



GATEWAY
Sports & Rehab



PRODUCT CATALOGUE

2020








Gateway Sports and Rehab is dedicated to the improvement of human mobility, specialising in activity-based joint support as well as rehabilitation and mobilisation of people. We aim to provide effective solutions through our range of products to enable a person to regain freedom of movement which may otherwise be limited through injury or condition.

Our breadth of joint braces offers the widest range of applications across sport, medical and restrictive motion support, to have available the most suitable brace for specific needs. In addition, we bring forward an effective solution for people who require a dynamic brace to assist with walking when foot-control has been impaired.

Mobility is not just a factor of activity, which is why we also provide supportive devices to assist a person who has limited ability to move unaided. Our rehabilitation and assistive products strive to improve people's mobility needs across a range of medical conditions.

-  SPORT
-  REHABILITATION
-  COMPLEMENTARY



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SPORT



GATEWAY
Sports & Rehab

push
SPORTS



Allowing you to exercise healthily and safely. That is the driving force behind Push Sports. When it comes to injuries, for prevention or in cases of straining a joint, Push Sports braces allow the user to regain control in sporting activities.

The Push Sports line has been developed by a team of experienced specialists in close cooperation with athletes and sports professionals and offers exactly what the user wants. Freedom of movement during exercise is an important factor which Push Sports demands of its products. The sport braces in the Push Sports line have an excellent fit. Where needed, anti-slip materials are used. This means the brace remains in position, even during exercise. The use of breathable materials ensures that the brace breathes and does not feel sweaty.

CONTROL YOUR GAME!



Push Sports Wrist Brace | RHNE-4101

The Push Sports Wrist Brace stabilises the wrist joint and is ideally suited to help with persistent pain and slight instability of the wrist. The strengthening stays in the brace, limits bending and stretching in the wrist and the wearer experiences this as a secure feeling allowing them to continue to exercise.

FEATURES

- Offers a good level of support in the event of persisting pain or slight instability of the wrist
- Comfortable compression around the wrist

- Limits bending and stretching of the wrist
- Keeps the palm of the hand free for a good grip
- Easy and quick to apply using a single hand

WHEN TO USE

- Strain symptoms in the wrist joint
- In the event of pain in the wrist joint
- Laxity or instability in the wrist joint
- To prevent recurring strain symptoms in the wrist joint



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
S	14 - 16 cm
M	16 - 18 cm
L	18 - 20 cm



Push Sports Wrist Support | RHNE-4102

When the wrist joint is being slightly overtaxed, the Push Sports Wrist Support is an excellent solution. The wrist support provides compression and support around the wrist, resulting in less pain during exercise. The wrist support is easy to use, low profile and made of soft materials.

FEATURES

- Relieves pain and offers a secure feeling during sport
- Offers compression around the wrist and light support

- Compression can be adjusted individually
- Optimum position retention during fitting and use
- Easy and quick to apply using a single hand

WHEN TO USE

- To prevent recurring strain symptoms in the wrist joint
- Mild sprains in the wrist joint
- Laxity in the wrist joint

One Size.

Execution: Left & Right

Size	Size Around Wrist
One Size	N/A



Push Sports Thumb Brace | RHNE-4103

The Push Sports Thumb Brace offers a solution when there is continuous pain in the thumb as a result of overstretching the middle thumb joint (MCP-1) due to a ball injury or fall when skiing. The thumb brace stabilises the joint and this allows the affected ligaments to heal.

FEATURES

- Offers an individually adjustable movement restriction
- Has an exceptional position retention
- Is easy to fasten with one hand

- Keeps the palm free for a good grip and good ball handling
- Fits into a skiing or goalkeepers glove
- A contoured shell protects a painful thumb from outside impact

WHEN TO USE

- (Partial) rupture of the ulnar collateral ligament MCP-1 (skier's thumb)
- Distortion of MCP-1 joint
- Instability in the MCP-1 joint



Measure the circumference of the palm.

Execution:
Left & Right

Size	Size Around Palm
S	16 - 19 cm
M	19 - 22 cm
L	22 - 25 cm



Push Sports Elbow Brace | RHNE-4701

The Push Sports Elbow Brace is the solution for tennis elbow or golfer's arm. The elbow brace applies pressure to specific forearm muscles via the pad, which relieves the tendon where it attaches to the bone of these muscles in the elbow joint. The pressure gradually builds up through the spring-like material in the pad and a small elastic section of the strap. This reduces pain complaints, resulting in exercising with a feeling of assurance.

FEATURES

- Reduces pain in cases of tennis (lateral epicondylitis) or golfer's elbow (medial epicondylitis)
- Relieves the irritated, overloaded tendon insertion to the elbow
- Optimum position retention during fitting and use
- Can be applied easily by the user

WHEN TO USE

- For Tennis elbow (lateral epicondylitis)
- For Golfer's elbow (medial epicondylitis)

One Size.

Execution: Universal

Size	Size Around Arm
One Size	N/A



Push Sports Knee Brace | RHNE-4301

The Push Sports Knee Brace supports the knee in a special way using non-axial leaf spring hinges on both sides of the knee. Lateral movement is countered, without inhibiting bending and stretching of the knee. The application of this form of articulation means the knee joint is exceptionally well stabilised without inhibiting movement during exercise.

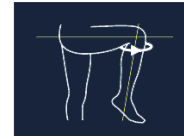
FEATURES

- Offers sideways support in the event of instability of the knee joint
- Applies individually adjustable compression around the joint

- A U-shaped pressure pad contributes to the stabilisation of the kneecap
- Optimum position retention
- Very low profile

WHEN TO USE

- General knee instability
- Residual instability following a collateral ligament injury
- Arthrosis with mild instability
- Meniscus injury
- Patellofemoral pain syndrome



Measure the circumference of the knee, below the patella.

Execution:
Universal

Size	Size Around Knee
S	27 - 31 cm
M	31 - 35 cm
L	35 - 40 cm
XL	40 - 45 cm



Push Sports Patella Brace | RHNE-4302

The pressure pad in the Push Sports Patella Brace applies pressure to the patellar tendon and effectively supports the kneecap. As a result, pain around the kneecap is reduced. With each step, the brace applies intermittent pressure to the knee tendon. This results in a comfortable and relieving amount of pressure applied.

FEATURES

- Supports the kneecap and applies pressure to the patellar tendon in the event of pain complaints

- The pressure pad ensures a clear positioning and exceptional position retention
- Applies individually adjustable pressure
- Reduces pain during sports

WHEN TO USE

- Tendinitis of the patellar ligament (Jumper's knee)
- Patellofemoral pain syndrome
- Osgood-Schlatter disease

One Size.

Execution: Universal

Size	Size Around Knee
One Size	N/A



Push Sports Ankle Brace 8 | RHNE-4202

The Push Sports Ankle Brace 8 offers support in the event of slight or virtually restored ankle sprains. The elastic strap forms a figure of eight around the injured ankle, stabilising it to provide pleasant and firm compression. The user experiences a reassuring feeling when exercising.

FEATURES

- Offers support after spraining or in case of instability of the ankle
- Applies individually adjustable compression

- Very slender and light, and barely takes up any space in the shoe
- Guarantees an exceptional position retention as a result of the special anti-slip strap
- Also suitable for sports that are practised without shoes

WHEN TO USE

- To prevent recurring ankle injury
- Mild distortion
- Capsule irritation
- Mild instability



Measure the circumference of the foot.

Execution:
Left & Right

Size	Size Around Foot
S	20 - 22.5 cm
M	22.5 - 25.5 cm
L	25.5 - 28.5 cm



Push Sports Ankle Brace Kicx | RHNE-4201

The Push Sports Ankle Brace Kicx offers the best possible protection against ankle sprains during sporting activities. The Push Sports Ankle Brace Kicx is ideal when resuming training after spraining your ankle and for preventing recurring ankle injuries due to ankle instability. The functional straps that cross on the outside of the ankle offer effective restriction to prevent inversion.

FEATURES

- Stabilises the ankle during sports after a sprain or in case of instability
- Prophyl-X strap system is based on professional taping techniques
- The strap system is anchored to the reinforced inside of the brace
- Gives comfortable and secure feeling through individually adjustable compression
- Keeps ball handling and other sports specific freedom of movement intact
- Ultra-thin and super light

WHEN TO USE

- Prevents ankle rolling
- Specially developed for soccer and netball
- To prevent recurring inversion trauma
- In the event of ankle instability

Execution: Left & Right

Please see Appendix A on page 55 for Sizing Chart.



NECK &
SHOULDER BRACES

ELBOW BRACES

BACK BRACES

WRIST BRACES

THUMB BRACE

For many people, mobility is something that is taken for granted. For others, it is a luxury. People with a joint disorder quickly become aware of their limitations. So they seek your professional help and count on your support and expertise. A good brace guaranteeing freedom of movement may provide a solution.

Push is familiar with the wishes of those who issue prescriptions, as well as the professional trade and end-users. It continuously searches for the best solution to increase the ability of the locomotor apparatus to function under stress. It exhaustively tests new braces under the guidance of physicians and scientists. It examines materials and focuses on design.

