



**FIT4SPORT**  
LTD.COM

— YEAR —  
ANNIVERSARY  
2005–2025

## THE TEAM BEHIND THE TEAM



# YOUR ONE STOP **SPORTS MEDICAL SHOP**

# WELCOME TO FIT4SPORT.

20 YEARS AS THE TEAM BEHIND THE TEAM

## *Celebrating two decades of dedication to professional sport.*

As Fit4Sport enters its 20th year in business, we reflect with pride on two decades of support of professional and semi-professional sport in the UK. What began as a young supplier of medical and physiotherapy consumables has grown into a trusted partner for Physios, Doctors, Therapists, Sports Clubs and National teams across the UK and sometimes beyond.

Established on 21 October 2005, the Fit4Sport team has grown to a dedicated team of 14. We have forged strong relationships with professional football, rugby clubs and cricket teams who trust us as a medical supplier and allow us to be the "team behind their team."

We are very proud to work with you all and with our National Teams and Governing bodies.

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## HOW TO ORDER

Fit4Sport Ltd, Park Lane,  
Royton, Oldham, OL2 6PU

0161 633 5533

[www.fit4sportltd.com](http://www.fit4sportltd.com)

[info@fit4sportltd.com](mailto:info@fit4sportltd.com)



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We accept cards & BACS. Credit account facilities are available for clubs & institutions. Contact our sales team to apply.



## *Thank you to the team.*

Fit4Sport wouldn't be the company it was without its fabulous staff. A truly exceptional team whose loyalty, dedication, and work ethic shine every single day. They are hardworking individuals who consistently go above and beyond, never hesitating to go the extra mile to ensure everything runs smoothly and exceeds expectations. Their positive attitude, teamwork and genuine care for both the company and the customers we serve make all the difference.

## *Thank you to all our customers.*

This anniversary is not just ours, it belongs to the Physios, Doctors, Medical Secretaries and Therapists who have trusted us, tested us, given feedback, and grown with us. Thank you for two decades of collaboration, service, and success.

A special Thank you to those customers who have been with us since the very start as they have moved from club to club.



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**PHARMACY MEDICATION**

# THE TEAM BEHIND THE TEAM



2005-2025

20

— YEAR —  
ANNIVERSARY



PROUD TO SUPPORT FROM PITCHSIDE TO PHYSIO ROOM



Expert  
support



Reliable  
service



Matchday  
ready



Always in  
your corner

**FIT4SPORT**  
LTD.COM





SPORTS TAPE

# SOCK WRAP

- Lightweight adhesive bandage
- Holds shin pads & socks in place
- Apply directly to leg or over sock
  - Innovative construction
  - High level durability & comfort
- Used by professional & amateur footballers alike

5cm - 14 colours available

7.5cm - 22 colours available

#OURTAPEISBETTER

# 1 TAPES AND STRAPPING

“Fit4sport offer us competitive pricing, and an excellent range of products, but what sets them apart is their product knowledge and reliability. I can rest assured that we get exactly what we ordered in double quick time. It's this level of service we demand and why Fit4sport are the best fit4us...!”

**Steve Wright**  
Southampton FC



**FIT4SPORT**  
LTD.COM

# Tapes & Strapping



## 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.

Available in:  
3.8cm  
5cm  
7.5cm



## 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

Available in:  
5cm  
7.5cm



## Strap it Premium Stretch Band Light

Strap it Premium Stretch Band Light combines quality and affordability. Our Stretch Band Light is an adhesive tape used compression and support and as an overwrap to Strapit Sports Strapping Tape. It is easy to tear for immediate application and support. Length 6.9m.

Available in  
2.5cm  
5cm  
7.5cm



## Strap it Premium Stretch Band Light (Black)

Strap it Premium Stretch Band Light combines quality and affordability. Our Stretch Band Light is an adhesive tape used compression and support and as an overwrap to Strapit Sports Strapping Tape. It is easy to tear for immediate application and support. Length: 6.9m.

Available in  
2.5cm  
5cm  
7.5cm



## LEUKOTAPE® P

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

3.8cm

## 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.

2.5cm

5cm

10cm



## LEUKOBAND® EAB



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

2.5cm

5cm

7.5cm



## TENSOPLAST EAB

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

2.5cm

5cm

7.5cm



## MUELLER® M-Tape Team Colours

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

3.8cm



## MUELLER® Underwrap

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

7cm



## 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.

Available in:  
3.8cm  
5cm  
7.5cm



## Mueller Kinesiology Tape

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

Available in Black, Beige, Pink and Blue.

5cm x 5m  
5cm x 30m



## POWERFLEX™

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

2.5cm  
5cm  
7.5cm

## Powerflex AFD

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

5cm width (Box of 16)



## Strapit Sock Co-Pro wrap

A quality cohesive bandage that is sports specific in its ease of tearing when time is of the essence. Easy to rip for clean & quick application Self-adherent, it does not stick to the skin Ideal to use as a sock tape to match club colours.

Available in 5cm and 7.5cm



## MUELLER® Mlastic

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

5cm  
7.5cm



**Best Seller!**

## Cohesive Wrap

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

5cm x 4.5m  
7.5cm x 4.5m



## Premier Sock Tape

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

19mm  
38mm



## Trainers Tape

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

2.5cm  
3.8cm  
5.0cm



## STRAPIT+ Sports Tape

Strapit PLUS + is an elite-grade strapping tape with a newly developed synthetic rubber adhesive that ensures unmatched adhesion. The tape features a strong rayon fabric and zigzag edges for easy application, making it essential for anyone in need of reliable support. 10m roll. Latex free.

2.5cm  
4cm  
5cm



**Best Seller!**

## Rigid P Tape

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

2.5cm  
3.8cm  
5cm



## STRAPPAL® Zinc Oxide

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

1.25cm  
2.5cm  
4cm  
5cm



## SportTape

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

5cm x 5m  
10cm x 5m  
5cm x 22m



## Rocktape

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

5cm x 5m  
5cm x 30m  
10cm x 5m



## STRAPIT Advance Kinesiology Tape (Waterproof)

Strapit ADVANCE Kinesiology Tape is a world leading waterproof kinesiology tape. Swapping the traditional COTTON cloth material for a super shiny SYNTHETIC material immediately makes this tape more waterproof than others. Combined with this is a special water proofing agent and more quality adhesive, meaning it is the number one waterproof tape on the market.

### KEY FEATURES:

- Viscose + spandex synthetic material
- 5grams/m<sup>2</sup> more adhesive than other kinesiology tapes on the market
- Greater waterproof wash
- Around 180% stretch allowing kinesiology tape function.

5cm x 5m  
5cm x 30m



## STRAPIT Active Tape

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

5cm x 5m  
7.5cm x 5m



## STRAPIT Pro Strapping Tape

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

2.5cm  
3.8cm  
5cm



## STRAPIT Latex Free Rigid Strapping Tape

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

3.8cm



## STRAPIT Fix Tape

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

5cm  
10cm



## STRAPIT Underwrap

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

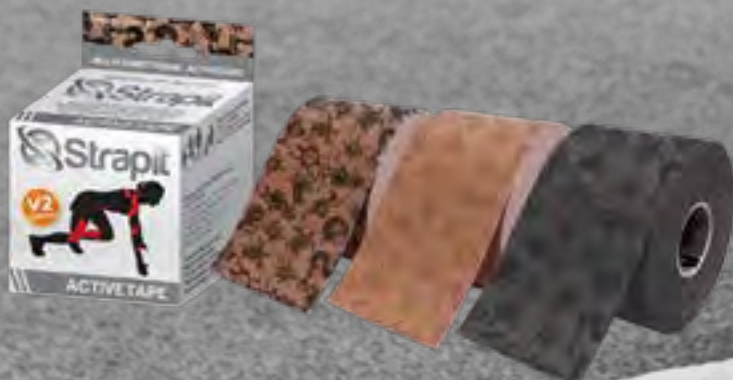
7cm



SCAN & LEARN

# ACTIVETAPE

*for elite performance*



# Tapes & Strapping



## D3 Light Rip

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

2.5cm  
5cm  
7.5cm



## D3 Rigid Tape

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

2.5cm  
3.8cm  
5cm

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

**20**  
colours

revolutionary football wrap

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

next generation sporting woundcare

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

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

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

@ **5mtrs**  
each poly bagged





## MUELLER® Tape & Tuffner Remover Spray

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

4oz  
10oz



## MUELLER® Tuffner Spray

An easy-to-use tape adherent that helps tape and wraps stay in place better, longer. Simply spray a miniscule amount onto the skin before wrapping and taping to keep tape in place, longer.

