



Exercise/ Therapy

Exercise	130 & 132
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Hand Exercise	131
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Hot & Cold Therapy	133-134
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1 Pedal Exerciser

Economical and compact home exerciser. This exerciser helps restore muscle strength, circulation and co-ordination to the lower extremities. Can be stored easily under a chair or bed. Durable steel frame, Chrome finish, non-slip tips. Measures 510 x 400 x 230mm (20 x 15.75 x 9").

PR15341

2 Cuff Weights

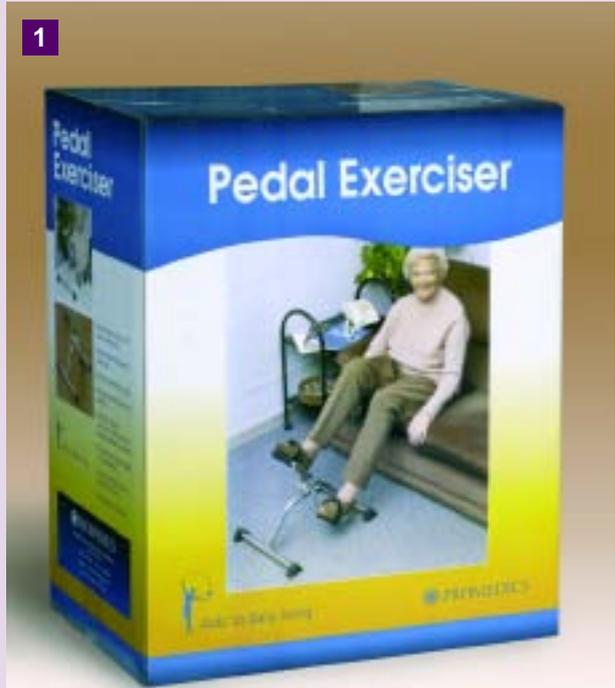
Easy to put on, adjust and wear. Iron pellets encased in heavy-duty vinyl. Segmented cuffs keep weight evenly distributed. Weights range from ¼ lb to 10 lbs (0.1 to 4.5kg). Fastens with a velcro strap that adheres to itself. Colour coded for easy weight identification. Sold individually.

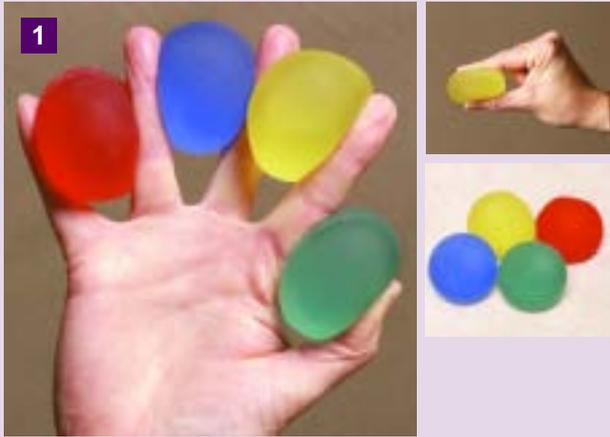
- PR15035 0.1kg (¼ lb) White
- PR15036 0.2kg (½ lb) Walnut
- PR15037 0.5kg (1 lb) Blue
- PR15038 0.7kg (1½ lb) Olive
- PR15039 0.9kg (2 lb) White
- PR15040 1.1kg (2½ lbs) Red
- PR15041 1.4kg (3 lbs) Gold
- PR15042 1.8kg (4 lbs) Turquoise
- PR15043 2.3kg (5 lbs) Black
- PR15044 4.5kg (10 lbs) Brown

3 Over Door Exercise Pulley

"Increase Range of Motion". Use this pulley to rebuild the upper body. Ideal for CVA clients or for stretching arm, elbow and shoulder muscles. Use of the over door exercise pulley requires gripping abilities.

PR15057





1 Thera-Band Hand Exerciser

Variable resistance training for hands, fingers and forearms. Helps strengthen grip, increase dexterity and finger strength. Four colour-coded levels of resistance provide a full range of exercise applications. Can be used for hot or cold therapy. Includes an illustrated exercise manual.