The result is a range of advanced Push braces, all applying a distinguished concept based on optimal support, compression and adhesion to the skin. They provide functional solutions, restoring the physical ability of the affected joints to function under stress. These solutions serve the user well.

KNEE BRACES

PATELLA
BRACE

ANKLE BRACES

PUSH FOR FREEDOM



Push care Wrist Brace | RHNE-1101

The Push care Wrist Brace provides pressure around the wrist joint, thus improving its stability. This pressure can be adjusted as and when the need arises. The wrist joint is not immobilised, thus retaining the functionality of the hand.

The palm of the hand is kept free, ensuring that a good grasp is maintained. There is a 'comfort zone' made from padded material around the ulnar area of the wrist.

INDICATIONS

- Residual instability
- Moderate to serious **distortions**
- Strain complaints in the wrist joint
- **Tendinitis** to the wrist **extensors**
- After-care for wrist fractures
- **Arthrosis** with distension
- RSI



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



Push med Wrist Brace | RHNE-2101

The Push med Wrist Brace provides a high measure of support and protection to the wrist joint without restricting the functionality of the hand. The anatomically shaped stiffeners limit palmary and **dorsiflexion** without obstructing it completely.

The level of pressure can be optimised by an easy-to-apply elastic band. The brace is easily fitted with one hand around the wrist. Comfort zones of padded material have been created around vulnerable areas of the wrist.

INDICATIONS

- Residual instability
- Moderate to serious **distortions**
- Therapy-resistant strain complaints of the wrist **extensors**
- **Tendinitis** of the wrist **extensors**
- Wrist fractures without dislocations
- Follow-up treatment of wrist fractures
- **Arthrosis** with **hydrops**
- RSI



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



Push med Elbow Brace | RHNE-2702

The Push med Elbow Brace provides for infinitely adjustable **extension** limitation of the elbow joint. This prevents overstretching. The degree of restriction desired can be easily adjusted with one hand. The strap system is very functional by virtue of withstanding strong traction forces at different angles.

The good anatomical fit and the silicone application help the position of the brace to be maintained during movements. The brace is comfortable and light. A zipper makes it easy to put on and take off the brace.

INDICATIONS

- Impingement due to overstretching (capsular clamping)
- Persistent complaints following elbow dislocations and/or fractures
- Degenerative complaints to the elbow joint



Measure the circumference of the arm.

Execution:
Universal

Size	Size Around Arm
1	22 - 24 cm
2	24 - 26 cm
3	26 - 28 cm
4	28 - 32 cm
5	32 - 36 cm



Push med Elbow Brace Epi | RHNE-2701

The Push med Elbow Brace Epi reduces the pain of tennis or golfer's elbow. The pressure pad ensures that pressure is directed to the **extensors** (in case of tennis elbow) or the **flexors** (in case of golfer's arm) of the wrist. This relieves the **tendon** insertion of these muscles on the elbow.

The pad consists of a skin-compatible viscoelastic polymer. A c-shaped shell ensures evenly distributed pressure around the arm and prevents the restriction of blood flow. The good anatomical fit and the pad material help the position of the brace to be maintained during movements. The brace can easily be fitted with one hand around the forearm.

INDICATIONS

- Tennis elbow (**lateral epicondylitis**)
- Golfer's elbow (**medial epicondylitis**)

One Size.

Execution: Universal



Push care Ankle Brace | RHNE-1201

The Push care Ankle Brace provides compression around the ankle, thus improving the sense of stability of the joint. This compression can be adjusted as needed. The ankle brace has a perfect fit and can be worn in practically any shoe. Comfort zones of padded material have been created around vulnerable areas of the ankle.

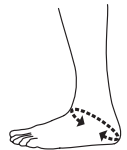
INDICATIONS

- Minor distortions
- Slight capsule irritations
- Slight ankle instability (under light stress)
- Arthrosis without instability

Size	Size Around Ankle
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm

Measure the circumference of the ankle.

Execution:
Left & Right



Push med Ankle Brace | RHNE-2201

The Push med Ankle Brace provides for long-term support of the ankle joint and can be used for a wide range of cases and conditions. The brace is based on the principle of the functional tape bandage. The degree of pressure and pronation/supination limits is adjustable and a silicone application ensures good position retention. There are comfort zones around vulnerable parts of the ankle, such as Achilles' tendon. The brace is comfortable to wear and easy to use, also due to the wide instep and an integrated heel-lock.

INDICATIONS

- Moderate (residual) instability
- Treatment of acute lateral ankle ligament lesions (alternative to taping)

Size	Size Around Ankle
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm

- Treatment of stable ankle fractures (Weber type A)
- Capsular irritation and tendinitis following ankle fracture or ligament lesions
- Arthrosis with instability
- Secondary prevention of ankle ligament lesions (under moderate stress with accumulation of fluid)
- Impingement (capsular clamping; anterior and posterior)

Measure the circumference of the ankle.

Execution:
Left & Right



Push ortho Ankle Brace Aequi Junior | RHNE-3202

The Push ortho Ankle Brace Aequi Junior (or simply Aequi Junior) strikes a good balance between effective mechanical support and good wearer comfort for cases of (sub-)acute or chronic ankle injury. The Aequi Junior stabilises the ankle joint during inversion as well as eversion and in both neutral and flexed positions. The freedom of dorsiflexion and plantar flexion is sufficiently maintained to allow normal walking. Optimal functioning of the brace is achieved when it is worn in a sturdy (lace-up) shoe.

INDICATIONS

- Acute ankle ligament lesions; both inversion and eversion trauma
- Stabilisation of conservatively or operatively treated ankle fractures
- (Residual) instability
- Secondary prevention of ankle ligament lesions

Size	Size Around Ankle
One Size	23 - 27 cm

Measure the circumference of the ankle.

Execution:
Universal





Push care Back Brace | RHNE-1401

The Push care Back Brace reduces pain in the lower area of the back through even distribution of pressure. A comfortable pad on the lower back area with four pressure points ensures a relieving pressure sensation. The pad is removable and the pressure can be easily adjusted to suit individual preferences.

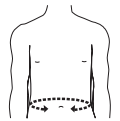
The shape and material make the brace comfortable to wear when performing activities while standing or sitting, at home or at work. The anatomical fit makes it suitable for both men and women and guarantees good position retention. A good body fit ensures that the brace is not noticeable when worn under clothes.

Size	Size Around Waist
1	65 - 75 cm
2	75 - 85 cm
3	85 - 97 cm
4	97 - 110 cm
5	110 - 125 cm
6	125 - 145 cm

INDICATIONS

- Chronic non-specific lower back complaints
- For back-straining activities (secondary prevention)
- Pseudoradicular complaints (sciatica)

Measure the circumference of waist at navel.



Push care Knee Brace | RHNE-1302

The Push care Knee Brace offers compression around the knee joint and supports the patella which improves the sense of stability and users experience pain relief. The fasteners allow pressure to be individually adjusted. Users will be aware of the comfortable support this offers and thus be encouraged to attempt more active movement. The use of high quality, elastic materials and silicone applications on the inner surfaces of the brace ensure the brace fits perfectly and also maintains its position.

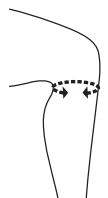
INDICATIONS

- Osteoarthritis of the knee joint
- Patellofemoral osteoarthritis
- Retropatellar pain complaints
- Patella instability
- Rheumatoid complaints
- Residual functional instability

Size	Size Around Knee
1	28 - 31 cm
2	31 - 34 cm
3	34 - 37 cm
4	37 - 41 cm
5	41 - 45 cm

Measure the circumference of the knee.

Execution:
Left & Right



Push med Patella Brace | RHNE-2302

The Push med Patella Brace applies local pressure to the patellar tendon and supports the patella. This relieves the insertion of the knee tendon and reduces the tractive force on the lower leg, thus reducing pain. The pad consists of a skin-compatible and viscoelastic polymer. The semi-rigid cap inserted in the front part ensures even distribution of pressure. A proper anatomical fit and the pad material help the brace remain in place when walking.

INDICATIONS

- Patellofemoral pain syndrome
- Tendinitis of the patella tendon (jumper's knee)
- Apexitis patellae (jumper's knee)
- Osgood-Schlatter disease
- Subluxation/proximal hypermobility of the tibiofemoral joint

One Size.

Execution: Universal

BLACKROLL®

THE HEALTHSTYLE COMPANY

BLACKROLL® products are a highly respected range of myofascial release and fascia training tools and the first of its kind to focus on the health, fitness, rehab and sports industry as well as engaging in fascia research.