10oz



## Strap It Xtra TAC Spray

XTRA TAC Adhesive Spray provides a fine protective film of adhesive glue over the skin layer. This provides a sticky & non-slip layer allowing application of tapes and bandages which ensures the tapes remain in place and prevents movement. This ensures tape stability and limits potential detachment of tape from the skin.

8oz



## 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



## 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.



## 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.

# FORZA

## ALUMINIUM EQUIPMENT TRANSPORT & STORAGE BOXES

Aluminium storage boxes ideal for professional clubs looking to store and transport training, matchday or tour essentials. The 1.5mm thick aluminium walls with reinforced corners guarantee durability, whilst the inner foam lining can be applied for ultimate protection during coach journeys or overseas travel. Available in 7 sizes from 30L-360L with optional clip-on wheels for effortless mobility.

### DIMENSIONS

- 30L/6.5 GAL STORAGE BOX
- 54L/12 GAL STORAGE BOX
- 192L/42 GAL STORAGE BOX
- 288L/ 63 GAL STORAGE BOX
- 90L/20 GAL STORAGE BOX



## SECURE, RELIABLE STORAGE FOR ALL YOUR CLUB'S TRAINING & MATCHDAY ESSENTIALS



### RUGGED PROTECTION

Engineered for reliability, this storage box combines heavy-duty protection, secure locking mechanisms, and a foam-lined interior to keep your gear organised and safe in transit.



### EFFICIENT TRANSPORTATION

All storage boxes are available with optional clip-on castor wheels. They are easy to fit and provide a quick and efficient way of transporting your aluminium boxes wherever you need.



### STACKABLE DESIGN

The FORZA Aluminium Storage Boxes are sold in 7x sizes and feature specially designed corners that allow for multiple boxes to be securely stacked on top of another.

# 2 BAGS AND KITS

“ We couldn't be happier with the service we receive from Fit4Sport. Their team is always on hand with helpful suggestions, and their delivery is consistently quick and reliable. The level of customer care truly stands out, especially from our account manager who is always responsive, supportive, and a pleasure to work with. ”

Stoke City FC



**FIT4SPORT**  
LTD.COM



## 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.



## Standard Refill Kit

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

Contents may vary

## 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



## Fit4Sport Medic Bag

Our Bag is ideal for the doctor, therapist or sports trainer working with sports team and clubs. A compact bag that can hold all your relevant first aid items, sports tapes etc it is a fantastic addition to your medical kit lineup.

Waterproof. Dims: 40cm x 23cm x 20cm



## Team Travel Bag

A double layer physio bag with separate protected tape section to really ensure your tapes cannot be damaged. Zip top section with a selection of small removable coloured bags for first aid consumables. Dims: 46cm x 24cm x 27cm



## Fit4Sport Bumbag

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

## Fit4Sport Travel Bag on Wheels

A large medical bag on wheels to store all your medical needs. Suits sporting clubs, therapists, and doctors who have the requirement to hold a number of medical products including first aid equipment, strapping tapes, towels etc this bag is a must for you and your team. Dims: 60cm x 33cm x 30cm





## 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.)

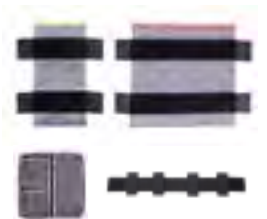
Tie Down Strap (4 EA.)



### 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





# UNLIMITED CONFIGURABILITY

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

Medi Kit™  
MULE

Medi Kit™  
Omni

Medi Kit™  
Fill Pack Module

Medi Kit™  
VERSA

Medi Kit™  
Pro Sport  
Backpack

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



1680/1200 ICT  
Infection Control Tarapaulin



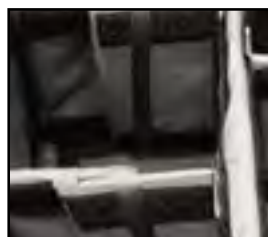
Oversized #10 YKK Super  
Tough zippers w/ alloy pulls



Solid alloy hardware



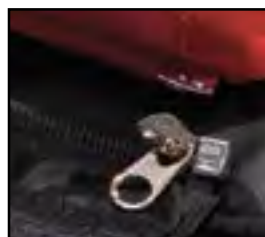
2 Needle taped seams



SLIDERS™ System for  
unlimited configurability



MOLLE compatibility



TS2Ready™ for attaching  
add-on modules



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**SMARTY<sup>®</sup>**  
**SAVER**

Every second  
matters when  
saving a life

# SMARTY SAVER

A portable AED for on and off  
the pitch



**30,000 OUT-OF-  
HOSPITAL CARDIAC  
ARRESTS**  
(OHCA) OCCUR EACH YEAR



**50% OF  
ALL OHCA**  
ARE WITNESSED BY  
A BYSTANDER



**90% OF CARDIAC  
ARRESTS PROVE  
FATAL**  
WITHOUT IMMEDIATE  
TREATMENT



**SURVIVING A  
CARDIAC ARREST**  
FALLS 10% EVERY MINUTE A  
DEFIBRILLATOR AND CPR IS  
NOT USED

**FIT4SPORT**

1: Improving chances of surviving a cardiac arrest - BHF

2: Epidemiology of cardiac arrest Guidelines | Resuscitation Council UK

# 3 PITCHSIDE EMERGENCY

“Fit4Sport stands out for their high-quality, reliable products and easy, responsive approach. They’ve made a real difference to how smoothly our department runs and feel like a genuine extension of our team—I’d happily recommend them to any club.”

Rob Price



**FIT4SPORT**  
LTD.COM



## 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: 201cm x 43cm x 8cm.

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



## Syringes

Supplied in boxes of 100

2ml  
5ml  
10ml  
20ml



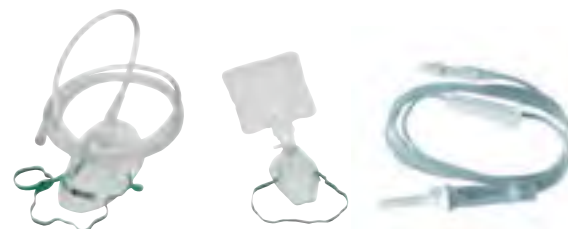
## Hypodermic Needles

Supplied in boxes of 100

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



**Nebulising Oxygen Mask**  
**Non-rebreathe Mask**  
**Oxygen tubing 2m**  
**Peak flow meter**  
**Peak flow mouthpieces**  
**Giving Sets**



# STRONG, FLEXIBLE, DURABLE



A high-viscosity topical skin adhesive designed for strength, flexibility, and durability.

***derma+flex***<sup>®</sup>  
TOPICAL SKIN ADHESIVE

# 4 WOUND CARE AND INFECTION

“ 20 years of consistency, thank you to the team at Fit4Sport. They are easy to work with, understand the demand and quick turnaround within Football. Seamless service, from product quality to efficient delivery. ”

**Matt Barrass**  
Bolton Wanderers FC



**FIT4SPORT**  
LTD.COM



## 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



## 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



## 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 Spray

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

100ml

## Savlon Cream

Antiseptic and cleansing cream.

30g tube  
60g tube  
100g tube



# NatraSan

## NatraSan First Aid Spray

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

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

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

100ml  
200ml

## 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



## 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



## 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



## 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



## Leukosan Wound Closure Strips

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

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



## 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.



## 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



## Gloves

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



## Plasters

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



## 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



## Videne Solution

500ml

## Iodine Scrub

Pk of 25.

## Vaseline

50g  
100g  
225g



## Sterile Dressing

No 8 Medium  
No 9 Large  
No 16 Eye

## Triangular Bandage

Single use.  
Calico.

## Cotton wool balls

Pk of 200.

## Cotton Wool

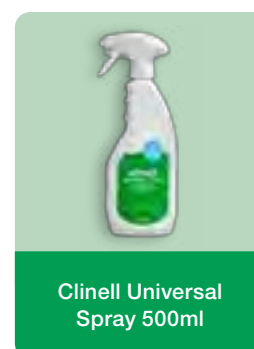
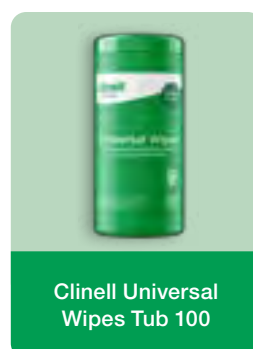
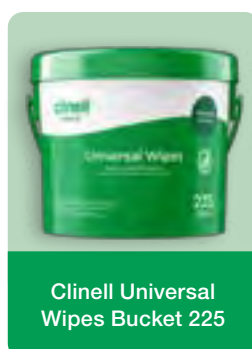
500g.

## Cotton buds

Pk of 100.

# Clinell Universal Range

The UK's most trusted single-step detergent and disinfectant formula.



