

FIT4SPORT
LTD.COM

2024
catalogue



Your One Stop Sports Medical Shop



Welcome to Fit4Sport.

'The team behind the team since 2005'

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

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

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

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

Call us on 0161 633 5533 or email info@fit4sportltd.com and one of the team will be ready to help.

How to Order

POST Fit4Sport Ltd, Park Lane,
Royton, Oldham OL2 6PU
TEL 0161 633 5533
FAX 0161 633 5530
ONLINE www.fit4sportltd.com
EMAIL info@fit4sportltd.com

PAYMENT
We accept:       or cheque, BACS
To open an account please contact our sales team on: 0161 633 5533

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

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

Contents

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



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

Warrington Wolves



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

Northampton Saints



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

Bucks New University



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

Manchester United Women FC



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

Swansea City AFC



5cm PRO WRAP

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

14 Available Colours



7.5 cm PRO WRAP

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

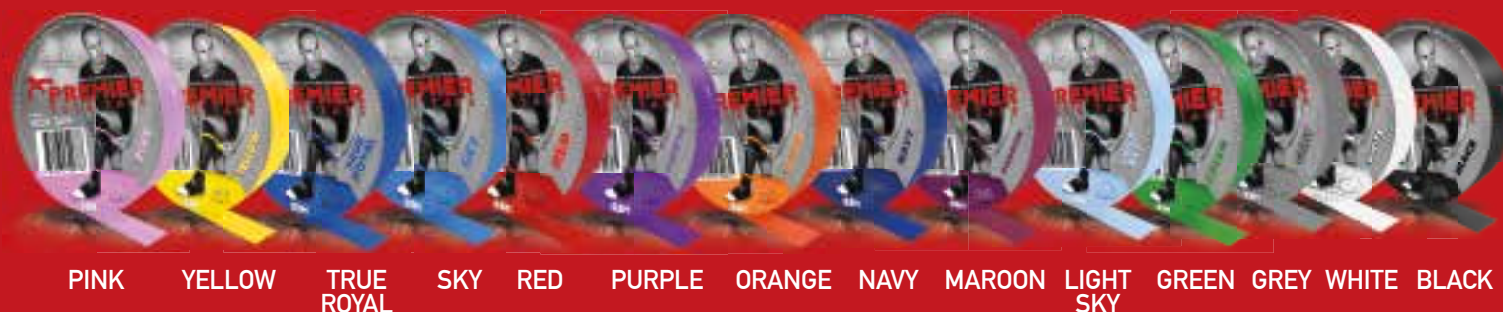
22 Available Colours



19MM SOCK TAPE

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

14 Available Colours



1

Tapes & Strapping

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



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



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.

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.



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.



Best Seller!

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



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



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



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



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.



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.



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.



Cohesive Wrap
Tan coloured cohesive which is easy to tear and offers good compression. **Best Seller!**



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.



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.

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



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



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.



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.



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.



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.



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.



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.



Best Seller!
Rigid P Tape
Strong and durable. Aggressive adhesive makes it ideal for rigid joint immobilisation. Tan coloured. 13.7m length.



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.



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.



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.



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



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



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

2.5cm	£1.39
5cm	£1.99
7.5cm	£2.99



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

5cm	£2.19
7.5cm	£3.19



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



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



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



Scissors
Bandage Scissors 5.0"
Bandage Scissors 7.5"
Blunt/Blunt Scissors
Blunt/Sharp Scissors
Sharp/Sharp Scissors
Tough Cut Scissors
Tape Cutter
Tape Cutter Blade Pk10
Kinesiology Scissors



D3 Light Rip
Lightweight elastic bandage made from a latex free woven cotton spandex with zinc oxide adhesive. Economical and highly adhesive. Available in white and black. 7m length.



D3 Rigid Tape
A rayon-cotton blend tape with a strong zinc oxide adhesive. Suitable for taping all joints. No stretch and stays stuck. Hypoallergenic and latex free.

d³ cohesive bandage
compression wrap

20 colours

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

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

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

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

@5mtrs
each poly bagged



MUELLER® Tape & Tuffner Remover Spray
Spray or brush onto outside of tape to loosen. Removes ointments, liniments and adhesive particles from skin.



MUELLER® Tuffner™ Pre Tape Spray
Secure tapes and strapping with Tuffner™ spray adherent. No clogging.



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.



MUELLER® Quick Drying Adherent Spray
Colourless tape adherent. Apply to skin before taping.



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



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.

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Elite Bags	19
Mueller Kits & Bags	20-21



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%.



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.



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



MUELLER® Stickum Paste
Contains resin in a wax to improve ball handling

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



Rosin Powder
Grip improving powdered rosin. Provides added grip to hands.



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

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

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



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





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.



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



Fit4Sport Bumbag
For fast and easy access to essential medical products. Ideal for hands-free player care, comes with an adjustable waist strap.

- Standard Refill Kit** £14.99
- 1 x Instant ice pack
 - 1 x Resus aid
 - 1 x Zinc oxide 2.5cm
 - 1 x Cohesive 7.5cm
 - 1 x Eye Dressing
 - 1 x Scissors
 - 1 x Large Wound Dressing
 - 1 x Foil Blanket
 - 1 x Triangular Bandage
 - 2 x Non-adhesive dressing
 - 1 x Gloves pair
 - 10 x Cleansing wipes
 - 1 x Wound closure strip
 - 6 x Safety pins
- Contents may vary

Premium Refill Kit

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



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

Weight 3.2 Kg
Dimensions 31 x 47 x 22.5 cm
Material 1000D POLYESTER
Max contents recommended 15kg

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

Weight 2.86 Kg
Dimensions 28 x 47 x 22 cm
Material 1000D POLYESTER
Max contents recommended 15kg



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

Weight 6.20 Kg
Dimensions 24 x 34 x 60 cm
Max contents recommended 25kg



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



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

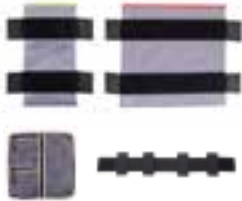
Comes with 4 dividers, 4 tie down straps and 2 mesh zip storage pockets

25cm x 37.5cm x 12.5cm



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

M1 Clear Folded Pocket (1 EA.)

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

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



Mueller Utility Hero

Comes with Cartridge kit

25cm x 12.5cm x 12.5cm



Medi Kit™
MULE

UNLIMITED CONFIGURABILITY

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



Medi Kit™
Omni



Medi Kit™
Fill Pack Module



Medi Kit™
VERSA

Medi Kit™
Pro Sport Backpack

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



1680/1200 ICT
Infection Control Tarapaulin



Oversized #10 YKK Super
Tough zippers w/ alloy pulls



Solid alloy hardware



2 Needle taped seams



SLIDERS™ System for
unlimited configurability



MOLLE compatibility



TS2Ready™ for attaching
add-on modules



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

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

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

3

Emergency

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Spinal Board

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

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

EXL 65 Scoop Stretcher

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

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

Spider Straps

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

Speed Clip Board Straps

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

Spinal board carry bag



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

Head Immobiliser

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

Frac Immobiliser

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

2 Strap - 34cm
4 Strap - 58cm
5 Strap - 75cm
Carry Bag



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



Sam Splint

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

Splint Flat 23cm x 11cm
Splint Flat 46cm x 11cm
Splint Roll 92cm x 11cm
Splint Finger 9.5cm x 4.5cm



Rigid Collars

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



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.