IMPROVING YOUR HEALTH THROUGH BETTER MOBILITY, MOVEMENT & FITNESS

BLACKROLL® fascia training products allow you to work on both mobility & strength. The two main components are:

- Self-Myofascial Release (SMR): for increased mobility, flexibility, muscle recovery, injury prevention and treatment
- Functional Training: for improved core, pelvic and shoulder girdle strength, coordination and balance

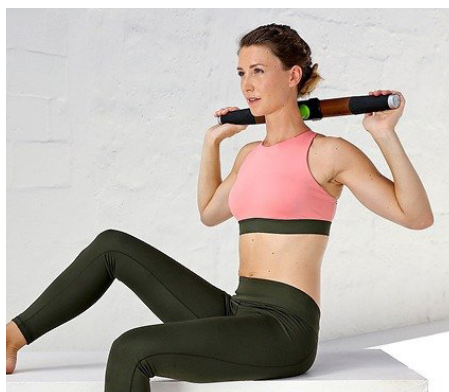
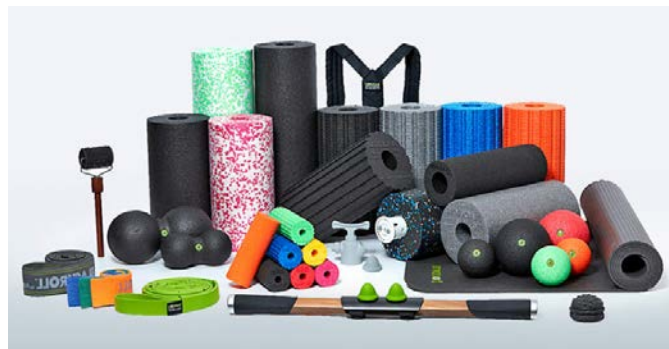
WHY USE BLACKROLL® TOOLS?

Not only are our eco-friendly BLACKROLL® tools a class above the competitors due to their quality, high production standards, and chemical free PP5 materials, but they also provide impressive benefits to your physical health:

- Radically improve mobility, flexibility & athletic performance
- Profoundly improve proprioception, coordination, skills and functional strength
- Prevent injuries, pain & muscle strain through overuse
- Regain pain free movement Increase blood circulation and help regenerate muscle tissue for faster recovery
- Stimulate the skin, improve circulation and reducing cellulite

Whether you're using the products to recover and regenerate with self-massage, trigger point therapy, and Self Myofascial Treatment or to workout with functional training, movement, and core strength exercises, BLACKROLL® will enhance your fitness regime.

BLACKROLL® products are versatile and can be used by all regardless of physical fitness; our products are used and approved by everyone from elite athletes to people who do minimal exercise.





BLACKROLL® STANDARD Massage Roller | RHBR-STANDARD

- The BLACKROLL® classic massage roller
- Proven massage effect
- Ideal for beginners

The BLACKROLL® STANDARD takes just a little effort with simple exercises to provide noticeable increases in muscle performance and elasticity. Consistent exercise with the BLACKROLL® foam roller will enable its effects to last longer. Functional exercises can also be wide-ranging and powerful with the BLACKROLL® STANDARD. Find a variety of exercises for the BLACKROLL® STANDARD on the BLACKROLL® website, as well as in the BLACKROLL® APP - so you can get started right away.

Many physiotherapists recommend the use of the STANDARD roller to help with injury prevention and rehabilitation.

Size (cm)	Colour
30 x 15 (Medium)	Black
30 x 15 (Medium)	Black/Yellow
30 x 15 (Medium)	Wallabies
45 x 15 (Medium)	Black 45



BLACKROLL® MED Foam Roller | RHBR-MED

- 20% softer than the BLACKROLL® STANDARD
- Perfect for beginners and people with high pain sensitivity
- Ideal for therapeutic applications

With the BLACKROLL® MED, you can palpably increase your muscular elasticity and performance with little effort and simple exercises. With 20% lower hardness, the BLACKROLL® MED foam roller allows a softer self-myofascial treatment – just the thing for gentle use in therapy, for example, for people with lower body weight or simply when you want a less intensive massage.

Please note:

We recommend against doing balance exercises while standing on this roller. The BLACKROLL® MED is recommended for body weight only up to 75 kg. Heavier people can reinforce the roller with two BLACKROLL® MINIS.

- Palpably increase and maintain muscular elasticity and performance
- Regulate incorrect loading
- Counteract postural damage
- Prevent strain injuries in sports
- Regenerate specific muscles Release adhesions in the connective tissue (fascia)

Size (cm)	Colour
30 x 15 (Soft)	White/Green
30 x 15 (Soft)	White/Pink



BLACKROLL® PRO Foam Roller | RHBR-PRO

- 50% harder than the BLACKROLL STANDARD
- For more intensive applications
- Ideal for pro athletes, people less sensitive to pain, and heavier people

The BLACKROLL PRO foam roller is 50% harder than the BLACKROLL STANDARD, and palpably increases muscular elasticity and performance with little effort and simple exercises. Due to its extreme hardness, however, it should be noted that the PRO is only the right roller for experienced users or those with high pain tolerance. Regular exercise with the BLACKROLL PRO will allow its relaxing effects to last longer.

Warning: the PRO is very hard and therefore recommended to professionals and people with advanced fitness level only.

- Correct incorrect loads and counteract posture damage
- Prevent of typical strain injuries in sports
- Regenerate specific muscles and improve blood circulation
- With just a little effort, make an active contribution to greater fitness and well-being

Size (cm)	Colour
30 x 15 (Hard)	Grey
30 x 15 (Hard)	Orange



BLACKROLL® GROOVE Foam Roller | RHBR-GROOVE

- Structured surface for new stimuli
- GROOVE PRO 50% harder than the BLACKROLL® STANDARD
- For intensive applications Stronger massage effect

The BLACKROLL® GROOVE PRO has the high density level of the BLACKROLL® PRO. During fast rolling, the grooves on the surface cause a slight vibration effect, supporting blood circulation of the tissues during activation before exercise and stimulating the receptors in the connective tissues and muscles. The BLACKROLL® GROOVE PRO is particularly useful in performance sports.

Warning: the GROOVE PRO is very hard and therefore recommended to professionals only.

- Ruttet / grooved surface for impulsive fascia treatment and stimulation
- High density, Pro version 50% harder than standard version for stronger effect
- Appropriate for all exercises on the ground
- Strong deep tissue massage effect
- For prevention and treatment of cellulite

Size (cm)	Colour
30 x 15 (Medium)	Black (Standard)
30 x 15 (Hard)	Azure (Pro)
30 x 15 (Hard)	Grey (Pro)
30 x 15 (Hard)	Orange (Pro)



BLACKROLL® SLIM Foam Roller | RHBR-SL

- Perfect travel companion with a slimmer circumference and 30 cm in length.
- More intense self-massage due to the smaller contact surface.
- Greater stability thanks to the roll's lower height.

The BLACKROLL® SLIM packs all the advantages of the BLACKROLL® STANDARD into a convenient format. The length remains the same at 30 centimetres but the circumference has been reduced. This makes the BLACKROLL® SLIM perfect for traveling. The smaller contact surface allows for a more intense massage with the effects of a sports massage.

The exercises with the BLACKROLL® SLIM support the specific regeneration of the muscles and can improve one's performance.

- Keep and increase the elasticity and performance capacity of the muscles.
- Targeted muscle regeneration.
- Loosen adhesions and tight spots in muscles and fascia.

Size (cm)	Colour
30 x 10 (Soft)	Black



BLACKROLL® FLOW Foam Roller | RHBR-FL

- Revolutionary surface
- Smooth rolling in one direction and active stimulation by a hard edge in the other
- Multiplies the interaction between hydration and blood circulation

The BLACKROLL® FLOW combines contrasting effects into a harmonious whole: smooth rolling and powerful stimulation. The effects multiply: The fascia are rehydrated and the blood circulation of the tissue specifically stimulated. Faster rolling also generates a feeling of vibration, which is particularly useful for activation before exercise.

We recommend the BLACKROLL® FLOW to any engaged athlete who wants to maximize the effects of rolling for activation and recovery. The FLOW is based on the competent feedback of our experts in medicine and sports, and is entirely intuitive to use. It delivers palpable results fast, making it our newest all-rounder.

Both rolling directions are individually applicable and if required perfectly combinable.

The FLOW is a foam roller based on the Standard (Medium) density and is therefore notably softer than the sometimes gnarly BLACKROLL® GROOVE. The FLOW also vibrates smoother without a trace of 'jumpiness'.

Size (cm)	Colour
30 x 15 (Medium)	Black



BLACKROLL® MINI FLOW Foam Roller | RHBR-BMFBK

- Gentle rolling and active stimulation at once
- Hydration of the fascia and stimulation of perfusion
- Targeted massage, for example of the soles of the feet, hands, arms
- Use on the table, on the floor, or against the wall

The BLACKROLL® MINI FLOW is the further development of a tried and true recovery tool for self-massage, the BLACKROLL® MINI. It was developed to release adhesions and tension while simultaneously stimulating blood circulation.

The surface of the BLACKROLL® MINI FLOW, structured in two directions, combines smooth rolling with the active stimulation of a hard edge depending on the rolling direction, perfect for the targeted activation of individual muscles and areas of the body. Its handy size makes it ideal for smaller parts of the body, such as the arms, lower thighs, and the soles of the feet. Due to its versatile functionality and compact dimensions, the BLACKROLL® MINI FLOW is extremely practical on the road.