## Proven to kill 99.99% of germs in as little as 10 seconds

A carefully formulated blend of active ingredients working together to deliver reliable, broad-spectrum protection.

## 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.

## 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 the point of use.

## Clinell Universal Spray

A powerful 2-in-1 disinfectant and detergent spray that replaces multiple cleaners, delivering one simple solution for hard surfaces including sports and gym equipment, toilets, bathrooms and baby changing tables.

# Clinell Hand Hygiene Range

**Clinell Antimicrobial Hand Wipes kill 99.999% of bacteria, replacing soap and water.**



Clinell Antimicrobial  
Hand Wipes 30



Clinell Antimicrobial  
Hand Wipes 100

## **Effective on dirty hands**

Cleans and removes microorganisms from hands as effectively as soap and water.

## **Kills 99.999% of bacteria**

Developed from the patented formulation used in our Clinell Universal Wipes, Clinell Antimicrobial Hand Wipes kill 99.999% of bacteria.

## **Suitable for sensitive skin**

Dermatologically tested, pH balanced and suitable for use on sensitive skin. Our skincare research programme is recognised by The British Skin Foundation.

**Fast-acting, easy-dry gel instantly sanitises hands without need for soap and water. Dermatologically tested for hand gels, moisturising formula leaves hands clean with no stickiness.**



Clinell Hand  
Sanitising Gel with  
extendable clip 50ml



Clinell Hand  
Sanitising Gel pump  
dispenser 500ml

## **Dermatologically tested**

Contains aloe vera to moisturise and promote healthy, soft skin.

## **Superior effectiveness**

A blend of 74% v/v alcohol and moisturiser which provides a superior level of effectiveness against germs while not drying out hands.

## **Travel-sized**

The 50ml belt clip bottle, with retractable lead, is small and convenient to carry with you at all times — at home, in the office or on-the-go.

# GAME CHANGING SPORTS INSOLES.



SORBOTHANE'S LIFE CHANGING, SHOCK ABSORBING INSOLES FEATURE OUR UNIQUE MATERIAL THAT LIMITS THE TRAUMA CAUSED TO THE BODY DURING EXERCISES.

Designed for  
**multi-sport and  
daily-life activities**  
where the whole foot is  
subjected to impact shock.



## REPLACEABLE INSOLES

Perfectly shaped to support your arch as a replacement  
to your current factory fit insole.



Comfort & Support



Protection Against  
Shock & Vibration



Stability & Comfort

## SLIMLINE INSOLES

Ideal for sliding on top of your current insole or  
for footwear that has limited space inside.



Comfort & Support



Integral Shock  
Protection & Comfort



Shock Protection  
& Comfort



### CUSH N' STEP

- Provide support during high impact activities
- Absorb trauma, cushion hard impacts under heel



### SORBO PRO

- Designed to distribute pressure
- Provide ultimate protection with heel & forefoot pads



### DOUBLE STRIKE

- Dual action shock cushion for heel & forefoot
- Absorb energy onwards to the arch of the foot



### SINGLE STRIKE

- Designed for Activities
- Comfort cushion at heel and forefoot, adds sustaining solution



### FULL STRIKE

- Designed for Activities subjected to impact shock
- Offers incredible all round cushioning solution



### HEEL PADS

- Protects the heel from impact & shock
- Designed for everyday life

# 5 FOOTCARE AND INSOLES

“ Over the 20 years we have worked with Fit4Sport, their staff have repeatedly gone the extra mile to provide outstanding service and support. They are a pleasure to deal with, and we would recommend them to any club. ”

Newcastle United



**FIT4SPORT**  
LTD.COM



## 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



# PelliTec®

## Blister Prevention

The novel blister prevention pad developed in the UK



Sticks to your footwear, not your skin



Reduces the occurrence of blisters



Effective in helping blisters to heal



Developed in the United Kingdom

## PelliTec Pad Construction



☒ **Baltex Layer**  
Promotes breathability

☒ **Mylar Layer**  
For strength and durability

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

☒ **Mylar Layer**  
For strength and durability

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

☒ **Adhesive Layer**  
Sticks to footwear

## Sensory

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

## Sports Trials

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

## Diabetes

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

PelliTec PelliTec.co.uk  
 PelliTec.co.uk



## 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.



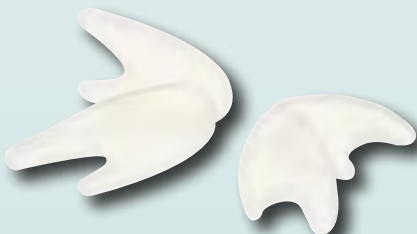
## Silipos Digistrip

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.



## 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 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.



## Silipos Blister Stick

This effective anti blister balm protects your feet with a lubricated formula that glides on smoothly, creating an invisible protective barrier. The rub-on stick applicator makes it easy to use and take on-the-go.



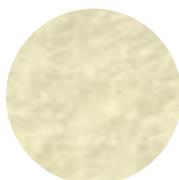


## Felt and Foams

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.

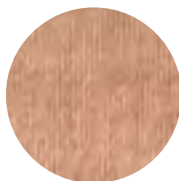
### Felt

5mm - Pack of 4  
7mm - Pack of 4  
10mm - Pack of 4



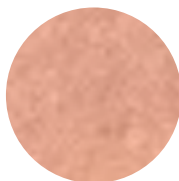
### Foam

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.

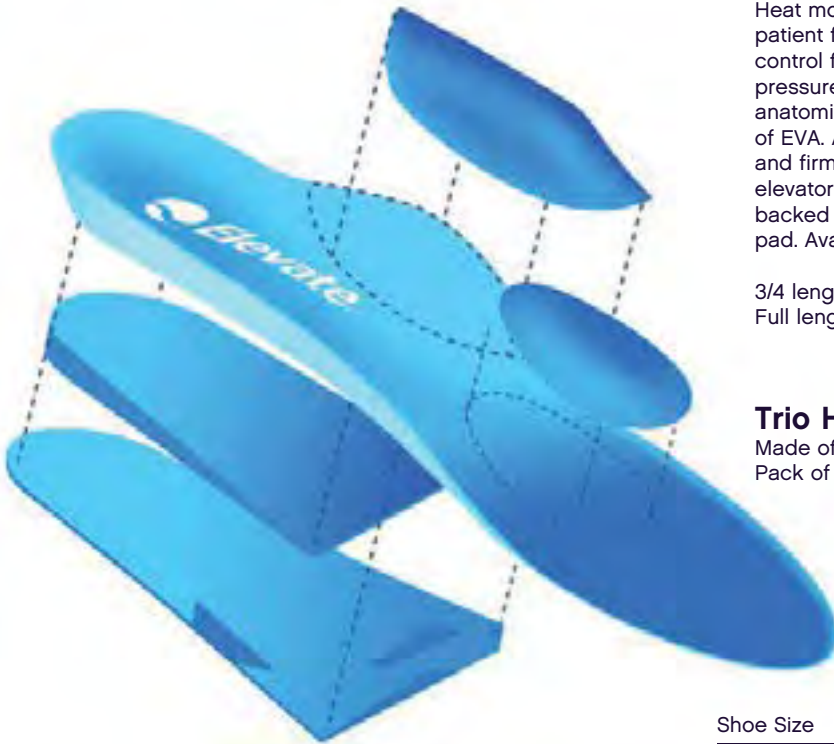
75ml



## 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    |

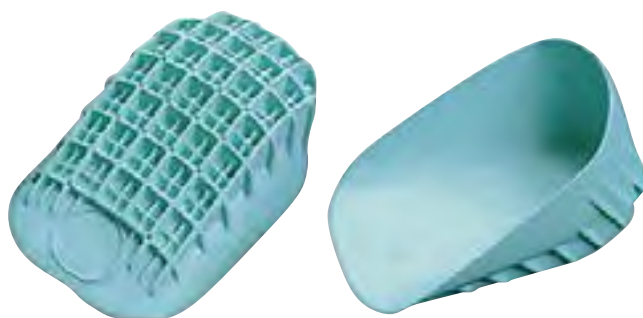


## Silipos Wonderspur Red Dot

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.