Elbow Crutches

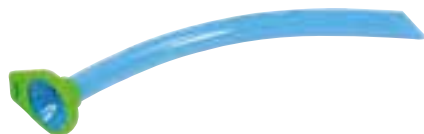
Double adjustable. 66-94cm.



Resuscitation Pocket Mask

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

Resuscitation Mask
Disposable Resusci Aid



Nasopharyngeal Airways

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



Res-Cue Suction Pump

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



Guedel Oropharyngeal Airways

Guedel Airways. Six sizes available. Please specify.



I-gel Airway

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



Bag Valve Mask

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



Pitchside Trauma Care Bag

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

Contents list:

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

IV Cannula

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

Single Cannula
Box of 100



Hypodermic Needles

Supplied in boxes of 100

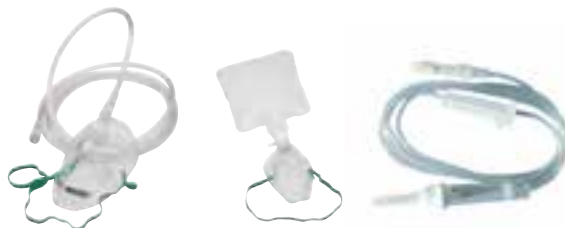
- 19g Cream x 1.5"
- 21g Green x 1.5"
- 23g Blue x 1.25"
- 25g Orange x 1"



Syringes

Supplied in boxes of 100

- 2mm
- 5mm
- 10mm
- 20mm



Nebulising Oxygen Mask

Non-rebreathe Mask

Oxygen tubing 2m

Peak flow meter

Peak flow mouthpieces

Giving Sets



Stethoscope
Stethoscope

Littmann available to order.



Pocket Diagnostic Set
Otoscope and Ophthalmoscope pocket set.



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.



Pen Torch
Penlight and pupil gauge.

Disposable



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

Blood Glucose Meter
Test strips pk 50



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.



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



Urinalysis

Multistix 8 SG box 100
Multistix 10 SG box 100
Urine Sample Bottles 20ml Pk 10
Urine Sample Bottles 30ml Pk 50

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Woundcare & Infection Control

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

8.3cm x 6cm - Box 50
10cm x 8cm - Box 20
15cm x 8cm - Box 20
10cm x 20cm - Box 20



Advapore Adhesive Wound Dressing
Economical low allergy adhesive dressing with highly absorbent centre pad. Sterile. Box of 50

5cm x 7.5cm
7.5cm x 10cm



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

Pack of 50

7.2 x 5cm
8cm x 10cm



Leukomed T plus
Transparent film dressing with absorbent pad, water and bacteria proof dressing with a highly absorbent dressing pad, these allow patients to resume their everyday activities.

Alternative to Opsite plus.
Pack of 50

7.2 x 5cm
8cm x 10cm



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

Pack of 50

7.2 x 5cm
8cm x 10cm



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
8.5cm x 9.5cm - Box 10



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
10cm x 8cm - Box 50
15cm x 8cm - Box 50



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



Melolin
Melolin provides cushioned protection for minor wounds, without sticking.

5cm x 5cm - Pk 100
10cm x 10cm - Pk 100

A QUICK SPRAY OF SCIENCE CAN HELP SORT THAT



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

100ml can



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

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



NatraSan

NatraSan First Aid Spray

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

A 100% natural antibacterial skin and hand sanitiser, NatraSan First Aid Spray is safe and gentle on the skin but incredibly effective at eliminating harmful bacteria and viruses, including: Difficile, Nrovirus, 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
200ml



Opsite Spray

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

100ml

Betadine Dry Spray

Antiseptic spray for treatment of infection in wounds.
100g

Savlon Cream

Antiseptic and cleansing cream.

30g tube
60g tube
100g tube

Videne Solution

500ml

Iodine Scrub

Pk of 25.

Vaseline

16g tube
50g
100g
225g

White Soft Paraffin

500g



Irriclens

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

Sterile Saline Pods

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

Tisept

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



Plasters

Fabric Assorted - Pk of 100
Waterproof Assorted - Pk of 100
Waterproof - Pk of 20
Dressing Strip 7.5cm x 1m



Gloves

Vinyl powder free - Box 100
Latex powder free - Box 100
Nitrile powder free - Box 100
Sterile Latex powder free - Box 50



Gauze Swabs

Soft, absorbent cotton gauze dressings

5cm x 5cm - Pk of 100
7.5cm x 7.5cm - Pk of 100
10cm x 10cm - Pk of 100
7.5cm x 7.5cm - Pk 25 x 5 Sterile
10cm x 10cm - Pk 25 x 5 Sterile

Sterile Dressing

No 8 Medium
No 9 Large
No 16 Eye

Triangular Bandage

Single use.
Calico.

Cotton wool balls

Pk of 200.

Cotton Wool

500g.

Cotton buds

Pk of 100.

The Clinell® Range

NHS
Approved

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



40pk



200pk



100 tub

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.



225 bkt



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



500ml

Woundcare & Infection Control



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



Hard Surface Wipes

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

200pk



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



Hard Surface Cleanser

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

500ml



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

Woundcare Plus Dressing Pack

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



£2.29

Sterile Dressing pack - Medium

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



£3.29

Suture removal pack

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



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



Skin Closure strips

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

- 3mm x 75mm pk of 50
- 6mm x 75mm pk of 50



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 x3
- 6mm x 75mm pk 10 x 3



Dermaflex

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

Pk of 10



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

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

5

Footcare

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

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



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

Second Skin Squares - Pk of 200
Second Skin Circles - Pk of 48



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.



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.



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.



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.