Size (cm)	Colour
15 x 6	Black



BLACKROLL® MICRO Foam Roller | RHBR-MI

- Super small - super handy Ideal for massaging small body parts like hand palms, fingers, forearms and face
- Your constant companion for MICRO-massage
- Suitable for short relaxing breaks

The BLACKROLL® STANDARD is now available in MICRO-Size! Our smallest fascia tool is easy to take with you all the time, it fits in every pocket. The BLACKROLL® MICRO suits best for the palms of your hands, the wrists and the back of your hand as well as fingers. Just put it on the table and start rolling your small body parts. If you gently roll the muscles of your face with low pressure you can release adhesions in the jaw and forehead.

Size (cm)	Colour
6 x 3 (Soft)	Black



BLACKROLL® MINI Foam Roller | RHBR-BM

- Small foam roller – practical on the road
- For the targeted massage of feet, legs, arms, and other parts of the body
- Use on the table, on the floor, or against the wall
- Can also be used to connect two large BLACKROLL® foam rollers
- The perfect foot roller - roll your feet while sitting in the office, keeps them warm and healthy
- Ideal tool for treatment of shin splints and plantar fasciitis

The lightweight recovery tool in mini format is perfect for self-massage to release tension (feet and arms) on the road or at the office. Especially in everyday use, the BLACKROLL® MINI is particularly nice to use: especially people who work on screens can benefit from the occasional short massage of the lower arms, soles of the feet, or the neck to prevent or correct tension and strain.

Size (cm)	Colour
15 x 6 (Soft)	Black
15 x 6 (Soft)	Azure
15 x 6 (Soft)	Black/Red/Yellow
15 x 6 (Soft)	Blue
15 x 6 (Soft)	Green
15 x 6 (Soft)	Grey
15 x 6 (Soft)	Orange
15 x 6 (Soft)	Pink
15 x 6 (Soft)	Red



BLACKROLL® BALL | RHBR-BB

- The BLACKROLL® BALL helps with point-by-point self-massage of all parts of the body
- Ideal for addressing individual back muscles and areas
- Can be used on the table, on the floor, or against the wall
- Ideal for point-by-point self-massage and less intensive than the BLACKROLL® O8 due to its larger support surface

The BLACKROLL® BALL is the perfect complement for the BLACKROLL® foam roller. It's just what you need for point-by-point self-massage of different areas of the body.

The two sizes are perfect when used together. You can massage points with the 8 cm ball and larger areas with the 12 cm ball, so individual muscles or entire areas of the body can be targeted with the perfect intensity.

The BLACKROLL® BALL is massage ball for trigger point treatment, mobility and self-massage in all areas especially, chest, back, shoulders and glutes.

Why use BLACKROLL® BALL?

Using the BLACKROLL® is a deep tissue massage based on the hard ball density. It is fantastic at isolating areas in the body that may be experiencing a problem to help you eliminate the pain. The ball can also work to prevent injuries as well as relieve muscle soreness.

Size (cm)	Colour
8	Black
12	Black



BLACKROLL® DUOBALL | RHBR-DB

- Even more effective massage by keeping distance between the balls
- Ideal for the treatment of the thoracic and lumbar spinal column, since the gap is gentle on the spinous processes.
- Also suitable for the massage of sides, arms, and legs
- Ideal for therapeutic applications

The BLACKROLL® DUOBALL is the perfect complement for the BLACKROLL® foam roller. The DUOBALL 12 is particularly good for massaging parallel lines of muscles, for example next to the thoracic and lumbar vertebrae. It can also be used to target the upper thighs and sides. The DUOBALL 08 is particularly good for massaging parallel lines of muscles, for example next to the thoracic and neck vertebrae.

(We recommend the DuoBall 12cm for taller people with wider backs whereas the DuoBall 8cm would suit smaller people. The decision which one to choose comes however mostly down to personal preference).

Size (cm)	Colour
8	Black
12	Black



BLACKROLL® TWISTER | RHBR-TWBK

- The revolutionary method of stimulating trigger points and connective tissue
- The combination of pressure and rotation with the BLACKROLL® TWISTER releases fascial adhesions
- The BLACKROLL® TWISTER is perfect for deep stimulation of targeted points

The BLACKROLL® TWISTER is your new secret weapon in fascial training, adding a new training tool to our line of foam rollers for the effective treatment of fascial adhesions. The TWISTER is relatively small and easy to transport, so it can be with you every day. Its effects on fascial treatment, however, are immense. The special knobby surface of the TWISTER and its ergonomically precise convex shape make the novel, point-by-point stimulation of the tissue and fascial adhesion possible.

- Suitable for professional therapeutic use as well as for self-myofascial therapy
- Massage of chest- and shoulder musculature by applying pressure and a twisting by hand
- Massage of fore arms along the trigger bands by applying pressure and twisting by hand
- Stimulation and massage of the soles of the feet by therapist's application or by yourself by shifting the body weight
- Therapeutic stimulation of the upper skin layer (for instance subsequently to a manipulation treatment of the deeper lying fascia)
- Targeted application of its different surfaces for optimal therapeutic results

Size (cm)	Colour
7 x 5	Black



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® BLOCK | RHBR-BLBK

- Versatile functional training tool
- The ideal yoga block
- Perfect complement to the smaller BLACKROLL® tools
- Stable basis for more applications

The BLACKROLL® BLOCK complements and extends the application possibilities of BLACKROLL® products. The BLACKROLL® BLOCK is a multipurpose tool with an open bottom, perfect for stowing a BLACKROLL® MINI or a BLACKROLL® DUOBALL 08 and a BLACKROLL® BALL 08.

The BLACKROLL® BLOCK permits more intensive myofascial self-massage with the smaller tools from BLACKROLL®. Depending on your needs, you can use the BLOCK with the smaller BLACKROLL® products to exert more pressure and penetrate further into the tissue.

This makes it possible to reach harder-to-get-to muscle groups. It can also be used as a yoga block: it is used for support, to find your balance in poses, or to relieve strain on your back during meditation.

Size (cm)	Colour
30 x 15 x 10	Black



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® BOOSTER + SLIM Foam Roller | RHBR-SETBOCASLBKC

- BOOSTER together with SLIM for the price of the BOOSTER. Buy the BLACKROLL® BOOSTER and get the SLIM for free – two powerful tools for the price of one.
- Perfect combination of massage and vibration.
- Ideally suited to activate and regenerate muscles and tissue.
- Pressure and oscillating vibrations to stimulate fascia and muscle tissue.
- Frequency range from 12-56Hz with precise, continuous intensity (Amplitude)
- More intense massage thanks to the slimmer roll.

Combined with the travel-friendly BLACKROLL® SLIM, the BOOSTER can be used anywhere and is extremely effective. You can exercise with the roll as usual and enjoy the added advantages of deep reaching vibrations. You can also use the BOOSTER with its oscillating vibrations without the SLIM to loosen tight muscles.

- Use in sports therapy - The BOOSTER can be used on its own for targeted vibration and pinpoint application (without the BLACKROLL®).
- Use for stabilisation and rehabilitation exercises
- Developed and produced in Germany – ISO and TÜV certified
- Lithium-ion battery, Mini USB-Port (matching USB chargers)



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® BOOSTER HEAD (Attachment) | RHBR-BOHEBGG

- Attachments for the BOOSTER for more versatile applications combining vibration and pressure
- Targeted release of tight spots, knots and muscles
- The attachments come in different shapes, angles and densities

The BOOSTER HEAD makes vibration massage even more versatile. The different, specifically shaped BOOSTER attachments can be positioned in a variety of ways. This allows for various applications, especially for tight muscles and painful hotspots and knots. Deep tissue massage, spot-specific massage and shearing treatments are possible. The different degrees of hardness combined with the BOOSTER's continuously adjustable vibrations ensure that the most beneficial intensity can be used in each treatment.

- Loosens up muscles and painful tight spots.
- Can be used on specific spots and areas that are difficult to reach such as the neck or hip.
- Increases blood flow and circulation.
- The perfect add on for your BLACKROLL® BOOSTER*.

**Please note, does NOT include Booster. Booster sold separately.



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® GYM BALL | RHBR-GB

- Top quality Made in Germany
- Training equipment and sitting ball in one
- The anti-burst system (ABS®) prevents the ball from bursting in case of external damage
- Won't roll away when you stand up
- Odour-neutral, elastic, high capacity (up to 500 kg)

The GYMBALL was specifically developed for use in functional training. Whether you're doing coordination and stability training or working out with additional weights, the BLACKROLL® GYMBALL is the perfect training partner.

It is odour-neutral, latex-free, elastic, can handle loads up to 500 kg, and is also outstanding for everyday sitting for proper back posture. It can be used for training while standing, sitting, lying on your stomach, or on your back. That means a wide variety of muscle groups can be addressed with different intensity.