## 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 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+



## 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

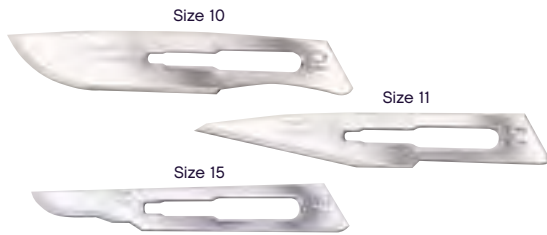


## Sorbothane Full Strike Insole

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

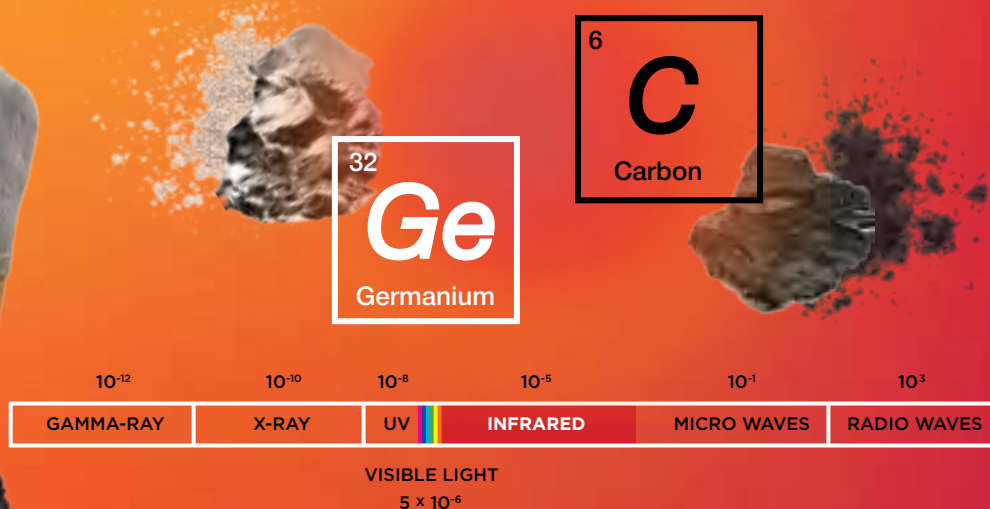
Leather wallet containing black file, scissors, scalpel handle 3, Nail elevator and general purpose plier.



# Wearable Infrared **iNCREDIWEAR®**

• hurt less • heal faster • move more

**iNCREDIWEAR®** fabric is infused with elements – Germanium and Carbon that emit therapeutic infrared (IR) waves when warmed by body heat. These waves boost circulation and cellular functioning.



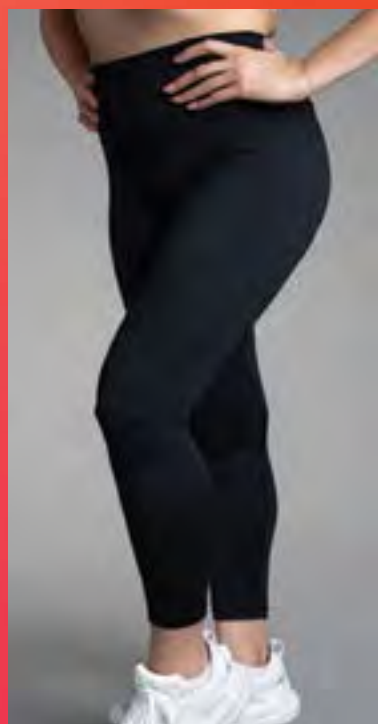
*Scientifically proven and clinically validated*

**51%**  
LESS  
PAIN

**22%**  
INCREASED  
CIRCULATION

**42%**  
BETTER  
PERFORMANCE

**31%**  
FASTER  
RECOVERY



# 6 SUPPORTS AND BRACES

“ We have a long and successful relationship with Fit4Sport, the team are always happy to help. They offer a great range of products, premium quality with fast and efficient delivery service. ”

**Medical Team**  
Northampton Saints



**FIT4SPORT**  
LTD.COM



## 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 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 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.

Shoe Size for all Mueller above

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

Shoe size for all Aircast above

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



## Mueller Hinged Wrap Around Knee Brace

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

Regular 30-40cm  
Large 40-50cm



## 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 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 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.



## 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 X-ROM Knee Brace

The Donjoy X-ROM Adjustable Post-Op Hinged Knee Brace is a state of the art post-operative hinged knee brace that is used by professional athletes across multiple leagues worldwide. Highly adjustable and secure, the unrivalled adjustability makes the X-ROM Hinged Knee Brace great for providing immobilisation during the recovery and rehabilitation phase following ACL, PCL, LCL and MCL surgery.

## 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 

# COMPEX ACTIV' RANGE

Compex 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

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.

PREPARE.PERFORM.RECOVER

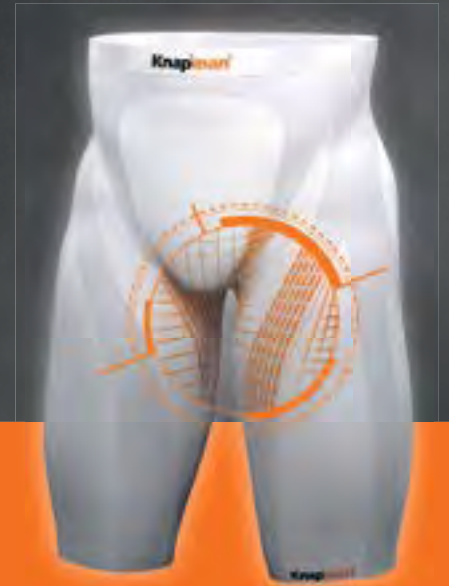


# ZONED COMPRESSION SHORTS

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:



### USP 25% MEN



#### Colours:



### USP 45% WOMEN



#### Colours:



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

Experience the unique Knap'man benefits?

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

PREPARE.PERFORM.RECOVER



# ZONED COMPRESSION TIGHTS



## RECOVER IN RECORD TIME

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

## PERFORM AFTER LONG TRAVEL

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



**Jack Clover**

Strength & Conditioning Coach Everton FC

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

### USP 45% MEN



Colours:



### USP 25% MEN



Colours:



### USP 45% WOMEN



Colours:



### USP 25% WOMEN



Colours:



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

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

## ACTIVE STRONG

COMPRESSION



### NEXT LEVEL PERFORMANCE

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

### INNOVATIVE COMPRESSION

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

### ENERGY BOOSTER

Ensures an exceptional boost of energy to the muscles.

### ACTIVE STRONG



Full Socks



Calf Sleeves



Ankle Socks

### ULTRA STRONG



Full Socks



### 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.



### Mueller Back Brace

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

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

Measure around hips



## Elastic Wrist Brace

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

| 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 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



# ascender<sup>®</sup>

UNIVERSAL  
POST-OP ROM

SECURE STRAP  
CLOSURE



SECURE 

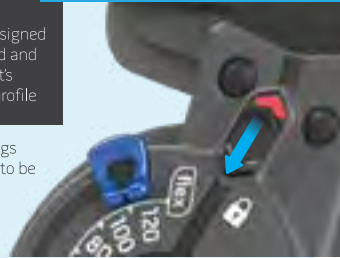
The secure strap  
closures retain the  
desired strap length  
and hinge alignment  
function

USER-FRIENDLY  
DROP LOCK

USER-FRIENDLY 

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

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



QUICK-CLIP  
RANGE OF MOTION  
SETTINGS

CONTROL 

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

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



OPTIMISED  
FOR AIRFLOW

BREATHABLE

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



CUSTOM DESIGNED  
FOR COMFORT

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

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

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

EFFECTIVE  
NON-SLIP SURFACE

ANTI-MIGRATION

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



INNOVATIVE

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

SOFT TOUCH  
Y-TAB



QUICK CLIP  
STRAP CLOSURE

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



# 7 HOT AND COLD THERAPY

“ We’ve been working with team at Fit4sport for over 15 years. We have an excellent working relationship, the team and Emma are always on hand with requests and last minute supplies. I would 100% recommend Fit4Sport for your sports medical and physio needs. ”

FAW Wales



FIT4SPORT  
LTD.COM



## 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"



## 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 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 30cm x 45cm pk 1000



## 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.



## Clingwrap Roll + Handle

Clingwrap Roll  
Clingwrap Handle



## 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**



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**

**ICE  
RECOVERY**

**YUYU**

**ONE MINUTE  
ICE BOOST.**

ICE RECOVERY BY YUYU

**PAUSE. ICE. BOOST.**



**TEAM  
BELGIUM**

**Canada**



**OLYMPIC  
FEDERATION  
OF IRELAND**

**TeamNL**

**INEOS | GRENADIERS  
CYCLING TEAM**

[WWW.YUYUBOTTLE.COM](http://WWW.YUYUBOTTLE.COM)

[YUYUBOTTLE](https://www.instagram.com/YUYUBOTTLE)



## Steamy Ice Chests

Designed with a generous 14-litre capacity, it offers ample space and the popular house top sport style with tilting top to provide wide easy access. Made from durable polyethylene, this cool box is built to withstand daily use while maintaining optimal cooling performance. Available in grey blue and red.

