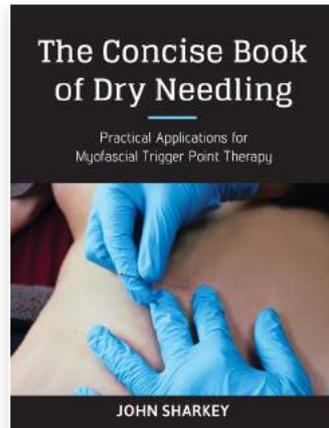


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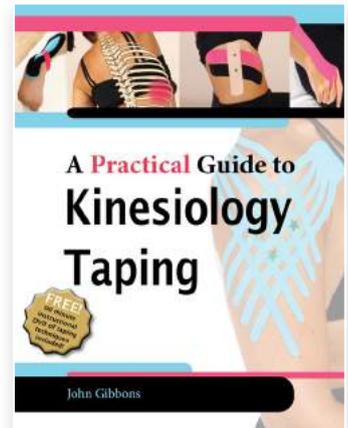
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Health & Fitness, Strength & Conditioning.



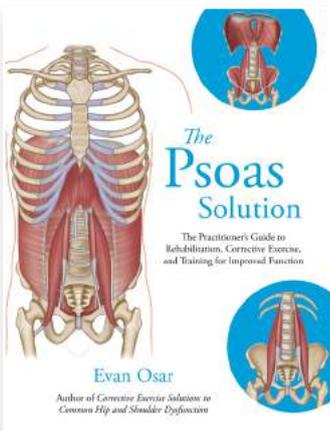
Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention, Second Edition
£29.99



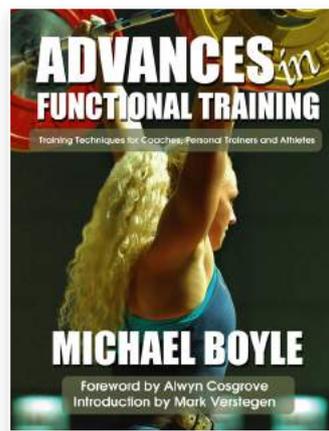
The Concise Book of Dry Needling
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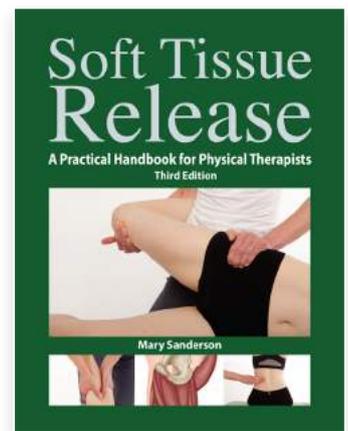
A Practical Guide to Kinesiology Taping
Includes free instructional DVD
£19.99



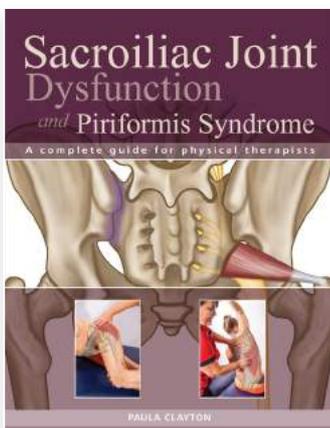
The Psoas Solution
The Practitioner's Guide to Rehabilitation, Corrective Exercise, and Training for Improved Function
£19.99



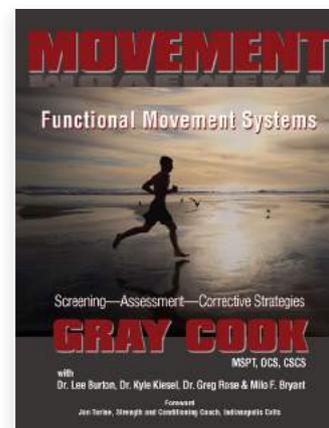
Advances in Functional Training
Training Techniques for Coaches, Personal Trainers and Athletes
£39.99



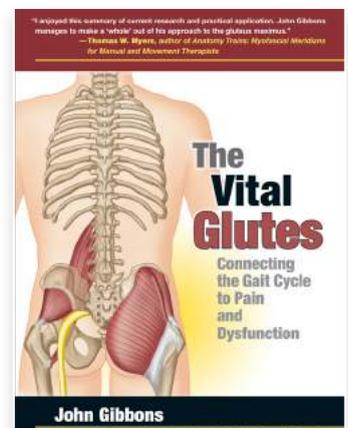
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Education