The GYMBALL is training equipment and a sitting ball at the same time. While seated on the ball, you are automatically forced to assume proper posture just to keep your balance. The pelvic, abdominal, and back musculature is therefore continually used and exercised. The anti-burst system (ABS®) prevents the ball from bursting in case of external damage. Air escapes only slowly at the point of damage, allowing the exercise to be ended safely.

Size (cm)	Colour
56cm to a maximum 65cm	Black



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® LOOP BAND | RHBR-SETLBOGB

- Available as SET (3 bands) or as individual BAND
- More durable and less likely to snap than common rubber bands
- Unique, patented skin friendly textiles employed.

The BLACKROLL® LOOP BAND is ideal for training smaller muscle chains. It helps to get better body statics and will reduce the risk of injuries.

Say goodbye to uncomfortable rubber bands – the new revolution is a skin-friendly textile interwoven with latex free natural rubber.

The BAND offers all the advantages of a truly versatile, flexible training device for strength, power and mobility.

Size (cm)	Colour
30 x 6 (Strong)	Blue
30 x 6 (Medium)	Green
30 x 6 (Light)	Orange



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® SUPER LOOP BAND | RHBR-SETSBGB

The BLACKROLL® SUPER BAND SET is ideal for improving body stability and coordination through specific core training as well as belly, back and torso training. It can be used to help strengthen all muscle groups and chains and the 3 bands allow 3 different intensities. The BLACKROLL® SUPER BAND SET is the compromise between the MULTI and the RESIST BAND.

Regular training with the BLACKROLL® SUPER BAND SET supports good posture. Especially people who sit a lot in their jobs can strengthen their torso with it to help avoiding muscle tensions and neck - and back pain. Also for preventative use. Both strengthening and stretching movements boost flexibility, which is why the muscles feel relaxed after training.

It's also perfect for therapeutic issues to support the rehabilitation of sport injuries.

Size (cm)	Colour
104 x 3 (Strong)	Blue
104 x 3 (Medium)	Green
104 x 3 (Light)	Orange



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® RESIST BAND | RHBR-RB

- Ideal for mobilisation and for combined training for strength and increased flexibility
- No unpleasant pulling on the skin, thanks to skin-friendly textiles
- Unique patented textile material for greater training comfort
- The BLACKROLL® RESIST BAND (approx. 190 cm) was developed to make the innovation in modern athletics training accessible to all.

The band is meant to meet the high demands of professional athletes, but is also suitable for amateurs. A farewell to uncomfortable rubber bands – the new revolution is a skin-friendly elastic textile interwoven with latex free natural.

The RESIST BAND is not only strong and tear-resistant, but also flexible and it touches comfortable at the same time – thanks to the revolutionary textile material. It does not cut into the skin and the Velcro at the two ends allows a fast fixation of the band around the hips.

Size (cm)	Colour
178 x 6 (Extreme)	Black
178 x 6 (Strong)	Grey



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® MULTIBAND | RHBR-MB

- Perfect for mobility training as well as for combined strength and flexibility training
- No unpleasant pulling on the skin, thanks to skin-friendly textiles
- Unique patented textile material for greater training comfort

The BLACKROLL® MULTI BAND (270 cm) is designed for relearning functional movement sequences by strengthening entire muscle groups, training movement coordination in a joint-friendly manner, and improving mobility. Up to four loops permit customized use, so the MULTI BAND can be used by all age groups and conditioning levels regardless of height or mobility.

Size (cm)	Colour
270 x 3 (Medium)	Green



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® RECOVERY PILLOW | RHBR-PIGV

- Ergonomic shape allows 4 sleeping positions
- Suitable for at home and on the go
- Made in Germany - manufactured according to OEKO-TEX® STANDARD 100
- Handy and hygienic

BLACKROLL® has developed a pillow to ensure optimal sleeping conditions. The RECOVERY PILLOW is not only small, handy, and incredibly light - it can also be rolled up to save space, so you always have the pillow with you when you travel. For your sleep routine - everywhere.

The elastic, breathable high-tech memory foam ensures that the pillow retains its original shape even after unrolling.

Size (cm)

50 x 30



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® POSTURE | RHBR-PO

The BLACKROLL® POSTURE harness has been designed in Sweden and is a highly-effective brace that supports and enables better posture in everyday life. No matter if you are at home, at work, driving a car, at the gym or during sports and rehab, the POSTURE brace will help you achieve healthy and upright upper body alignment.

If you work at a desk or sit for hours on end, the BLACKROLL® POSTURE is the perfect tool to ensure you're sitting in a position that doesn't strain your muscles. Adjust the straps, pop it on and remove the discomfort. You'll be training your upper-body muscles without knowing it.

Apart from being a corrector, the BLACKROLL® POSTURE is the perfect training tool: simply include it during practice and observe how the execution of your punching technique, combined with a hip rotation is trained. It supports the muscles to correct this movement.

The BLACKROLL® POSTURE brace can:

- Increase oxygen uptake, giving you more energy
- Strengthen critical muscles in neck, back, shoulders, and chest
- Relieve neck and back pain
- Help muscles and joints recover and rehabilitate from injury
- Be used in pilates and general stretching
- Remove discomforts associated with bad posture

Sizes

S/M/L

XL/XXL

Colour

Black

Black



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® RELEAZER | RHBR-FRBN

- Deeply effective vibration massage
- Up to 11 hours battery life
- Combines massage with vibration
- Releases tension and loosens muscles
- Increases mobility

The BLACKROLL® RELEAZER is a patented therapeutic fascia massage device for the treatment of fascia and muscles. Using targeted pressure, massaging movements, and a deep-acting vibration massage, even severe adhesions of the fascial tissues can be smoothed out. The BLACKROLL® RELEAZER combines the technology of myofascial (self) massage with the advantages of vibration.

The RELEAZER has two easy-to-adjust vibration levels: Simple static vibration and wave-shaped, oscillating movements.

The RELEAZER:

- Can accelerate general recovery
- Massively increases perfusion in the tissues treated
- Supports cell recovery
- Improves the elasticity and capacity of the tissues
- Significantly improves mobility
- Has antislip grips
- For use with or without massage oil

Size (cm)

60 x 3.7 x 5



BLACKROLL®
THE HEADSTITCH COMPANY

BLACKROLL® DEEP RELEAZER (Attachment) | RHBR-DRBGG

- Attachment for the BLACKROLL® RELEAZER for use in therapy and sports
- Three different density levels
- Supports point-by-point and deep-acting treatment
- Improves tension and loosens the musculature
- Increases mobility

The BLACKROLL® DEEP RELEAZER is the intelligent extension of an already successful tool - the BLACKROLL® RELEAZER. In addition to pressure massage using its different edges, the rubberised bumps of the BLACKROLL® DEEP RELEAZER also permit the deep-acting treatment of hardened or tense areas. The BLACKROLL® DEEP RELEAZER, with its three different density levels, is ideal for use in the area of the lower back, hips, thighs, and particularly the neck.

When should you use each attachment?

The soft attachment is used as a starter attachment on first use or for mild muscle pain. After a few uses, the medium attachment can be used. Finally, for even more intensive use, the hard attachment can be used.

Size (cm)

18.5 x 15.5 x 4.5



BLACKROLL® NEEDLEROLLER | RHBR-DRN

- Stimulation of the superficial fascia layers
- You'll feel the tingling, perfusion-supporting effect immediately
- Pain sensitivity is reduced
- Can regulate collagen and elastin production

The stimulation of superficial fascial layers with the BLACKROLL® NEEDLEROLLER has a variety of effects. The nerve endings in the skin and upper layers of the fascia are stimulated. For chronic pain, this can break the pain feedback loops. The tissues will be optimally prepared for subsequent therapeutic treatments. The tingling, perfusion-supporting effect is felt immediately, and pain sensitivity is significantly reduced after just a short period of use. In combination with treatment of deeper layers of tissue, the BLACKROLL® NEEDLEROLLER can regulate the production of collagen and elastin.

APPLICATIONS OF THE BLACKROLL® NEEDLEROLLER

The pressure of the BLACKROLL® NEEDLEROLLER can be dispensed with great precision. Roll it back and forth on the skin to stimulate the free nerve endings in the skin. The NEEDLEROLLER is particularly well-suited for stimulating the reflex and acupuncture zones. It is also perfect for preparing to work with the BLACKROLL® STANDARD, the BLACKROLL® MINI, the BLACKROLL® DUOBALL, and the BLACKROLL® RELEAZER, but it can also be used after rollout.

Size (cm)

26 x 9 x 6.5



BLACKROLL® SMART MOVE BOARD

- ERGONOMIC SURFACE: is structured to stimulate your feet, soft to relieve pressure on body and joints, and encourages micro-movements
- RIDGES: allow for a variety of standing positions
- INTEGRATED SPECIAL TOOLS - BLACKROLL® MINI ROLL + BALL + TWISTER: for foot massage, deep stimulation, keeps plantar fascia supple and healthy
- Innovative SmartLite foam – durable, light, soft, highly elastic and environmentally friendly

The revolution for the standing desk: The BLACKROLL® SMART MOVE BOARD keeps you energized and healthy during the day. You'll feel better, work smarter and burn more calories.