14 Litre 40cm x 26cm x 38 cm



## Steamy Cool Box

Crafted from durable polypropylene, this cool box combines robust construction with a compact and contemporary design. Folding handle providing a seat if required. Dark Blue 2 sizes available

8 litre 35 x 25 x 22 cm  
13litre 35 x 25 x 31 cm



## Steamy Roller Cool Box

Equipped with wheels and a telescopic handle, the cooler is easy to move, even when fully loaded. The tall design also makes it easy to transport 1.5-liter bottles upright. This model is also designed to minimize surface contact, which significantly increases its cooling capacity.

30 litre 46cm x 35cm x 43 cm  
52 litre 53cm x 44cm x 47cm



## Wheeled Cool Box

Keep your drinks & supplies ice-cold with this high-performance wheeled cooler box, built for up to 3 days of chill. Featuring a telescopic handle & smooth-glide wheels, it's effortless to move. With premium PU foam insulation, it's your go-to for matches and preseason tours. 2 sizes available.

41 litre 50cm x 39cm x 42.5cm (L x W x H) Weight: 3.6kg  
98 litre 74cm x 42cm x 44.5cm (L x W x H) Weight: 8kg

## Inflatable Ice Baths

Designed with portability in mind, they feature a rechargeable air pump (with adapters) for quick and easy inflation and a mesh carry case.

Solo Fully Inflated dimensions: 50 cm x 85 cm x 45 cm.

Holds approx. 48 gallons

Team Inflated dimensions: 155 cm Diameter x 70 cm Deep.

Holds approx. 105 gallons



# Hydro<sup>2</sup>Oil

## Grip n' Glide



sport • arnica • original • unscented gel

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

# 8 MASSAGE AND ACUPUNCTURE

“The service from the Fit4Sport sales team has been excellent. They are always friendly, professional, and quick to respond to any questions. We appreciate how knowledgeable they are with products and how they go the extra mile to make sure all our consumable needs are met. Their ability to source non stocked items has been first class.”

Swansea City FC



FIT4SPORT  
LTD.COM

## Songbird Waxes

Supreme medium for massage. A blend of beeswax and natural ingredients. No preservatives or chemical additives. The semi solid formula melts onto the skin providing a working surface that delivers control, smoothness and a perfect finish. Skin is left greaseless, no mess, no spills. Available in 100g, 300g and 600g eco tubs. **NOW NUT FREE!**



## Sports Massage Wax

Excellent for muscles and skin and is used by many therapists involved in sports and remedial work. Contains essential oils of Manuka and also blend in a high-quality Calendula Paste from New Zealand, and Hypericum (St John's Wort). With its lemony/leathery scent, this wax is neither herbal nor floral. Songbird Sports Massage Wax is an excellent pre- and post-event massage medium.

**Ingredients:** Grapeseed Oil Olive Oil Beeswax Lemon Oil Manuka Oil Hypericum Calendula Arnica Vitamin E Sunflower Seed Oil.

## Unscented Massage Wax

Our Unscented Massage Wax contains no essential oils, but provides the same consistency, performance, and viscosity as our other Massage Waxes. Whether you're looking for a base to add your own essential oils if you are a trained aromatherapists, or simply want a Massage Wax without a scent, our Unscented Massage Wax is a great introduction to the medium of Massage Waxes.

**Ingredients:** Grapeseed Oil, Olive Oil, Beeswax (Cera Alba), Arnica Vitamin E, Sunflower Seed Oil.

## Orange Spice Massage Wax

Short- A combination of spices and citrus scents citrusy reminiscent of mulled wine and festive treats. Orange oil is blended with Nutmeg and Clove to create a deliciously warm and exotic aroma. It is a good all-round Massage Wax often used by those in training, including dancers and athletes. Orange Spice It the softest of our Massage Waxes, due to the citrus nature of the essential oils so has the ability to spread a little further.

**Ingredients:** Grapeseed Oil, Olive Oil, Beeswax, Arnica, Vitamin E, Sunflower Seed Oil, Orange Oil, Mandarin Oil, Grapefruit Oil, Cardamom Oil, Clove Bud, Nutmeg Oil.

## Fascial Release Wax

Zest Massage Wax is a light, gentle, refreshing and uplifting citrus Massage Wax containing Lime and Mandarin essential oils, our Zest Massage and Reflexology blends were formulated without Arnica to make them as mild as possible for those with compromised immune systems. With its subtle and zesty scent, it is also suitable for pregnancy massage as its essential oil content falls well below the latest regulatory requirements for a 'leave on' product.

**Ingredients:** Grapeseed Oil, Olive Oil, Beeswax, Vitamin E, Sunflower Seed Oil, Mandarin Oil, Lime Oil.

## Cooling And Soothing Balm

Cooling and Soothing is ideal for use after a particularly strenuous game out on the sports field. While not intended as an all-over Massage Wax, it applies easily and is commonly used by professionals for deep tissue work and after strenuous activity. Arnica, Hypericum (St John's Wort), Yarrow and Chamomile are known to have anti-inflammatory properties. Menthol provides a cooling sensation and Yarrow gives the formula its distinctive blue colouring. The colour of Yarrow varies, so everything from a pale greenish blue to an azure blue in the final product is normal. This balm has 5 times as much Arnica in it compared to our Massage Waxes. It is our premier product for Sports Injury.

**Ingredients:** Olive Oil, Beeswax, Hypericum, Arnica, Vitamin E, Tocopherol, Sunflower Seed Oil, Yarrow Oil, Achillea Millefolium, Chamomile Oil, Menthol.

## Warming And Easing Balm

Warming and Easing Balm has been designed as a natural warming medium for both spot work and for personal use where the warming of a specific area is required. It assists in creating a warming sensation in the area to which it is applied. Its ingredients Arnica, Camphor, Black Pepper, Cajuput, Ginger and Capsicum are traditionally renowned for the relief of muscular stiffness and joint pain, and in the management of poor circulation. It blends with our Massage Waxes very easily. In some instances, it can be used on its own to massage into muscles for maximum heating effect. Always do a patch test first in this instance. It is most effective when thoroughly rubbed into the muscle. The warming sensation will be reduced on bony areas and connective tissue. The effect is felt over time, so using it before a shower or before bed is not suggested.

**Ingredients:** Formula includes Grapeseed Oil, Olive Oil, Beeswax, Arnica, Vitamin E, Sunflower Seed Oil, Camphor Oil, Cajuput Oil, Black Pepper Oil, Ginger Oil, Capsicum Oil.



## Songbird Liquiwax

Our new liquiwax comes in a new style bottle with a reuseable pump top, the pump top has three levels of dispensing amounts and a lock function. It also features a coloured top corresponding with the blend colour. They are available to buy as a complete unit, as a refill bottle and also as a pump top unit only. Liquiwaxes are an excellent alternative to massage waxes for those looking for a pump dispenser method and a slightly stronger glide factor. All of our waxes are now nut free. Liquiwax allows for long, gliding strokes, ideal for bodywork. It maintains a tight grip but has more 'slip' than our classic massage waxes.

## Sports Liquiwax

Excellent for muscles and skin and is designed for use in sports and remedial work. Liquiwax is an excellent pre- and post-event massage medium. 500ml bottle

## Orange Spice Liquiwax

A warmly scented Liquiwax; A combination of spices and citrus scents associated with winter holidays and cosy evenings. 500ml bottle

## Unscented Liquiwax

Unscented Liquiwax contains no essential oils, but provides the same working base as all of our other Liquiwax. 500ml bottle



## Balance Liquiwax

Short Balance Liquiwax (formerly 'Women's Blend') Our Balance Liquiwax contains a balancing blend of Frankincense, Bergamot, Lavender and Geranium essential oils. The essential oils used in this blend have traditionally been used in aromatherapy to provide feelings of emotional balance. 500ml bottle

## Lavender Liquiwax

A single essential oil wax giving you the pure, calming, soothing and balancing effects of Lavender Every batch is 100% pure, natural and authentically English. 500ml bottle

## Zest Liquiwax

A gentle, refreshing, and uplifting blend containing Lime and Mandarin essential oils. 500ml bottle



## 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.

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.

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.

1ltr

## Hydro 2 Oil Sweet Almond Oil

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

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, these oils will help the body unwind after a busy day.

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.

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 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.

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

## 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





## 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



## 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



## 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



## 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.



## 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



## 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



## IASTM Tools

IASTM tools are a perfect fit when you provide a lot of soft tissue massage and are looking for a tool to spare your hands. Each tool is ergonomically designed to provide maximum comfort and grip during use, reducing the risk of hand fatigue or injury. Full range available. Kiss, Grip, Razor, Wave and Large Landlebar pictured.