	Resistance to compress 50%	Force needed
PR15000	Extra-Soft Yellow	0.7kg (1½lbs)
PR15001	Soft Red	1.4kg (3lbs)
PR15002	Medium Green	2.3kg (5lbs)
PR15003	Firm Blue	3.6kg (8lbs)



2 Air-Putty

This light putty is ideal for people with reduced hand strength. Perfect for treating arthritis and for post-surgical exercise. The lightweight velvety texture is the result of a unique composition that makes it less oily than other putties. Will not stick to skin or under fingernails. Maintains resistance while pinching and squeezing. Sold by volume, not weight.

Extra-Soft Sky Blue	
PR15100	60cc
PR15101	90cc
PR15102	120cc
PR15103	400cc
PR15104	1600cc

Medium-Soft Orchid	
PR15110	60cc
PR15111	90cc
PR15112	120cc
PR15113	400cc
PR15114	1600cc

Soft Lavender	
PR15105	60cc
PR15106	90cc
PR15107	120cc
PR15108	400cc
PR15109	1600cc

Medium Pink	
PR15115	60cc
PR15116	90cc
PR15117	120cc
PR15118	400cc
PR15119	1600cc



3 Rainbow Putty

Create individualised hand exercise programs with colourful Rainbow Putty. Ideal for developing hand-muscle strength and increasing endurance. Exercising with Rainbow Putty promotes increased range of motion, hand closure and tendon gliding. Colour coding indicates the varying resistances. Available in several conveniently sized packages ranging from 2 oz to 5 lbs (57g to 2.3kg).

Soft Yellow	
PR15011	57g (2oz)
PR15012	85g (3oz)
PR15013	113g (4oz)
PR15014	170g (6oz)
PR15015	454g (1lb)
PR15016	2.3kg (5lb)

Medium Green	
PR15023	57g (2oz)
PR15024	85g (3oz)
PR15025	113g (4oz)
PR15026	170g (6oz)
PR15027	454g (1lb)
PR15028	2.3kg (5lbs)

Medium-Soft Red	
PR15017	57g (2oz)
PR15018	85g (3oz)
PR15019	113g (4oz)
PR15020	170g (6oz)
PR15021	454g (1lb)
PR15022	2.3kg (5lbs)

Firm Blue	
PR15029	57g (2oz)
PR15030	85g (3oz)
PR15031	113g (4oz)
PR15032	170g (6oz)
PR15033	454g (1lb)
PR15034	2.3kg (5lbs)



4 Dyna - Gel Therapy Balls

Dyna-Gel Therapy Balls are colour coded to provide variable resistance training for hands, fingers and forearms. The balls are pleasant to touch and return back to their original shape after each squeeze. Perfect for use in the clinic or at home.



- PR15220/P Pink – Extra Soft
- PR15220/BL Blue - Soft
- PR15220/G Green – Medium
- PR15220/O Orange - Firm
- PR15220/BK Black - Extra Firm

1 REP Band

Ideal for people with sensitivities to latex. Supported by clinical and laboratory testing, REP Bands feel and react like latex without the risk of latex allergies. Design a whole body workout using these versatile bands to improve strength, co-ordination and range of motion. Powder – free bands are free of offensive rubber odour. Available in five colour coded resistances with matching dispenser. Sold in 5.5m (6 yd.) rolls.

- PR15207 Level 1 Peach
- PR15208 Level 2 Orange
- PR15209 Level 3 Green
- PR15210 Level 4 Blue
- PR15211 Level 5 Plum

2 Norco Exercise Balls

These therapy balls can be used for adaptive developmental and rehabilitation programs for adults and children. Ideal for exercises involving flexion, extension, equilibrium reactions and postural adjustments. Clean with soapy water or disinfectant. Latex free. Norco Exercise balls support up to 100lbs. See below for sizing guidelines.