NOW
AVAILABLE!

Size (cm)

44 x 43 x 5.5



BLACKROLL® YOGA BELT | RHBR-A1212-YB

- Supports stretching in individual yoga postures
- Enables greater reach for arms and hands
- Suitable for any height, buckle made of D-metal rings keeps the strap securely in the desired length

The BLACKROLL® YOGA BELT achieves better stretching, as it provides a much longer reach by extending the arms. The BLACKROLL® YOGA BELT is equipped with two sturdy D-shaped metal rings to adjust the strap comfortably and to hold it securely in the desired length. Thus, the BLACKROLL® YOGA BELT is suitable for any body size.

The BLACKROLL® YOGA BELT is also a valuable supportive tool to perfect the yoga exercises and to get into the respective poses more easily. It can be used to stabilise the arms and legs or stretch the shoulder muscles to loosen and soften the myofascial tissue between the shoulder blades.

COMING
SOON!

Size (cm)

230 x 3.8



BLACKROLL® MAT | RHBR-MABK

- Premium quality fitness mat "Made in Germany" in a size suitable for advanced athletes and experienced yogis
- Non-slip, with optimum grip provided by hash texture on underside
- Structured surface for comfortable training that is low-impact and gentle on the joints
- Stays motionless on the floor – without slipping or rolling up
- Easy to clean, perfect for commercial high traffic use

The structured surface of the BLACKROLL® MAT offers first-class grip and comfort – without slipping. The special crosshatch structure on the bottom makes the MAT the perfect non-slip base for any exercise. Whether you're working on mobility, strength, agility or taking a yoga class, the special length and width of the mat makes a variety of exercises possible. The optimized 5 mm thickness provides the sweet spot for joint-friendly training, while still making contact with the floor perceptible.

With a length of 1.85 m, the MAT makes a wider variety of exercises possible than conventional mats. Additional bonus: The crosshatch structure on the bottom. It prevents irritating slipping. The MAT is made in Germany. It is also certified compliant with STANDARD 100 by OEKO-TEX®, easy to clean, and long-lasting.

Size (cm)

65 x 185 x 0.5

Colour

Black



BLACKROLL®
THE HEADSTYLISH COMPANY

BLACKROLL® TRAINER'S BAG | RHBR-BAGTRA1

- The BLACKROLL® TRAINER'S BAG is perfect for the transport of BLACKROLL® products.
- Can be used as a backpack or a shoulder bag
- The practical size offers space for ten BLACKROLL® foam rollers of standard length

The BLACKROLL® TRAINER'S BAG is perfect for transporting up to ten BLACKROLL® STANDARD / MED / PRO / GROOVE / GROOVE PRO or FLOW foam rollers in the 30 cm length. The bag is therefore ideal for visits to the studio, transporting course materials, or for outdoor activities. The BLACKROLL® logo on the side of the TRAINER'S BAG also sets a stylish highlight during sports or everyday activities.

The length of the carry strap was designed to allow the bag to be either worn comfortably on the back as a backpack or carried as a shoulder bag. The TRAINER'S BAG is perfect for physical therapists, trainers, and any athlete.

Size (cm)	Colour
75 x 31 x 31	Black



BLACKROLL®
THE HEADSTYLISH COMPANY

BLACKROLL® GYMBAG | RHBR-BAGMES1

- Ideal for carrying BLACKROLL® products
- Can be used as a backpack or a shoulder bag
- Practical size

The BLACKROLL® GYMBAG makes it easy to take BLACKROLL® products with you – to the studio, on outdoor activities, or to competitions. The bag has exactly enough room for two 30 cm foam rollers. Alternatively, you can also carry one 30 cm roller and several smaller products. Its cool design also gives the bag a great appearance for everyday use.

The length of the carry strap is designed to allow the bag to be either worn comfortably on the back as a backpack or carried as a shoulder bag. The GYMBAG is perfect for physical therapists, trainers, and any athlete.

Size (cm)	Colour
16 x 75	Black



BLACKROLL®
THE HEADSTYLISH COMPANY

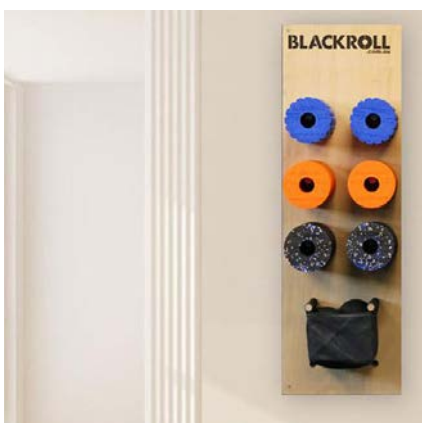
BLACKROLL® PEG BOARD LARGE | RHBR-PBOARD1

- A stylish and neat way to organise or display your fascia training tools.

The wall mounted varnished ply wood peg board comes with 20 pegs and our suggested set up uses 12 pegs for storage of Rollers or Bands and four to attach two hanger baskets for storage of smaller gear like BALLS, MINIS or DUOBALLS. The hanger baskets are made out of recycled durable sail sheets.

Available with or without stock.

Size (cm)	Specs
120 x 8 x 180	Includes 20 Pegs and 2 BLACKROLL® Baskets



BLACKROLL®
THE HEADSTYLISH COMPANY

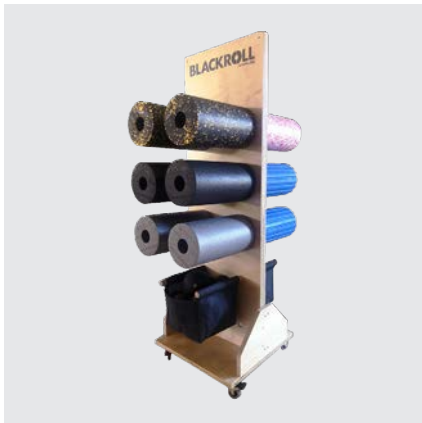
BLACKROLL® PEG BOARD SMALL | RHBR-PBOARD1SETSMALL

- A stylish and neat way to organise or display your fascia training tools.

The small wall mounted, varnished ply wood peg board comes with 10 pegs. Our suggested set up uses 6 pegs for storage of Rollers or Bands and two to attach one hanger basket for storage of smaller gear like BALLS, MINIS or DUOBALLS. The hanger baskets are made out of recycled durable sail sheets.

Available with or without stock.

Size (cm)	Specs
120 x 40	Includes 10 Pegs and 1 BLACKROLL® Basket



BLACKROLL®
THE HEALTHY STYLISH COMPANY

BLACKROLL® PEG BOARD TROLLEY | RHBR-PBOARD1SETTROLLY

- A stylish and neat way to organise or display your fascia training tools.

If you can't install our wall mounted solutions, or you need your BLACKROLL® gear in several areas of your facility, then this storage trolley is for you.

For this solution we have simply put two of our small peg boards back to back and mounted them on wheels. The varnished ply wood peg board trolley offers the same capacity as our wall mounted large Peg Board. It comes with 20 pegs and our suggested set up uses 12 pegs for storage of Rollers or Bands and four to attach two hanger baskets for storage of smaller gear like BALLS, MINIS or DUOBALLS. The hanger baskets are made out of recycled durable sail sheets.

Available with or without stock.

Size (cm)	Specs
125 x 40 x 40	Includes 20 Pegs 2 BLACKROLL® Baskets



BLACKROLL®
THE HEALTHY STYLISH COMPANY

BLACKROLL® BASKET | RHBR-PBASKET001

The hanger baskets are made out of recycled durable sail sheets. Suggested for storing smaller gear like BALLS, MINIS or DUOBALLS.

Size	Colour
Collapsable	Black

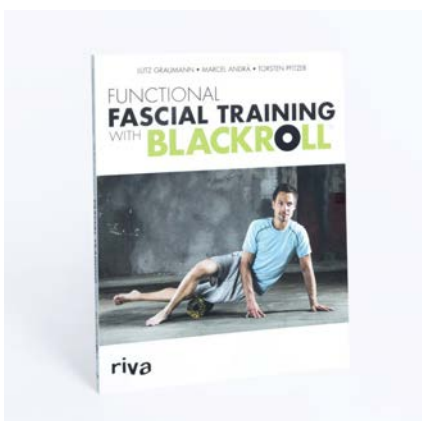


BLACKROLL®
THE HEALTHY STYLISH COMPANY

BLACKROLL® BASECAP GREY | RHBR-BCGY

- Material: 85% polyester, 15% wool
- Lightweight Flat Peak Cap
- Ideal for sports and leisure
- Fits any head
- Can be fastened perfectly with the strapback fastener behind the head – one size fits all

The BLACKROLL® BASECAP grey is ideal for sports activities and also sets a fashionable highlight during leisure activities. The embroidered coloured logo stands out from the sporty grey material. The flat bill and a characteristic snapback fastener round out the design of the BASECAP.