## IASTM TOOL RAZOR

USED ON:  
• ENTIRE BODY

MEDIUM SHARP & ROUND CONVEX EDGE

TECHNIQUE  
• SCANNING  
• SUPERFICIAL  
• PIN & STRETCH

REGION  
• ANKLE  
• ELBOW  
• DCARD  
• KNEE

SMALL SHARP & ROUND CONCAVE EDGE

TECHNIQUE  
• SCANNING  
• SUPERFICIAL  
• PIN & STRETCH

REGION  
• LOWER ARM  
• UPPER ARM  
• LOWER LEG  
• TROCHANTER MAJOR

MEDIUM SHARP & ROUND CONVEX EDGE

TECHNIQUE  
• SCANNING  
• SUPERFICIAL

REGION  
• SHOULDER AND ARM  
• LOWER LEG

LARGE ROUND CONVEX EDGE

TECHNIQUE  
• SEPTA RELEASE LAYERS  
• PIN AND STRETCH  
• EFFLEURAGE

REGION  
• ENTIRE BODY  
• FASCIA PLAYWAYS

SMALL SHARP & ROUND CONCAVE EDGE

TECHNIQUE  
• SCANNING  
• SUPERFICIAL

EXTRA SMALL SHARP & ROUND CONCAVE EDGE

TECHNIQUE  
• SUPERFICIAL  
• RELEASE LAYERS, SEPTA

REGION  
• SMALL BODY PARTS  
• SCARS  
• HANDS AND FEET  
• ELBOW AND WRIST  
• ANKLE

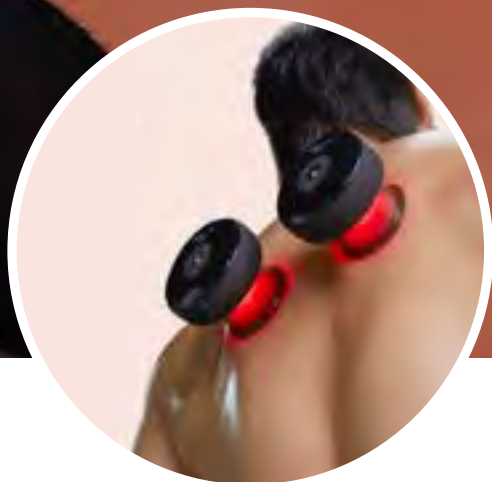
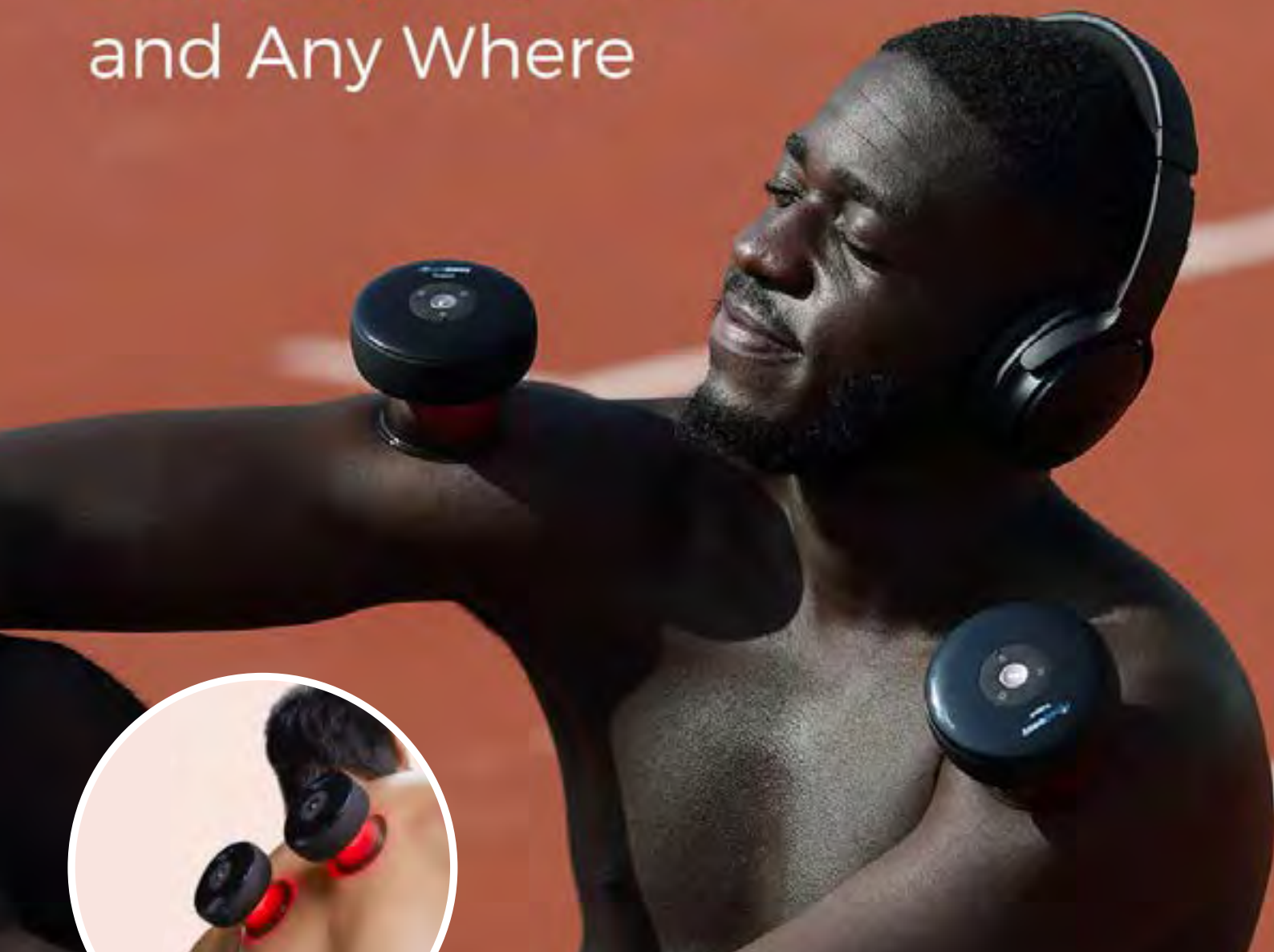
LARGE SHARP & ROUND CONCAVE EDGE

TECHNIQUE  
• SCANNING  
• SUPERFICIAL

REGION  
• ENTIRE BODY



# Cupping Any Time and Any Where



**Achedaway**



Muscle Scraper  
**Heated Scraper**



Muscle Scraper  
**Achedaway Mini**



Cupping Massager  
**Cupper Single**

Cupping Massager  
**Cupper Pair**

# 9 COUCHES AND EQUIPMENT

“ It's been a pleasure working with Fit4Sport over the past 20 seasons. The customer service they offer is excellent and very friendly. Fit4Sport offer a great range of products which are all of the high quality we demand while delivery is reliable and efficient. ”

**Kevin Mullholand**  
Wrexham AFC



**FIT4SPORT**  
LTD.COM



## 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 £95 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

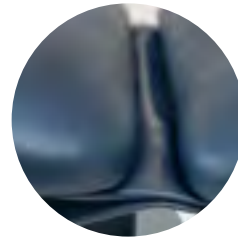
- Motorised backrest
- Single foot switch operation for electric models
- Double foot switch operation for electric models
- Paper towel holder
- Cot sides (powder coated, chrome plated or padded)

### 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

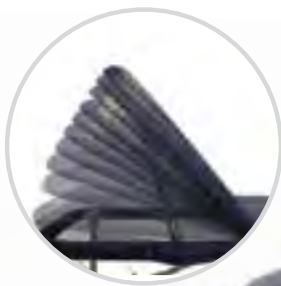
### Dimensions

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



Multiple colours available





## 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

## 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



## INTELECT® **MOBILE 2** COMBO GENERATION 2020

The Intellect® Mobile 2 **COMBO** is a two-channel electrotherapy, ultrasound therapy and Combo system used with or without an optional Cart, allowing for the inclusion of a Vacuum module. For combo therapy 5 waveforms are included for use: Interferential, VMS, High Volt, Asymmetric biphasic TENS and Symmetric biphasic TENS there is fully functional 1 and 3 MHz ultrasound frequencies and two channels of electrical stimulation output. This equipment is to be used only under the prescription and supervision of a licensed medical practitioner.