Recommended Sizing Guidelines for Seated Position Use

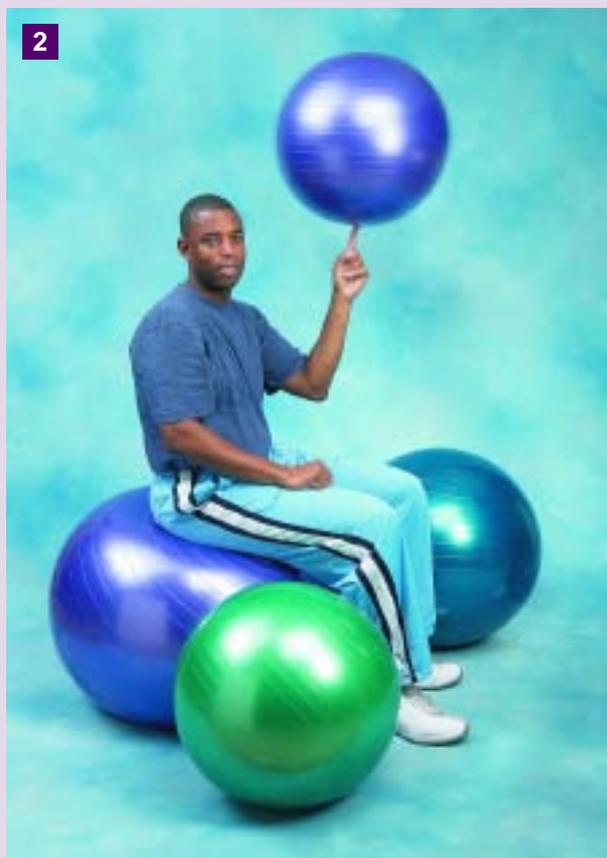
Persons Height	Ball Size
1400 to 1520mm (55 to 60")	450mm (17 ³ / ₄ ")
1550 to 1680mm (61 to 66")	550mm (21 ³ / ₄ ")
1700 to 1800mm (67 to 71")	650mm (25 ³ / ₄ ")
1830 to 1910mm (72 to 75")	750mm (29 ³ / ₄ ")
1910 to 2030mm (75 to 80")	850mm (33 ³ / ₄ ")
80 up (2030mm and up)	950mm (37 ³ / ₄ ")

- PR15200 450mm (17³/₄")
- PR15201 550mm (21³/₄")
- PR15202 650mm (25³/₄")
- PR15203 750mm (29³/₄")
- PR15204 850mm (33³/₄")
- PR15205 950mm (37³/₄")

3 Hand Grips

Build maximum grip strength. Great for clients in the advanced stages of rehabilitation. Three levels of resistance allow for a graded strengthening programme. Width between handles measures 110mm (4¹/₂"). Sold in pairs.

		Resistance
PR15004	Medium	25lbs (11kg)
PR15005	Heavy	30lbs (14kg)
PR15006	X-Heavy	40lbs (18kg)





1

1 Natural Wheat Wrap

A versatile, pliable bag to soothe sore bones, muscles or any other aches and pains. For use anywhere on the body, hot or cold, simply microwave for warmth, or put in the freezer or fridge to chill. For relaxation add a few drops of lavender to the outer sleeve. Finished in a variety of attractive tartans and sewn into four pockets to ensure even distribution of the wheat grains.

PR15120



2

2 Versa-Pac Reusable Hot & Cold Packs

Reusable gel packs offer new and improved construction with fewer seams. Store in freezer for cold therapy. Heat in hot water or microwave for hot therapy. The packs remain flexible and conformable at all temperatures. The Versa-Pac Reusable Hot & Cold Pack is formulated with non-caustic ingredients and maintains a therapeutic temperature for up to 30 minutes.

PR15062 110 x 165mm (4x 6.5")

PR15063 130 x 270mm (5x 10.5")

Individually Retailled Boxed



3

3 Versa-Pac Reusable Cloth Cover

This envelope style cover is custom sized to fit a variety of Versa-Pac packs up to 6" x 11.5". The soft terry cloth cover provides patient comfort, insulation from the surface of the pack, and rapid temperature transfer. Machine washable. Comes complete with reusable gel pack 5" x 10.5", retail packed.