PelliTec®

Blister Prevention

The novel blister prevention pad developed in the UK

- Sticks to your footwear, not your skin
- Reduces the occurrence of blisters
- Effective in helping blisters to heal
- Developed in the United Kingdom

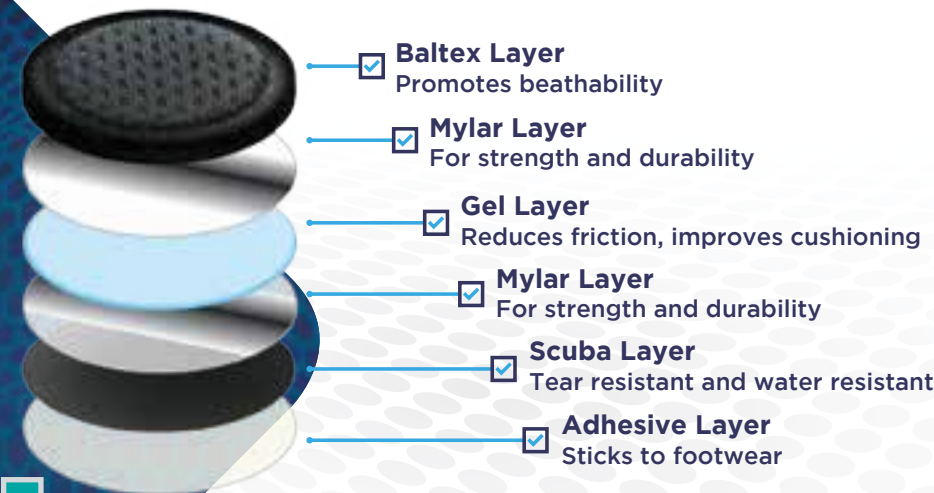
Sensory
In independent sensory tests for blister prevention PelliTec gave significantly better cushioning than the market leading blister products.

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

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

PelliTec PelliTec.co.uk
 PelliTec.co.uk

PelliTec Pad Construction



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 .



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.



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.



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.



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
- 7mm - Pack of 4
- 10mm - Pack of 4

Foam

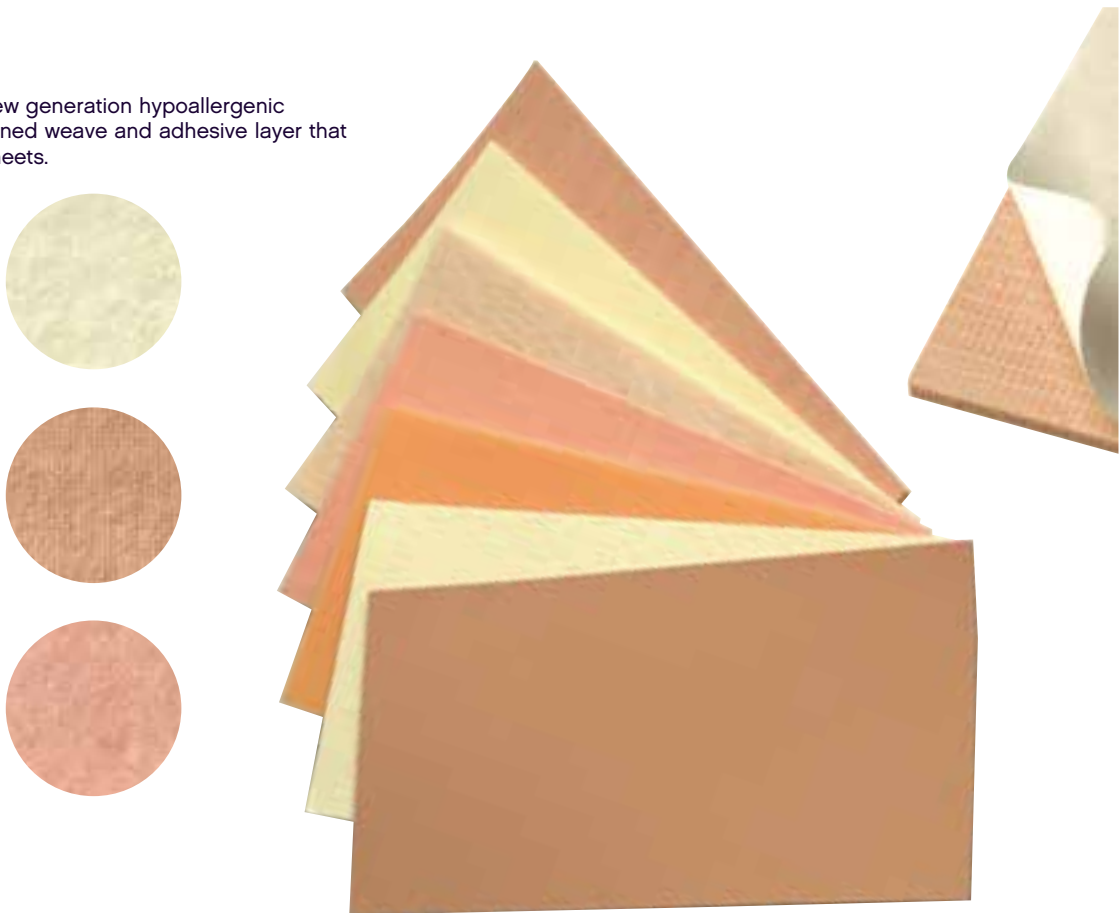
- 5mm - Pack of 4
- 7mm - Pack of 4

Fleecy Web

Pack of 4

Starter Pack

- Pack of 4 contains:
- 1 x 5mm foam
 - 1 x 7mm foam
 - 1 x 5mm felt
 - 1 x 7mm felt



Toe Foam

Protects digits and tender areas from friction and pressure.