Charts

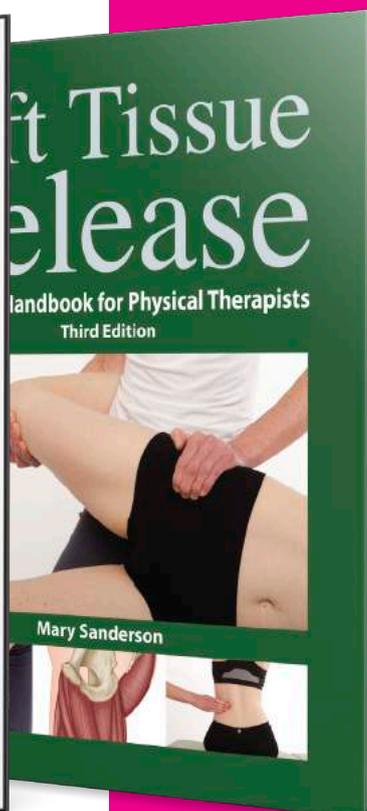
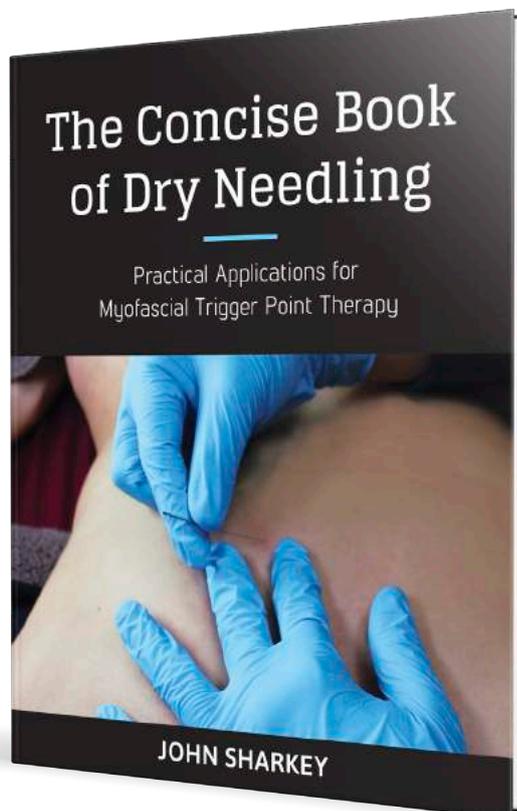
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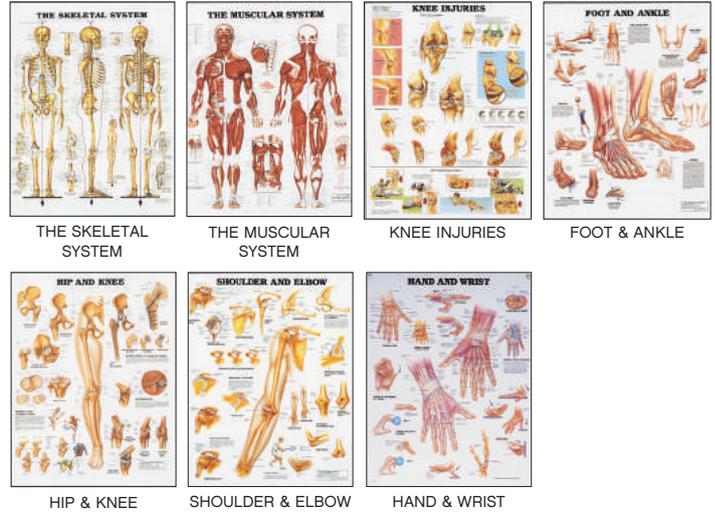


Laminated Educational Wall Charts

All charts are 20" x 26"

- The Skeletal System
- The Muscular System
- Knee Injuries
- Foot & Ankle
- Hip & Knee
- Shoulder & Elbow
- Hand and Wrist

£19.99



Models

- Flexible Spine with Stand £55.99
- Functional Knee Joint £28.99
- Deluxe Flexible Shoulder £28.99
- Classic Painted Foot £28.99
- Deluxe Lumbar Vertebrae with Spinal Nerves £45.99

Functional Skeleton on Stand

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

£139.99

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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.



Synoflex

Synoflex® is a new approach to joint management that helps relieve painful symptoms of joint inflammation and degradation using Synoflex® can significantly reduce use of NSAID's for athlete's with Osteoarthritis and joint problems and, it is so much easier on the stomach.

Synoflex® is a unique, patented formulation of the proven chondroprotective agents Glucosamine HCL, Chondroitin sulphate and N-acetyl glucosamine, with the important co-factor Zinc.

Composition

Each capsule contains the following:
 Glucosamine HCL (99% pure) 375mg
 Chondroitin Sulphate (95% pure) 200mg
 N-Acety D. Glucosamine 50mg
 Zinc Sulphate 5mg

Loading	180 tablets	£42.99
Maintenance	120 Tablets	£33.99



Introducing PENTHROX

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

- Proven to reduce acute pain within 6-10 inhalations^{1,2}
- Enables rapid administration¹
- 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^{1,2}

PENTHROX is indicated for the emergency relief of moderate to severe pain in conscious adult patients with trauma and associated pain¹.

Dose of PENTHROX should not exceed 6 mL in a single administration.¹

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.¹

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

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.

Pentrox®
methoxyflurane



Joint pain plus inflammation relief

Recommended for the relief of the pain associated with arthritic conditions. Also suitable for the effective relief from back pain, muscular aches, pains and swellings such as strains, sprains and sport injuries.

**Ibuprofen 5.0%w/w
Levomenthol 3.0% w/**

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