PR15064 25 x 180 x 290mm (1 x 7" x 11.5")

25 x 130 x 270mm (1 x 5" x 10.5")

cloth cover with reusable gel pack



4

4 Versa-Lastic Elastic Bandages

Versa-Lastic bandages are constructed of durable latex-free stretchable white fabric offering excellent memory and reusability. Easy to use sewn in velcro closures eliminate the need for hooks or pins.

PR15066 150 x 1220mm (6 x 48")

Individually Retailled Boxed



5

5 Hotty Botty Bear

These cute little fellows are filled with wheat grains and soothing lavender. Simply heat in the microwave for just 2 minutes. Ideal for the whole family, providing comfort and warmth for up to 3 hours. Much safer and easier to heat than old-fashioned hot water bottles. Hotty Botty Bear is filled with treated wheat grains fragranced with lavender - ideal for soothing aches and pains.

PR15067

1 Therabath Pro

Increase range of motion and apply relaxing heat to joints, muscles and soft tissue.

Provides soothing heat treatment for arthritis pain and other joint ailments. Effective as a warm-up prior to exercise or daily activities. Moisturises dry, cracked skin. Safe portable and easy to use at home, in hospital or clinic. Easily accommodates hand, foot or elbow. Inner tub measures 330 x 180 x 130mm (13 x 7 x 5"). Holds 2.7kg (6 lbs.) of paraffin wax. Paraffin temperature is maintained between 126°F and 130°F. A safety grill at the bottom of the Therabath helps prevent burns. Includes 6lbs of paraffin wax in six new scents, Wintergreen, Peach, Lavender Harmony, Fresh Melon Burst, Orange Velvet or Scent Free. Additional paraffin wax is sold separately.

PR15070 Therabath – Includes 6 lbs of Wintergreen Paraffin Wax

PR15071 Therabath – Includes 6 lbs of Scent Free Paraffin Wax

PR15072 Therabath – Includes 6 lbs of PeachE Paraffin Wax

PR15073 Therabath – Includes 6lbs of Lavender Paraffin Wax

PR15074 Therabath – Includes 6 lbs of Fresh Melon Burst Paraffin Wax

PR15075 Therabath – Includes 6 lbs of Orange Velvet Paraffin Wax

Paraffin Wax Refills

PR15076 Wintergreen 6 lbs

PR15077 Scent Free 6 lbs

PR15078 PeachE 6 lbs

PR15079 Lavender Harmony 6 lbs

PR15080 Fresh Melon Burst 6 lbs

PR15081 Orange Velvet 6 lbs

2 Hand ComforKit

Thinsulate lined, terry cloth mitts allow the penetrating, soothing heat of paraffin treatments to last even longer. Intensive hydrating cream enhances the deep moisturising treatment. Sanitising spray cleanses skin prior to paraffin application, with a refreshing, spiced peach scent. Kit includes two thinsulate lined easy slip on mitts, 100 easy tear off plastic liners. One 4 oz (120 ml) bottle of sanitising spray and one 4 oz (120 ml) bottle of intense hydrating cream. Mitts can be machine washed and dried.

PR15082

3 Foot ComforKit

Thinsulate – lined, terry cloth boots allow the penetrating, soothing heat of paraffin treatments to last even longer. Intensive hydrating cream enhances the deep moisturising treatment. Sanitising spray cleanses skin prior to paraffin application, with a refreshing, spiced peach scent. Kit includes two thinsulate lined easy slip on boots, 100 easy tear off plastic liners. One 4 oz (120 ml) bottle of sanitising spray and one 4 oz (120 ml) bottle of intense hydrating cream. Mitts can be machine washed and dried.

PR15083

Mitt/Boot Liners

Replacement Mitt/Boot Liners for use with the Hand ComforKit PR15082 and Foot ComfoKit PR15083. Each pack contains 100 easy tear off plastic liners.

PR15084