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



Flexitol Heel Balm

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

56g



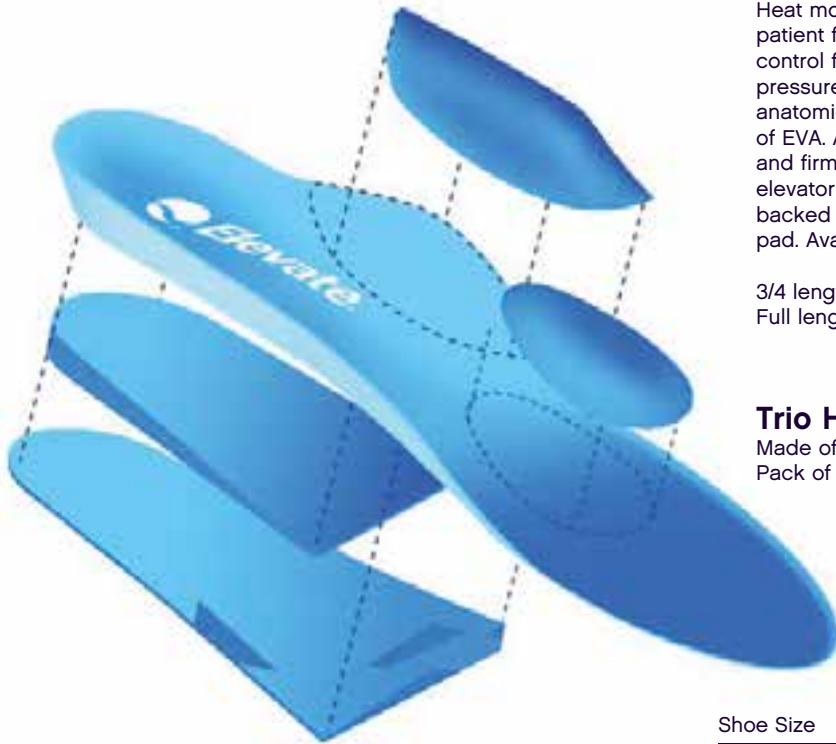
Gehwol Fusskraft

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

75ml

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

75ml



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
- Full length

Trio Heel Lifts

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

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
- Full Length

Shoe Size

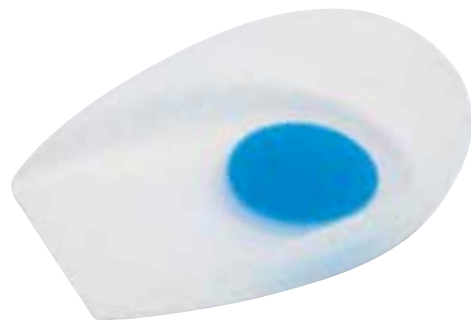
Small	Medium	Large	X-Large	XX-Large
5-6	6.5-7.5	8-9	9.5-10.5	11-12





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

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



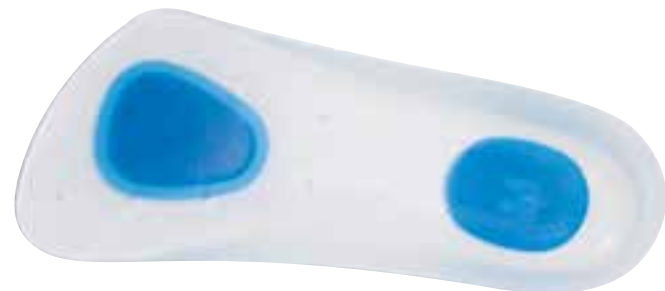
Silicon Gel Heel Cups
Blue point heel cups offer maximum comfort and pain relief. Made from medical grade viscoelastic silicone.

Shoe size 5-9
Shoe size 9+



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
Large over 175lbs



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
Shoe size 9+ Large



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

Available sizes 5 - 12.5

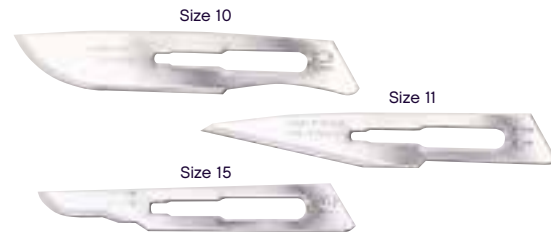


Sorbothane Heels
Use where shock absorption and lift are required. These lightweight heel pads are particularly suitable for use in achilles tendinosis rehab. Available in small, medium or large.

Small 3-5
Medium 6-8
Large 9-13



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.



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



Swann Morton Blade Remover
Safely removes blades after use. Each hold 100 blades.



Pliers



Nail Clippers



Tweezers



Metal Nail File
Metal nail file 8"



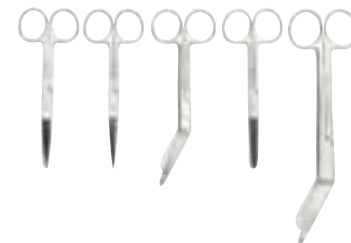
Disposable Scalpel
Available in size 10, 11 and 15. Pk of 10.



Blade Handle
Size 3



Sharps Bins
0.5ltr
1ltr
7ltr



Scissors
Scissors blunt/blunt
Scissors blunt/ sharp
Sharp/sharp
Tuff Cut
Lister bandage scissors 5.5"
Lister bandage scissors 7.5"



Foot Dressers
Scholl hard skin file



Chiropody set standard
Leather wallet containing blacks file, scissors, scalpel handle 3, Nail elevator and general purpose plier.

SECURE STRAP CLOSURE

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

SECURE 🔒

USER-FRIENDLY DROP LOCK

USER-FRIENDLY 🖱️

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

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

QUICK-CLIP RANGE OF MOTION SETTINGS

CONTROL 🎯

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

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

OPTIMISED FOR AIRFLOW

BREATHABLE

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

CUSTOM DESIGNED FOR COMFORT

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

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

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

EFFECTIVE NON-SLIP SURFACE

ANTI-MIGRATION

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

INNOVATIVE

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

SOFT TOUCH Y-TAB

QUICK CLIP STRAP CLOSURE

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

ascender®

UNIVERSAL
POST-OP ROM



6

Supports

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



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.



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

Regular 30-40cm
Large 40-50cm



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



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



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



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



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.



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.



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.



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.



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.

Shoe Size for all Mueller above

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

Shoe for all Aircast above

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



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.

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.

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.



DONJOY

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

DONJOY

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

DONJOY

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



COMPEX ACTIV' RANGE

Complex Activ'® is a range of comfortable supports for everyday sport. The compression they provide enhances proprioception, the body's in-built sense of self-awareness, encouraging optimal balance and motion. Because they're lightweight and breathable, they feel comfortable and unrestrictive, just like a second skin. This means the wearer can play their favourite sport, confident that every move they make is the right move.



COMPEX.COM

- COMPEX_UK
- @COMPEX_INT
- COMPEXINTER
- COMPEX_UK

Complex muscle stim devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Complex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.

PREPARE.PERFORM.RECOVER



ZONED COMPRESSION SHORTS

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



Available in all club colours

SCIENTIFICALLY PROVEN

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

PREMIER LEAGUE APPROVED

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

PATENTED COMPRESSION

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

INJURY PROTECTION

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



Bryan English
Head Medical Middlesbrough FC

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



Adam Weir
Sports Doctor Erasmus MC

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

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

USP 45% MEN



Colours: 

£ 89.00

USP 25% MEN



Colours: 

£ 79.00

USP 45% WOMEN



Colours: 

£ 89.00

PREPARE.PERFORM.RECOVER



ZONED COMPRESSION TIGHTS



RECOVER IN RECORD TIME

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

PERFORM AFTER LONG TRAVEL

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



Jack Clover
Strength & Conditioning Coach Everton FC

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

USP 45% MEN



Colours: 

£ 119,00

USP 25% MEN



Colours: 

£ 109,00

USP 45% WOMEN



Colours: 

£ 119,00

USP 25% WOMEN



Colours: 

£ 109,00

ACTIVE STRONG

COMPRESSION

NEXT LEVEL PERFORMANCE

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

INNOVATIVE COMPRESSION

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

ENERGY BOOSTER

Ensures an exceptional boost of energy to the muscles.

ACTIVE STRONG

Full Socks

£ 49,00

Calf Sleeves

£ 44,00

Ankle Socks

£ 39,00

ULTRA STRONG

Full Socks

£ 49,90

Serola SI belt

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

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

Measure around hips

Mueller Back Brace

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

Elastic Wrist Brace

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

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.