### KEY FEATURES

- COMPLIANT WITH IEC 60601-1-11
- HI RESOLUTION 7 TOUCH SCREEN
- ON BOARD MEMORY AND SOFTWARE UPGRADE FEATURE
- INFORMATIVE LIGHTS AROUND THE CONNECTION POINTS
- SUGGESTED PROTOCOL SETTINGS (SPS)
- 5 WAVEFORMS FOR COMBO USE INTERFERENTIAL, VMS, HIGH VOLT, ASYMMETRIC BIPHASIC TENS AND SYMMETRIC BIPHASIC TENS FULLY FUNCTIONAL 1 AND 3 MHZ ULTRASOUND AND 2 CHANNELS OF STIM

### INDICATIONS

#### TENS

- SYMPTOMATIC RELIEF OF CHRONIC PAIN (1)
- MANAGEMENT OF POST-OPERATIVE PAIN (2)

#### NMES

- MUSCLE RE-EDUCATION (3)
- INCREASING LOCAL BLOOD SUPPLY (4)
- RELAXATION OF MUSCLE SPASMS (5)
- MAINTAINING/INCREASING RANGE OF MOTION (6)

#### ULTRASOUND

- RELIEF OF PAIN FROM MUSCLE SPASM (7)
- RELIEF OF PAIN FROM JOINT CONTRACTURE (8)
- RELIEF OF PAIN ASSOCIATED WITH LIGAMENT (9)
- SPRAINS, TENDINITIS AND MUSCLE SPASM (10)

### TECHNICAL INFORMATION

INPUT: 100-240V AC, 1.0 to 0.42A, 50/60 Hz

ELECTRICAL CLASS: Class II

MODE OF OPERATION: Continuous

WEIGHT (NO BATTERY): 3.1kg

CART WEIGHT: 10.1kg (with vacuum 11.5kg)

CART SAFE WORKING LOAD: 6.5kg

CONFORMITY: This device complies with the applicable standards EN/IEC 60601-1 and 60601-1-11, CAN/CSA-C22.2 No.601.1, UL Std. No 60601-1.

CLASSIFICATION ACCORDING TO MDD: class IIa device 93/42 60601-1

LEGAL MANUFACTURER: DJO France SAS - CE 2797



# 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

“

Middlesex CCC have used Fit4Sport for many years for all our physiotherapy and emergency care products. They provide an extremely reliable, prompt and flexible personal service. They are always willing to go the extra mile, are able to offer advice and most importantly always get products delivered on time wherever and whenever we need them. ”

Middlesex CCC



**FIT4SPORT**  
LTD.COM



## 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 |



## 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 |



## 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.

|        |              |
|--------|--------------|
| Yellow | Light        |
| Red    | Medium       |
| Blue   | Strong       |
| Black  | Extra Strong |



## Power Strength Bands

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

|       |              |
|-------|--------------|
| Red   | Extra Light  |
| Black | Light        |
| Blue  | Medium       |
| Green | Strong       |
| Navy  | Extra Strong |



## 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 use as part of a dynamic warm up. Extra wide with a non-slip lining to help reduce band bunching. Available in 3 lengths. Contains **LATEX**

|              |
|--------------|
| Small Blue   |
| 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 | 30kg | Straight Bar |
| 15kg | Straight Bar | 35kg | Straight Bar |
| 20kg | Straight Bar | 40kg | Straight Bar |
| 25kg | Straight Bar | 45kg | Straight Bar |

10 - 45kg      10 Bars      5kg Increments



## 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)

HIIT Bench (Unfilled) - With Core Trainer

## 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

6 digit EU plug

## 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 |
| 2KG    | Pairs |
| 3KG    | Pairs |
| 4KG    | Pairs |
| 5KG    | Pairs |
| 6KG    | Pairs |
| 7KG    | Pairs |
| 8KG    | Pairs |
| 9KG    | Pairs |
| 10KG   | Pairs |
| 12KG   | Pairs |
| 14KG   | Pairs |
| 16KG   | Pairs |
| 18KG   | Pairs |
| 20KG   | Pairs |
| 1-10KG | Set   |
| 2-20KG | Set   |



## Chrome/rubber Kettlebells

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

|      |      |        |
|------|------|--------|
| 4KG  | 12KG | 20KG   |
| 6KG  | 14KG | 24KG   |
| 8KG  | 16KG | 4-24KG |
| 10KG | 18KG |        |

## 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

D:50mm, L:15m

D:38mm, L:10m



## Jungle Gym XT

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

Jungle Gym XT



## 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  
20kg  
15kg  
10kg  
5kg  
2.5kg  
1.25kg

## SETS

400kg  
300kg  
200kg  
1000kg



## 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   |
| 60kg  | Orange |
| 80kg  | Purple |
| 100kg | Red    |

## 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  
5kg  
2.5kg  
1.25kg  
Single set  
40kg Set



## 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   |
| 7.5kg | blue   |
| 10kg  | yellow |
| 15kg  | teal   |
| 20kg  | orange |
| 25kg  | purple |
| 30kg  | red    |
| 35kg  | green  |



## 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

# Move better.

Virgil van Dijk  
Professional Footballer

## Normatec

Raise your game with the same patented dynamic air compression technology relied on by the pros for years. Warm up quickly, recover faster, and feel fully revived with Normatec's restorative massage.



Normatec Premier  
Legs



Normatec Premier  
Hips



Normatec 3  
Legs



Normatec  
Lower Legs



**Hypervolt 3 Pro**

## Hypervolt

Bounce right back from the impact sport and life have on your body by giving your muscles the relief they're asking for with Hypervolt's percussive massage. Warm up faster, accelerate recovery and get back to moving the way you want to.



**Hyperice Contrast 2  
Knee**

## Hyperice Contrast 2

Hyperice Contrast 2 is a fully electronic contrast therapy device that delivers next-level performance with deeper cold, more powerful heat, and built-in compression—so you can warm up faster, recover smarter, and come back stronger. Whether you're training, rehabbing, or just staying ready, the Hyperice Contrast 2 is the all-in-one recovery device designed to move with you.



Scan the QR code for more information on Hyperice products.



# 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



Normatec Hip Attachment



Normatec Arm Attachments



Normatec Lower Leg Attachment



Normatec Premier Leg



Normatec Premier Hip



Normatec Backpack



Normatec Carry Case

# Hypervolt

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



Hypervolt 3 Pro



Hypervolt 3



Hypervolt Go 3



Heated Head Attachment

# Venom

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



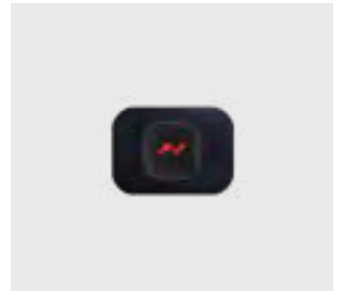
Venom 2 Back



Venom 2 Leg



Venom 2 Shoulder



Venom Go

# Hyperice

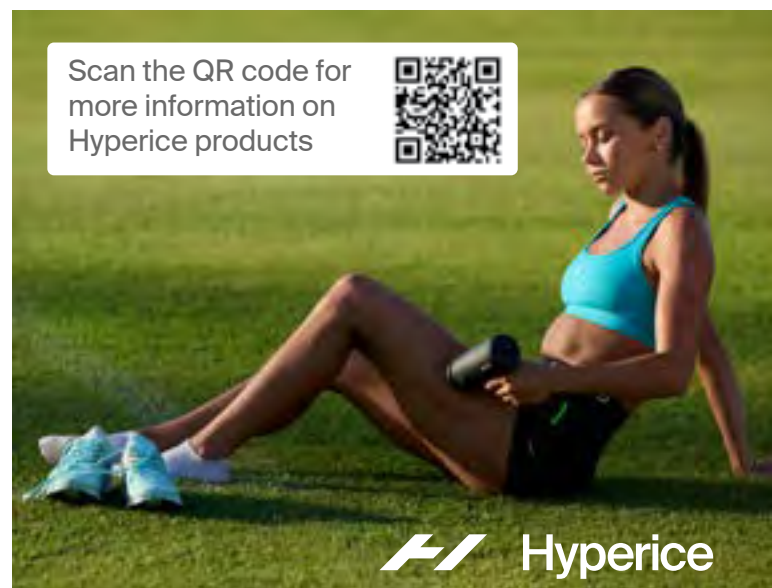
Ice compression for relief to the targeted area and to reduce swelling and inflammation from injury.