BLACKROLL®
THE HEALTHY STYLISH COMPANY

BOOK - "FUNCTIONAL FASCIAL TRAINING WITH THE BLACKROLL®"

The book provides an ideal introduction to versatile training with the BLACKROLL®. Helpful background information on fascia and fascial training are also explained in down-to-earth terms.

A must read for those interested to learn more about BLACKROLL®, self-massage, fascia training, or functional training with BLACKROLL®. From therapy to sports - this book is interesting for a wide audience of movement specialists. Especially useful as a manual for those that want to start teaching others in their own studio or work as (personal) fitness trainer, movement specialist, physiotherapist, bodyworker, or related professions.

SanctbandTM

Australia

Better in Everyway

Sanctband specialises in low protein and powder free latex resistive bands and tubing for medical rehabilitation, geriatric and fitness specific needs. The products are widely used for physiotherapy, hand therapy, rehabilitation, fitness and strength training. Improving your health through better mobility, movement & fitness.

Sanctband resistive training products are endorsed by the APA Association.

Why Choose Sanctband?

First Ever Powder-Free Bands

The powder content of Sanctband products is significantly lower than other brands on the market. Powder-free bands are more comfortable to use and less messy. You are free to train without unsightly stains and smudges on your clothing and hands.

Reduced Protein

Manufactured using Sanctech technology, the reduced protein featured in all of the products help lower the incidence of latex allergy.

No Re-Powdering Needed

All the products do not require re-powdering and still serve as good as new even after extended use.

Extra Durable

The Sanctband resistive products have passed stringent durability testing of 10,000 stretches. This is a testimony to Sanctband's rigorous safety standards and exceptionally high quality, excellent elongation and elasticity without distortion or breakage.

Eco Friendly

Sanctband has its own in-house Green Initiative Program. Their key raw materials are sourced close to their production facility, the latex formulas are heated using clean energy and every single Sanctband product is produced in line with their responsible water management standards.



Endorsed by:



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION



Sanctband™
Better in Everyway

Sanctband 5.5m Resistive Band Rolls | RHSB-B__55

Sanctband Resistive Band is a natural latex resistive exerciser and resistance training device. It is suitable for all fitness levels and can be incorporated in many exercise regimes. Sanctband Resistance Exercise Bands are colour-coded to indicate the resistance levels and strengths for physiotherapy, rehabilitation, sports therapy and training.

The resistive exercise band is an effective and integral part of the concept resistance training. Resistance training is a concept adopted in areas of physiotherapy, rehabilitation, sports training, yoga and Pilates. It is also an effective training method used in sports training and rehabilitative exercises programs. Can be cut down to required size.

Size	Colour & Resistance
0.15 mm x 15 cm x 5.5 m	Peach (X-Light)
0.20 mm x 15 cm x 5.5 m	Orange (Light)
0.30 mm x 15 cm x 5.5 m	Lime Green (Medium)
0.38 mm x 15 cm x 5.5 m	Blueberry (Heavy)
0.38 mm x 15 cm x 5.5 m	Plum (X-Heavy)
0.43 mm x 15 cm x 5.5 m	Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband 46m Resistive Band Rolls | RHSB-B__46

Sanctband Resistive Band is a natural latex resistive exerciser and resistance training device. It is suitable for all fitness levels and can be incorporated in many exercise regimes. Sanctband Resistance Exercise Bands are colour-coded to indicate the resistance levels and strengths for physiotherapy, rehabilitation, sports therapy and training.

The resistive exercise band is an effective and integral part of the concept resistance training. Resistance training is a concept adopted in areas of physiotherapy, rehabilitation, sports training, yoga and Pilates. It is also an effective training method used in sports training and rehabilitative exercises programs. Can be cut down to required size.

Size	Colour & Resistance
0.15 mm x 15 cm x 46 m	Peach (X-Light)
0.20 mm x 15 cm x 46 m	Orange (Light)
0.30 mm x 15 cm x 46 m	Lime Green (Medium)
0.38 mm x 15 cm x 46 m	Blueberry (Heavy)
0.38 mm x 15 cm x 46 m	Plum (X-Heavy)
0.43 mm x 15 cm x 46 m	Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband 30 Piece Dispenser Pack | RHSB-B__30D

Dispenser packs clearly indicate the resistance level of a band and eliminate the need for scissors as bands are individually wrapped.

Each pack contains 30 x 1.5m Sanctband Exercise Bands.

Sanctband Resistive Band is a natural latex resistive exerciser and resistance training device. It is suitable for all fitness levels and can be incorporated in many exercise regimes. Sanctband Resistance Exercise Band is colour-coded to indicate the resistance levels and strengths for physiotherapy, rehabilitation, sports therapy and training.

Size	Colour & Resistance
0.15 mm x 15 cm x 1.5 m	Peach (X-Light)
0.20 mm x 15 cm x 1.5 m	Orange (Light)
0.30 mm x 15 cm x 1.5 m	Lime Green (Medium)
0.38 mm x 15 cm x 1.5 m	Blueberry (Heavy)
0.38 mm x 15 cm x 1.5 m	Plum (X-Heavy)



Sanctband™
Better in Everyway

Sanctband 3 in 1 Dispenser Pack | RHSB-SB3

The 3 in1 Dispenser is ideal for counter sales at the doctor's practice or in the gym.

The attractive and practical, individual packaging saves the cutting of the exercise bands from the roll. Furthermore, the 3 most important band strengths are visually appealing in the counter area and still protected against dirt and harmful UV light. There are 15 pieces for each colour.

Sanctband Resistive Band is a natural latex resistive exerciser and resistance training device. The content of powder and latex proteins which can cause allergies has been successfully reduced through a complex procedure. Due to this intensive production method, the allergenic potential can be greatly decreased.

Size	Colour & Resistance
0.18 mm x 15 cm x 1.5 m	Orange (Light)
0.25 mm x 15 cm x 1.5 m	Lime Green (Medium)
0.30 mm x 15 cm x 1.5 m	Blueberry (Heavy)



Sanctband™
Better in Everyway

Sanctband 2m Resistive Band Exercise Kit | RHSB-B__EK

Kit includes 2m Length of Band, Door Anchor and Exercise Guides.

Sanctband Resistive Band is a natural latex resistive exerciser and resistance training device. It is suitable for all fitness levels and can be incorporated in many exercise regimes. Sanctband Resistance Exercise Band is colour-coded to indicate the resistance levels and strengths for physiotherapy, rehabilitation, sports therapy and training.

The resistive exercise band is an effective and integral part of the concept resistance training. Resistance Training is a concept adopted in areas of physiotherapy, rehabilitation, sports training, yoga and Pilates. It is also an effective training method used in sports training and rehabilitative exercises programs.

Size	Colour & Resistance
0.15 mm x 15.2 cm x 2 m	Peach (X-Light)
0.20 mm x 15.2 cm x 2 m	Orange (Light)
0.30 mm x 15.2 cm x 2 m	Lime Green (Medium)
0.38 mm x 15.2 cm x 2 m	Blueberry (Heavy)
0.38 mm x 15.2 cm x 2 m	Plum (X-Heavy)
0.43 mm x 15.2 cm x 2 m	Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband Resistive Loop Band (9" and 13") | RHSB-LB

Sanctband Loop Bands are made from natural rubber latex material. It is a continuous Loop Band that has a width of 2 inches and comes in 2 sizes, 9 inches and 13 inches. Sanctband Loop Bands are formulated to allow linear increases in resistance as the bands are stretched.

Sanctband Loop Bands are used for a variety of applications and is ideal for lower body exercises, designed to increase balance, strength and flexibility. It is widely used in sports performance enhancement training, physiotherapy, rehabilitation and in yoga and Pilates. With the LOW POWDER and REDUCED PROTEIN features, Sanctband Loop Bands are formulated to reduce the sensitivity to latex protein allergy experienced by some people.

Size (Lay Flat Length)	Pull Force at 100%	Colour & Resistance
23 cm	2.4 kg	Peach (X-Light)
23 cm	3.8 kg	Orange (Light)
23 cm	5.3 kg	Lime Green (Medium)
23 cm	7.0 kg	Blueberry (Heavy)



Sanctband™
Better in Everyway

Sanctband Super Resistive Loop Band | RHSB-SL

Sanctband Super Loop Bands are made from natural rubber latex material. It is a continuous Loop Band that has a total lay-flat-length of 41 inches.

Sanctband Super Loop Bands are developed for the professional athletes. It resistance levels are much higher, providing greater efficiency in professional training. Sanctband Super Loop Bands are commonly used for strength and speed training for athletes. It heightens the challenge in resistive training, for athletes to scale higher goals in their performance.

Sanctband Super Loop Bands are available in 4 resistance levels. To boost fun-filled sentiments onto resistance training, Sanctband Super Loop Band comes in a range of vibrant colours to differentiate its strength.