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

MUELLER SPORTS MEDICINE

Mueller Wrist Support Wrap

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

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.

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

Ultimate Arm Sling

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

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
2.4mm
3.2mm

ICE
RECOVERY

YUYU

7

ONE MINUTE
ICE BOOST.

ICE RECOVERY BY YUYU

PAUSE. ICE. BOOST.



ENGLAND
NETBALL



TEAM
BELGIUM

Canada



OLYMPIC
FEDERATION
OF IRELAND

TeamNL

INEOS | GRENA DIERS
CYCLING TEAM

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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"



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
Mueller ice bag dispenser

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



Clingwrap Roll + Handle
Clingwrap Roll
Clingwrap Handle



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.



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.



Re-usable Hot/Cold Pack
Retains flexibility and mouldability after freezing. Can be heated in a microwave.

15cm x 23cm



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

Patches pack of 4
Spray 150ml
Gel 100g
Roll on 50ml



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.



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
Spray 150ml
Rub 100g
Roll on 50ml



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.

RECOUP

CRYOSPHERE

£33.99

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

TRAVEL SAFE

RECOUP MUSCLES

UP TO 6 HOURS COLD

NO MORE MESSY ICE CUPS

REUSABLE/DURABLE

2 IN 1

ICE MEETS MASSAGE



HOW WE HELP:

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

WHERE WE HELP:

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

MANAGE PAIN AND SWELLING THE NATURAL WAY WITH PHYSIOLAB®

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

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



Hot & Cold Therapy



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
Team
Squad



Igloo Ice Chests

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

Igloo Ice Playmate 6 litre
Igloo Ice Playmate 15litre
Igloo 36litre on wheels



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.

Ice Machine Flaker

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



Moist Heat Packs

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

Standard
Oversize
Neck Contour
Standard Terry Cover
Oversize Terry Cover
Neck contour Terry Cover



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.

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.



Hydro²Oil

Grip n' Glide

100%
WATER
DISPERSIBLE



sport • arnica • original • unscented gel

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

8



Massage & Acupuncture

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Songbird Liquiwax

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

Orange Spice Liquiwax has a warm, citrusy scent. The Nutmeg, Cardomum 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



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
550g

Unscented Massage Max

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

100g
550g

Orange Spice Wax

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

100g
550g



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

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

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
500g

Vegan Fascial Release Wax

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

500g

Hydro 2 Oil Extreme Sport Massage Oil

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

250ml
1ltr

Hydro 2 Oil Muscle & Joint Massage Oil

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

250ml
1ltr

Hydro 2 Oil Athletic Massage Oil – Warm Up

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

250ml
1ltr

Hydro 2 Oil Sweet Almond Oil

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

250ml
1ltr



Hydro 2 Oil Relaxation

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

250ml
1ltr

Hydro 2 Oil Unscented Massage Oil

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

250ml
1ltr



Grip ‘n Glide Massage Cream Arnica

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

400g

Grip ‘n Glide Massage Cream Original

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

400g

Grip N’ Glide Massage Unscented Gel

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

400g

Grip ‘n Glide Sports Massage Cream

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

400g



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
5ltr

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
5ltr



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

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



Premax Original Cream

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

400g

Premax Essential Cream

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

400g

Premax Activate Massage Cream

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

400g

Premax Arnica Cream

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

400g

Premax Massage Lotion

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

1000ml

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



Traumadol Arnica Cream Gel

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

100ml



Weleda Arnica Ointment

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

Weleda Arnica Ointment 25g
Weleda Massage Balm 100ml



Naqi Sport Arnica Gel

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

100ml



Toropro Massage wax

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

400g



Chemodol Massage Oil

Suitable for all skin types. Neutral fragrance.

500ml
5ltr



Baselin Massage Milk

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

500ml
5ltr



Chemovine

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

500ml
5ltr



Chemotherm

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

500ml
5ltr

POWER PLATE® PULSE™

£249.99


PORTABLE. POWERFUL. PERFECT

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

The Pulse is a cutting-edge vibrating massager that:

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

 4 VIBRATION INTENSITY LEVELS

 4+ HOUR BATTERY LIFE

 WHISPER QUIET MOTOR

 LIGHTWEIGHT DESIGN

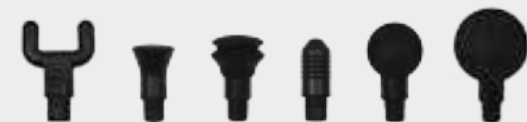


**Also Available
In Matte Red**



SIX MASSAGE ATTACHMENTS

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



powerplate.com

POWER PLATE®



Targeted Vibration Products

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

pulseroll



Pulseroll Vibrating Foam roller

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

Standard
Pro

pulseroll



Pulseroll Single Ball

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

pulseroll



Pulseroll Vibrating Peanut Ball

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

pulseroll



Pulseroll Gun

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

Pulse

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

Matte Black or Red

Roller

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

DualSphere

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





Classic Plus Acupuncture Needles

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

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



Seirin B Acupuncture Needles

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

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



Sharps Disposal Bins

7 litre
1 litre
0.5 litre



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.

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.



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.



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.

BONE HEALING.

exogen®
ultrasound bone healing system

PROVEN.

EXOGEN
Proven effectiveness.¹⁻⁹
Proven outcomes.

- 86% heal rate in nonunion patients¹
- £ 1,164 estimated cost saving per patient²
- 91% compliance¹⁰
- Easy to use – 20 minutes a day

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

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

- is recommended by NICE for nonunion patients¹¹
- is the only LIPUS device approved by the FDA
- has supporting evidence from 16 level 1 (randomized, controlled) clinical studies¹²
- has supporting evidence from 3 level 2 cohort studies and 12 case controlled studies¹²

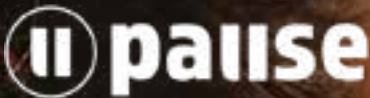


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Summary of Indications for Use:
EXOGEN Ultrasound Bone Healing System is indicated for the non-invasive treatment of osseous defects (excluding vertebra and skull) including:
• Treatment of delayed union and non-unions¹
• Accelerating the time to heal of fresh fractures
• Treatment of stress fractures
• Accelerating repair following osteotomy
• Accelerating repair in bone transport procedures
• Accelerating repair in distraction osteogenesis procedures
• Treatment of joint fusion

¹A non-union is considered to be established when the fracture site shows no visibly progressive signs of healing.

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



The perfect travel kit



Hypervolt Go 2

Portable massage gun that is lightweight and offers immediate relief for the ultimate go-getters. TSA-approved for travel, the Hypervolt Go 2 is your new travel companion.



Normatec Go

Everything you love about the original Normatec, now in a fully portable and mobile system. No hoses and no separate control unit give you dynamic air compression massage while on-the-go.