Hyperice Knee



Hyperice Shoulder



Scan the QR code for more information on Hyperice products



 Hyperice



## Compex Sport SP 8.0

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

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

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

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



## Compex Sport SP 6.0

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

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

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

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



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



## Compex Sport SP 4.0

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

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

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

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



## Compex Sport 2.0

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

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

**COMPEX** 



## Compex Electrodes

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

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

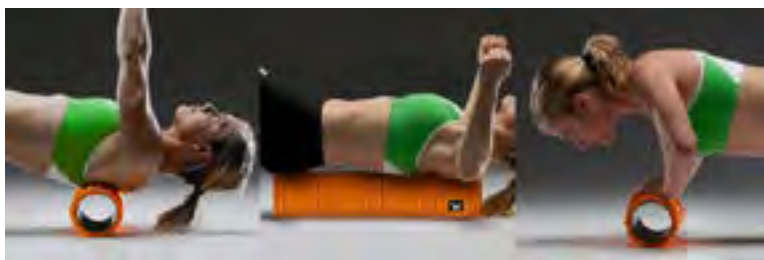
Pack of 4 x small electrodes  
(5cm x 5cm)

## Compex Parts

Replacement lead wires

Spare Battery

Compex Battery Charger



## 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



## 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.



## 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 Yoga Mat

Premium tri-folding gym mat perfect for yoga, stretching & gymnastics. The outer layer is manufactured from easy clean PU leather & is packed with PE cotton for great support, comfort & is shock absorbent. Foldable design with woven carry handles ensures easy transportation. Exercise Mat Size: 183cm L x 61cm W  
Folded Thickness: 16.5cm. Unfolded Thickness: 5cm



## Aerobic Stepper

Suitable for gyms, fitness studios, PT sessions & home workouts. Three height options support step aerobics, HIIT, functional fitness, conditioning & plyometric training. Size: 80cm x 30cm  
Height options: 10cm, 15cm & 20cm



## 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

Adjustable steel wire skipping rope with lightweight non-slip aluminium handles. The jump rope spins at a 90° angle with high-speed ball bearings to provide smooth rotations. Suitable for cardio workouts, boxing training or for fun. Woven carry case included.



## 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

BONE HEALING.

exogen®  
ultrasound bone healing system

# PROVEN.

EXOGEN

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

- 86% heal rate in nonunion patients<sup>1</sup>
- £ 1.164 estimated cost saving per patient<sup>2</sup>
- 91% compliance<sup>10</sup>
- Easy to use – 20 minutes a day

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

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

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



**References :** 1. Nolte PA, van der Krans A, Patka P, et al. Low-intensity pulsed ultrasound in the treatment of nonunions. *J Trauma*. 2001;51(4):693-703. 2. Mayr E, Frankel V, Rüter A. Ultrasound—an alternative healing method for nonunions? *Arch Orthop Trauma Surg*. 2000;120(1):1-8. 3. Roussignol X, Currey C, Duparc F, Dujardin F. Indications and results for the Exogen ultrasound system in the management of non-union: a 59-case pilot study. *Orthop Traumatol Surg Res*. 2012;98(2):206-213. 4. Lerner A, Stein H, Soudry M. Compound high-energy limb fractures with delayed union: our experience with adjuvant ultrasound stimulation (EXOGEN). *Ultrasonics*. 2004;42(1):915-917. 5. Bioventus, LLC. Postmarket patient registry for the period of October 17, 1994 to June 15, 1998. Data on file, RPT-000438, DOS 12000.01. 6. Duarte R, Xavier M, Choffie M, McCabe JM. Review of nonunions treated by pulsed low-intensity ultrasound. Presented at: 20th World Congress of Societe Internationale de Chirurgie Orthopedique et de Traumatologie; August 17-23, 1996; Amsterdam, the Netherlands. Abstract 110. 7. Gebauer D, Mayr E, Orthner E, Ryaby JP. Low-intensity pulsed ultrasound: effects on nonunions. *Ultrasound Med Biol*. 2005;31(10):1391-1402. 8. Heckman JD, Ryaby JP, McCabe J, et al. Acceleration of tibial fracture-healing by non-invasive, low-intensity pulsed ultrasound. *J Bone Joint Surg [Am]*. 1994;76(1):26-34. 9. Kristiansen TK, Ryaby JP, McCabe J, et al. Accelerated healing of distal radial fractures with the use of specific, low-intensity ultrasound. A multicenter, prospective, randomized, double-blind, placebo-controlled study. *J Bone Joint Surg [Am]*. 1997;79(7):961-973. 10. Schofer MD, Block JE, Aigner J, Schmelz A. Improved healing response in delayed unions of the tibia with low-intensity pulsed ultrasound: results of a randomized sham-controlled trial. *BMC Musculoskelet Disord*. 2010;11(1):229. 11. National Institute for Health and Clinical Excellence. Interventional procedure overview of low-intensity pulsed ultrasound to promote fracture healing. [www.nice.org.uk/guidance/ippg374/evidence/overview-495678493](http://www.nice.org.uk/guidance/ippg374/evidence/overview-495678493). Posted August 2010. 12. Bioventus, LLC. Data on file. Study citations available upon request.

**Summary of Indications for Use:**

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

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

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

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

# 11 MODELS AND CHARTS

“

*As a Medical PA working in football, I've been using Fit4Sport for many years and they're always great to deal with — friendly, responsive, and easy to work with. The equipment is consistently high quality, and deliveries are reliable and on time. A genuinely dependable company I'm always happy to recommend.*”

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All charts are 20" x 26"

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



THE SKELETAL SYSTEM



THE MUSCULAR SYSTEM



KNEE INJURIES



HIP & PELVIS



SHOULDER & ELBOW



FOOT & ANKLE



## Models

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

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Detachable skull, arms and legs.  
Supplied with stand.  
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# HEMPE

## ICE MUSCLE & JOINT GEL

*Enriched with*

### PEPPERMINT OIL

Helps to relieve pain, skin irritation and inflammation while encouraging circulation and contributing to the cleansing and toning of the skin..

### MENTHOL

Used for the refreshing sensation which helps relieve pain in the tissues underneath the skin.

### PINUS SYLVESTRIS OIL

Soothes inflammation and stimulates circulation. Helps to relieve muscle fatigue.

### VITAMIN E

One of the most important antioxidants responsible for healing and recovery.



**+  
CBD**

CBD is a natural bioactive ingredient with strong anti-inflammatory, anti-oxidant, anti-itch and anti-bacterial properties which can help to stimulate the healing process.



**EASES** Muscle Aches, Strains & Inflammation



**PROMOTES** Easier Joint Rotation



**PLEASANT** Cooling Effect



**GREAT** for Sports people & the Elderly

# HEMPE

## HOT MUSCLE & JOINT GEL

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**PROMOTES** Easier Joint Rotation



**STIMULATING** Heating Effect



**STRONG** Natural Relief

### EUCALYPTUS OIL

Reduces pain & muscle tension, supports antimicrobial action.

### MENTHOL

Used for the refreshing sensation which helps relieve pain in the tissues underneath the skin.

### VITAMIN E

One of the most important antioxidants responsible for healing and recovery.

### CLOVE OIL

Used for it's pain relieving qualities & to improve circulation.



**+  
CBD**

CBD is a natural bioactive ingredient with strong anti-inflammatory, anti-oxidant, anti-itch and anti-bacterial properties which can help to stimulate the healing process.



# CRAMPFIX®

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

## THE CRAMPFIX® FORMULA

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



### 50mL Multi-Serve Bottle

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

### 20mL QuickFix Shot

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



## HOW TO USE

### USE BEFORE EXERCISE as prevention

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

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

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

### USE AFTER EXERCISE to assist your recovery

Drink 10ml after exercise for recovery.

# 12 PHARMACY MEDICATION

“ I have used Fit4Sport for 20 years as a supplier of medication and emergency medical equipment for the various sports teams that I have worked for. The service has always been swift with excellent staff at Fit4Sport. ”

Dr Dave Perry



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## OSTENIL® TENDON

### What is OSTENIL® TENDON?

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

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

### How does OSTENIL® TENDON work?

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

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

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



## Introducing PENTHROX

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

- Proven to reduce acute pain within 6-10 inhalations<sup>1,2</sup>
- Enables rapid administration<sup>1</sup>
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PENTHROX is indicated for the emergency relief of moderate to severe pain in conscious adult patients with trauma and associated pain<sup>1</sup>.

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

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

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

## References

1. Pentrox Summary of Product Characteristics (UK). December 2016.
2. Coffey F et al. Emerg Med J 2014; 31: 613-618.
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**Penthrox®**  
methoxyflurane



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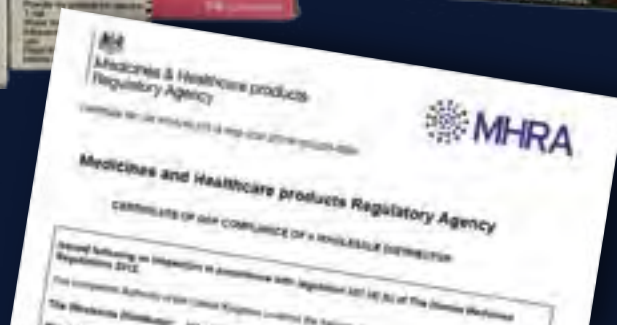


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“ On behalf of the Rugby World Cup 2025 Medical Team, I extend my deepest gratitude to you and your organisation for the outstanding support you provided throughout the tournament.

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**Jo Larkin**

RWC 2025

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