Venom Go

Choose from 9 combinations of heat + vibration to soothe sore muscles in an instant. Designed to target the sorest spots hands-free so you can recover while you're on the run.

9

Couches & Equipment

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Positioning Wedges	77
Ultrasound Gel	77
Couch Covers	77





Therapy 3 Section Couch– Standard Head

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

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

Standard Specifications

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

Warranty

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



Therapy 2 Section Couch– Standard Head

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

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

Standard Specifications

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

Warranty

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

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

Multiple colours available



3 Section Therapy Couch

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

Standard Specification

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

Optional accessories

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

Warranty

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

Dimensions

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



2 Section Therapy Couch

Dimensions

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



Safe working
load and lifting
capacity of 250kg
(39 stone)

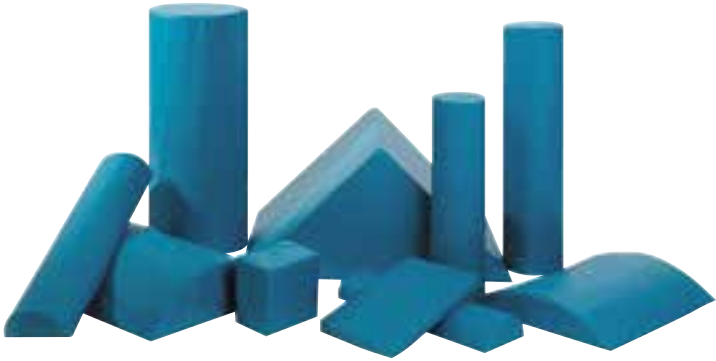




Marlin Portable Therapy Couch

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

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



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
Large roll 15cm x 50cm
Small Roll 13cm x 44cm
Large D shape roll 15cm x 60cm x 7.5cm
Large half barrel 38cm x 43cm x 10cm
Small half barrel 38cm x 43cm x 8cm
Large Wedge 60cm x 50 cmx 33cm
Cube 15cm x 15cm x 10cm
Small rectangle 18cm x 24cm x 2.5cm



Couch Rolls

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



Treatment Room Towels

Available in white, black, and navy.

Hand Towel
Bath Towel
Bath Sheet



Couch Covers

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

Affinity Athlete Portable Couch

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

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

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



Nylatex Wraps

6cm x 90cm Pk 3
6cm x 122cm Pk 3
10cm x 90cm Pk 3
10cm x 120cm Pk 3
15cm x 120cm Pk 3



Pressure Biofeedback

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



Ultrasound Gel

250ml
5 litre

JORDAN

Est. 1989



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



YOUR GYM YOUR WAY

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

Head of Commercial Operations, Sam Jeffery



10

Exercise Recovery & Rehab

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

- | | |
|--------|-------------|
| Yellow | Extra Light |
| Red | Light |
| Green | Medium |
| Blue | Heavy |
| Black | Extra Heavy |



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
Red
Blue
Black



Power Strength Bands
Specially designed heavy-duty resistance bands perfect for strength and core conditioning.
Red
Black
Blue
Green
Navy
Extra Light
Light
Medium
Strong
Extra Strong



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
Antiburst Gym Ball 65cm
Antiburst Gym Ball 75cm



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.



Squat Bands
Simple bands to build glute and leg muscles. Perfect for us as part of a dynamic warm up. Extra wide with a non-slip lining to help reduce band bunching. Available in 3 lengths. Contains **LATEX**
Small Blue
Medium Green
Large Black



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.



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.



Ankle Weights
Adjustable ankle weights.



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



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



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

Classic Rubber Barbells

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



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

10 - 45kg	10 Bars	5kg Increments	£900.00
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HIIT Bench

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

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

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

Digital Interval Timer - 6 Digit

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

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

Classic Rubber Dumbbells

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



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



Chrome/rubber Kettlebells

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

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

Jordan Training Rope

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

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



Jungle Gym XT

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

Jungle Gym XT	£110.00
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Classic Premium Rubber Discs

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

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

25kg	£77.00
20kg	£61.50
15kg	£46.00
10kg	£31.00
5kg	£15.50
2.5kg	£7.75
1.25kg	£3.90

SETS

400kg	£1,230.00
300kg	£925.00
200kg	£615.00
1000kg	£3,070.00



TufNut™

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

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

Ignite V2 Rubber Studio Barbell Sets & Plates

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

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



Sandbag Pro

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

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



3-in-1 Plyo Bloc

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

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

Three Heights	750x600x500mm	£198.00
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REBOOTS GO

Out and about

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

£799



4
RECOVERY
PROGRAMMES

6
COMPRESSION
CHAMBERS

16
PRESSURE
LEVELS

3h
BATTERY
LIFE

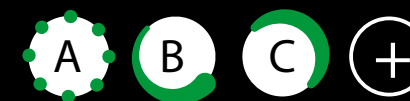
1,2h Charging time
If the power cable is in, you
can start your massage even
when the battery is dead!

4/6/8

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



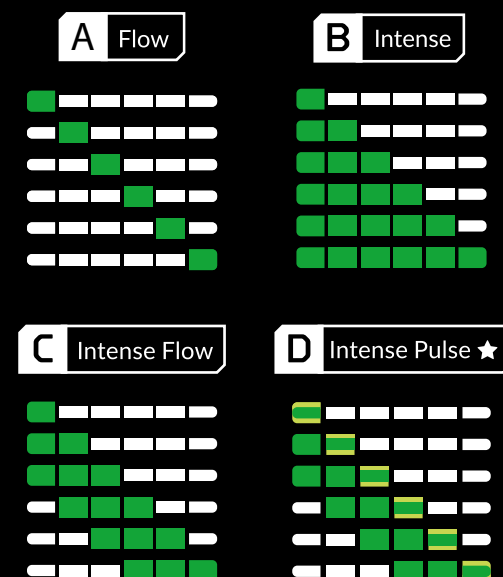
DEACTIVATABLE AIR CHAMBERS
Individual air chambers can be turned off so
that you can individualise your massage avoid
sore spots during the recovery process.



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

**EXCLUSIVE TO
THE GO MODEL
INTENSE PULSE
RECOVERY
PROGRAMME**

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



NEW! TROUSER CUFFS
Reboots Go is also available with
trouser cuffs (instead of boots).

1,6 kg
WEIGHT
(DEVICE)

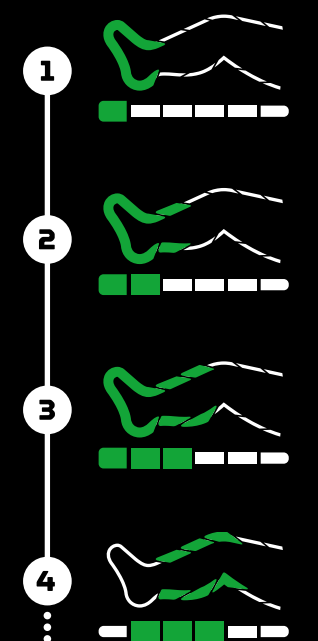
22×14×9
DEVICE
SIZE (CM)

THREE SIZES

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

M up to
81cm
L 82 –
88cm
XL 89cm
and up

EXAMPLE
(Intense Flow):



£799.99

RECOVERY IS EVERYTHING.

COMPEX MUSCLE STIM

Compex® muscle stim trains your muscles in a way that traditional workouts alone cannot. It is a «best kept secret» that many elite athletes and fitness enthusiasts use to enhance their workouts, training and recovery programs.

COMPEX.COM

 COMPEX_UK  @COMPEX_INT  COMPEXINTER  COMPEX_UK

Compex muscle stim devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Compex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.

SP 8.0

RECOVER FASTER, ENHANCE PERFORMANCE, STRENGTH/ ENDURANCE, HELPS AVOID INJURY AND MANAGE PAIN. Our top of the range Wireless stimulator designed for athletes who train and compete on a regular basis. SP 8.0 includes our brand new MI-Autorange feature that continually brings you better results.

£949.99

SP 6.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER. Designed for athletes who practice their activity more than 3 times per week, SP 6.0 includes all the muscle stim functions, but with wireless features that ensure total freedom of movement. Its easy-to-use color screen even shows you where to place the electrodes.

£779.99

SP 4.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER. Includes all the basic muscle stim features and MI-technology, SP 4.0 also offers rehabilitation programs that can be helpful for athletes with frequent injuries who practice their activity 3 times per week.

£559.99

SP 2.0

TONES THE MUSCLES, SCULPTS THE BODY, HELPS RELAX AND RECOVER FASTER. With all the basic muscle stim features and MI-technology, SP 2.0 is the ideal partner for athletes who practice their activity 1 or 2 times per week.

£369.99



COMPEX 

AYRE COMPRESSION BOOTS

Compex® Ayre recovery boots. Designed for elite and recreational athletes on the go, trainers and coaches. Compex Ayre uses a dynamic pulsing compression up the limbs in waves for the duration of its use, which helps promote quick healing.

£549.99

COMPEX 

FIXX 2.0

The Compex Fixx™ 2.0 massager helps warm up muscles before a workout and relieve stiffness after a hard session. Five powerful intensity settings, paired with a high stall force, give the intense pressure needed to relieve the toughest spots safely and comfortably. Interchangeable tips (included) and a rotating head help tailor your massage to the specific needs of different muscle groups.

£379.99



COMPEX.COM

 COMPEX_UK  @COMPEX_INT  COMPEXINTER  COMPEX_UK

Compex muscle stim devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Compex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.

COMPEX.COM

 COMPEX_UK  @COMPEX_INT  COMPEXINTER  COMPEX_UK

Compex muscle stim devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Compex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.



Move better.



Erling Haaland
Professional Footballer
Hyperice Athlete

Normatec

Dynamic air compression to speed up recovery from activity, rejuvenate muscles, and increase circulation.



Normatec 3 Legs
£899



Normatec Backpack
£195



Normatec Hip Attachment
£250



Normatec Arm Attachments
£375

Hypervolt

Percussion massage to help massage away tension, loosen muscle knots, and target muscle fatigue.



Hypervolt 2 Pro
£329



Hypervolt 2
£219



Hypervolt Go 2
£129



Heated Head Attachment
£59

Venom

Heat and massage wearables to soothe soreness and aches, melt away stress, and maintain range of motion.



Venom 2 Back
£269



Venom 2 Leg
£269



Venom 2 Shoulder
£269



Venom Go
£159

Hyperice

Ice compression for relief to the targeted area and to reduce swelling and inflammation from injury.



Hyperice Knee
£70



Hyperice Cell
£54

Scan the QR code for more information on Hyperice products





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

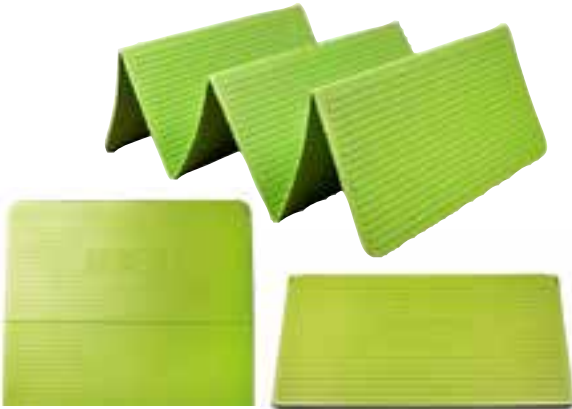
Original Grid Roller 1.0
32.5cm long

Grid Roller 2.0
65cm long



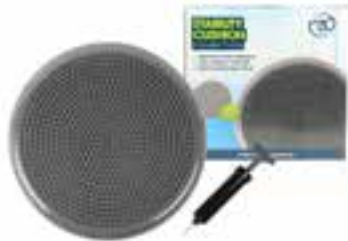
Studio Pro Therapy Bouncer

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



Tri-fold Mat

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



Balance Disc

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



Foam rollers

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

Blue 90cm x 15cm
Black 90cm x 15cm



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



Airex Balance Pad Elite

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



Airdome

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



Economy Balance Pad

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



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



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



Skipping Rope

Speed Skipping Rope 9'



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

ICE RECOVERY



ICE PRO



Length: 90cm (35 inches)

REVOLUTIONARY
**2+ HOURS
OF COOLING**
IN 30°C HEAT.



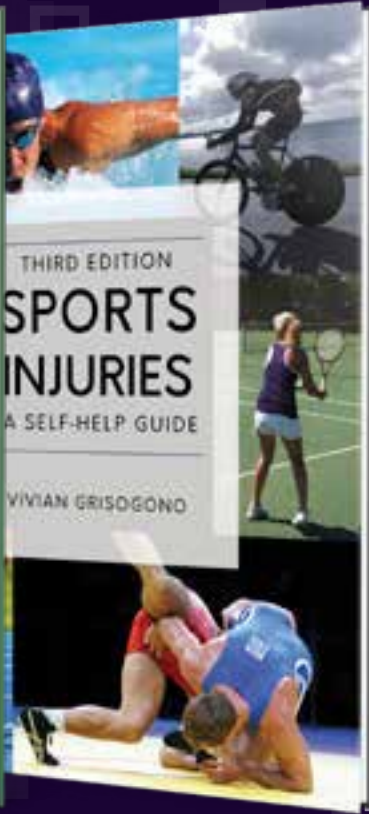
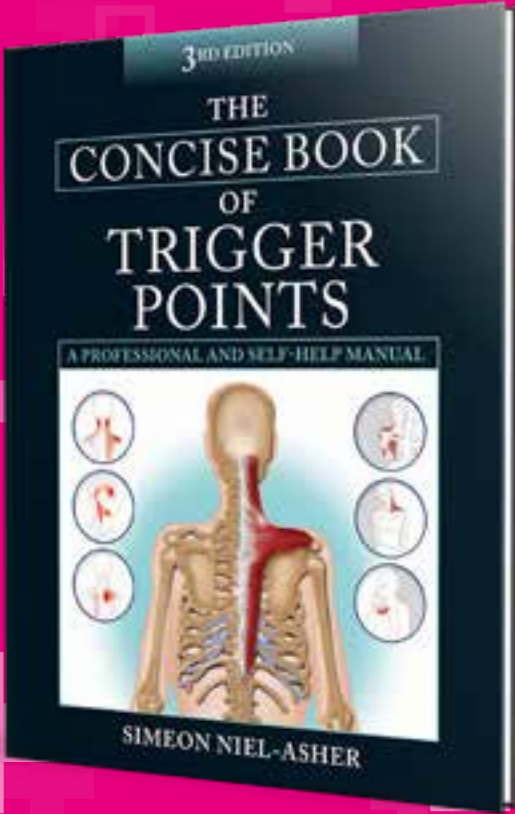
www.yuyubottle.com
[@yuyubottle](https://www.instagram.com/yuyubottle)

YUYU

11

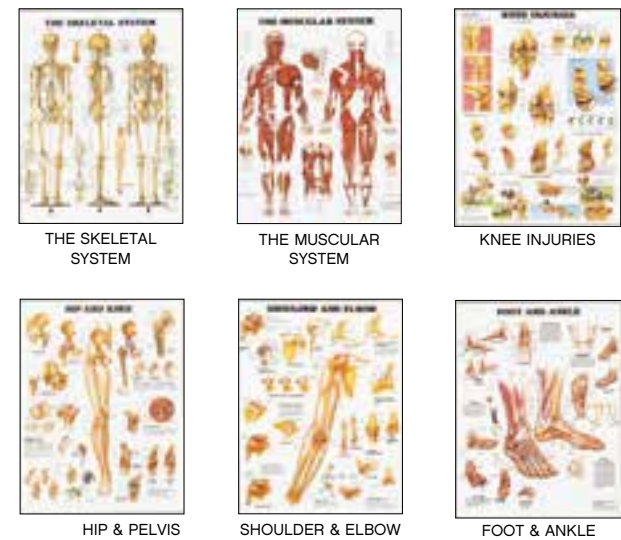
Education

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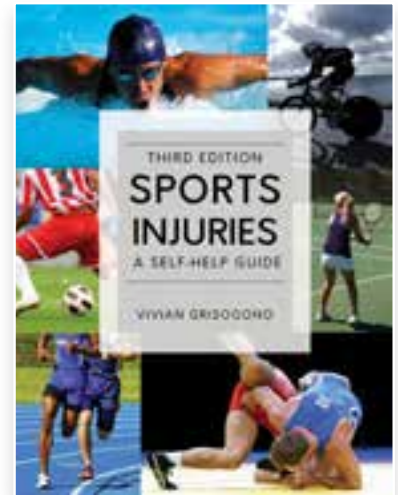
Laminated Educational Wall Charts

All charts are 20" x 26"
The Skeletal System
The Muscular System
Knee Injuries
Foot & Ankle
Hip & Pelvis
Shoulder & Elbow

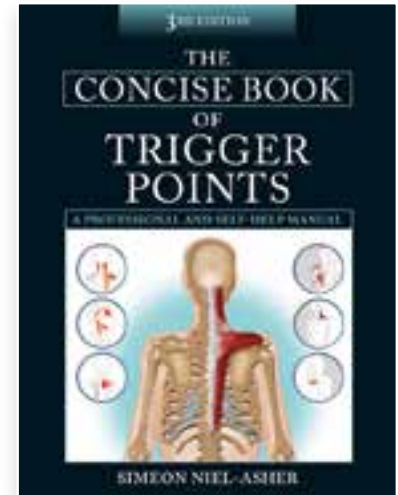


Models
Flexible Spine with Stand
Functional Knee Joint
Flexible Shoulder Joint
Foot Joint with Ligaments

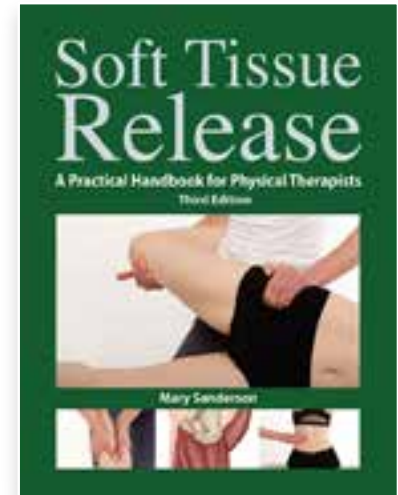
Functional Skeleton on Stand
Detachable skull, arms and legs.
Supplied with stand.
Height 185cm.



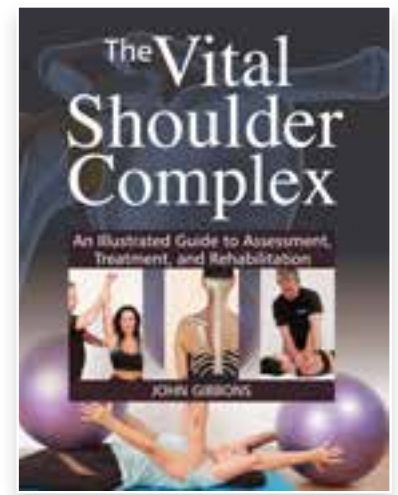
Vivian Grisogono passes on years of experience as a sports participant and physiotherapist, making this book the most effective guide to coping with injuries and getting back to sport.



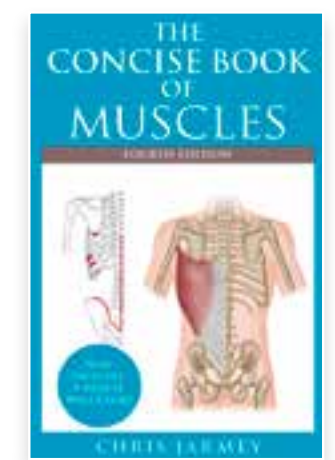
This new edition has been completely updated and revamped, sharing current research, evidence, and advanced techniques for practitioners manual therapy.



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



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



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



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

More titles available on request



CRAMPFIX®

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

THE CRAMPFIX® FORMULA

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



50mL Multi-Serve Bottle

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

20mL QuickFix Shot

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



HOW TO USE

USE BEFORE EXERCISE as prevention

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

USE DURING EXERCISE to keep you on track!

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

USE AFTER EXERCISE to assist your recovery

Drink 10ml after exercise for recovery.

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1) DEFINITIONS

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

2) QUOTATIONS

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

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

4) PRICES

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

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

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

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

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