Size (Width)	Pull Force at 100%	Colour & Resistance
12 mm	6.8 kg	Orange (Light)
25 mm	13.9 kg	Cherry (Medium)
44 mm	20.6 kg	Blueberry (Heavy)
57 mm	29 kg	Plum (X-Heavy)



Sanctband™
Better in Everyway

Sanctband 30m Resistive Tubing | RHSB-T__30

Sanctband Resistive Tubing (Latex Dipped Tubes) is produced with multi dipping Latex manufacturing technology to attain the highest possible quality. Latex Dipped Tubing is a proprietary technology with delicate process of multiple dips on each tube formation. Such technology brings forth consistent product dimensions, colour vibrancy and specifications safety.

Sanctband Resistive Tubing is known for its exceptionally good breakage resistance. It is widely used in resistance training for various sports performance enhancement, muscle toning and strengthening, as well as in rehabilitation and physiotherapy after surgery or injury. It allows more variation of exercises for Pilates, fitness, and yoga classes.

Size	Colour & Resistance
1.3 kg	Peach (X-Light)
1.9 kg	Orange (Light)
2.6 kg	Lime Green (Medium)
3.1 kg	Blueberry (Heavy)
4.4 kg	Plum (X-Heavy)
5.1 kg	Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband 1.2m Resistive Tubing Exercise Kit | RHSB-T__K

- Versatile, good replacements for dumbbells and machine
- Highly affordable and portable
- High Quality Latex Rubber
- Padded handles for secured and comfortable grip
- Different resistance levels for progressive strength training

Sanctband Tubing with Handles are specially designed for user's ease of use whilst performing a complete workout.

The attached handles are comfortable and suitable for any level fitness for your daily workout.

Sanctband Resistive Tubing (Latex Dipped Tubes) is produced with multi dipping Latex manufacturing technology to attain the highest possible quality.

Colour & Resistance
Peach (X-Light)
Orange (Light)
Lime Green (Medium)
Blueberry (Heavy)
Plum (X-Heavy)
Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband Handles & Door Anchor (Accessories) | RHSB-HWPB/DA

Sanctband Handles can be easily fitted either on Sanctband Latex Exercise Bands or Sanctband Resistance Tubing. It comes with rubber based sponge grip providing a firm and better hold to users.

Sanctband Door Anchor can be easily attached in between door and its door frame, and used either with Sanctband Latex Exercise Bands or Sanctband Resistance Tubing.



Sanctband™
Better in Everyway

Sanctband Hand Exercisers | RHSB-HE

Sanctband Hand Exercisers are silicon-based, latex-free squeeze balls that are ergonomically designed in an egg shape. It comes in 4 vibrant colours that are coded in accordance to the strength level.

Using Sanctband Hand Exercisers can help to lessen pain and rigidity of fingers and hands, relieve sore arm muscles, and train hand and arm strength. It is commonly used in resistive exercises and therapies for fingers, hand and wrist. Its egg-shaped design increases the effectiveness of the exercises.

Sanctband Hand Exercisers are recommended for people that do extensive computer work to rest their hands, for example, working professionals and professional gamers, and elderly to train their hands, by doing grip strength exercises.

Colour & Resistance
Peach (X-Light)
Orange (Light)
Lime Green (Medium)
Blueberry (Heavy)



Sanctband™
Better in Everyway

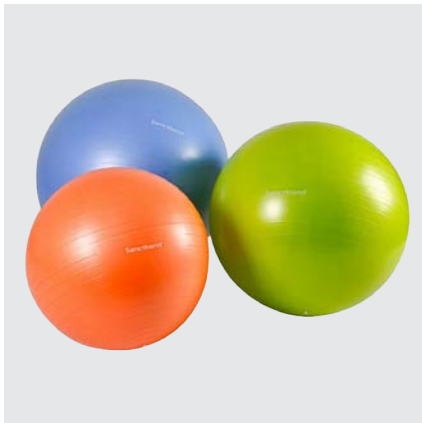
Sanctband Balance Cushions | RHSB-BC

Sanctband Balance Cushion is a small inflatable cushion/disc 33cm in diameter that adds an element of instability to any workout. It helps to achieve joint stabilisation (through improving proprioception) and train the core muscle groups with its unstable surface.

The Sanctband Balance Cushion features 2 different surfaces, one with raised nodules and the other smoother. The raised nodules allow for greater sensory function and acts as a grip for stabilisation. By decreasing the amount of air within the cushion to increase instability, the difficulty can be heightened and vice versa. Sanctband Balance Cushions come inflated and can easily be adjusted using a normal air pump.

Sitting on an exercise Balance Cushion encourages dynamic sitting similar to that of a Gym Ball. The disc is placed directly onto the chair being sat upon and this provides an unstable sitting surface, which means that the body has to make continuous small movements to correct balance. These movements use and thus strengthen the deep core stability muscles which provide postural support to the body.

Diameter	Colour
33 cm	Blueberry
33 cm	Lime Green



Sanctband™
Better in Everyway

Sanctband Exercise Balls | RHSB-EB

Sanctband Anti Burst Exercise Ball is developed for professional use. Available in 3 sizes, Sanctband Anti Burst Exercise Ball has been tested for its anti burst properties at static weight up to 120kg. Widely used in exercise and rehabilitation for various conditions.

Sanctband Anti Burst Exercise Ball is developed according to German safety standards.

Colour & Size
Orange 55 cm
Lime Green 65 cm
Blueberry 75 cm



Sanctband™
Better in Everyway

Sanctband Stability Ball | RHSB-HDASBO/JDASBO

BENEFITS:

- Total body conditioning
- Improve posture and core strength
- Promote balance, coordination and functional strength
- Perfect for balance training and enhanced stretch

FEATURE

- Instructional manual
- 1 x straw for easy inflation

Colour & Size
Lime Green 22 cm
Blueberry 26 cm



Sanctband™
Better in Everyway

Sanctband Exercise Putty | RHSB-PU00

Sensory stimulation can significantly improve restlessness, hyperactivity and concentration in a person with an Autism Spectrum Disorder, ADD or ADHD or other sensory disorders.

Playing with resistive putty is a great way for children to achieve sensory stimulation.

Squeezing and working with resistive putty can also strengthen intrinsic hand and finger muscles.

These muscles are necessary for fine motor activities, such as : holding utensils, including pencils and cutlery; manipulating scissors; and dressing and undressing.

Resistive putty is also a wonderful tool to aid in hand and arm rehabilitation.

It can be used to provide an individual, graded strengthening program for individual fingers or the entire hand and helps promote increased range of motion, strengthening and tendon gliding.

Colour & Resistance
Peach (X-Light)
Orange (Light)
Lime Green (Medium)
Blueberry (Heavy)
Plum (X-Heavy)
Grey (Super Heavy)



Sanctband™
Better in Everyway

Sanctband FLOSSBAND | RHSB-FLOSBAN

Flossing can be used preventively before and after sports. It is also a useful treatment method in physiotherapy. The therapist "flosses", when pain restricts the movement of the athlete or patient.

Flossing improves the body's power transmission pathways: it generates more power in the tissue, improves viscoelasticity and requires less energy for mobility because of axial transmission through the body leading to more efficiency.

Due to the resultant pain relief, patients and athletes are able to move significantly better and faster, without resorting to pain relieving postures.

The high fixation pressure enables an inhibitory effect on the pain receptors and underlying fascia and thus loosens up the adhesions and weak links.

This takes place under active and passive movement of the extremity on which the band is wrapped.

Size	Colour & Resistance
1.1 mm x 2.5 cm x 2 m	Lime Green (Medium)
1.3 mm x 2.5 cm x 2 m	Blueberry (Heavy)
1.6 mm x 2.5 cm x 2 m	Plum (X-Heavy)
1.8 mm x 2.5 cm x 2 m	Grey (Super Heavy)
1.1 mm x 5 cm x 2 m	Lime Green (Medium)
1.3 mm x 5 cm x 2 m	Blueberry (Heavy)
1.6 mm x 5 cm x 2 m	Plum (X-Heavy)
1.8 mm x 5 cm x 2 m	Grey (Super Heavy)
1.3 mm x 7.5 cm x 2 m	Blueberry (Heavy)
1.8 mm x 7.5 cm x 2 m	Grey (Super Heavy)

Sanctband™
Better in Everyway

Sanctband ACTIVE Super Loop | RHSB-ASL

The Super Loop band is a highly versatile training tool. It is especially suitable for athletic training, sporting drills and also effectively simulates gym exercises done with the barbell. The heavier duty super loop bands allow the exerciser to simulate lifting a very heavy barbell.

- 1 Super Loop Band (Lay Flat: 104 cm)
- Instructional Manual Benefits of using Super Loop band:
 - Strength and Flexibility Training
 - Advanced Resistance Training
 - Core Conditioning
 - Pull up assistance
 - Cross Training

Size	Colour & Resistance
12.7 mm x 4.8 cm x 1 m	Pink (Light)
19 mm x 4.8 cm x 1 m	Amber (Medium)
25 mm x 4.8 cm x 1 m	Purple (Heavy)
35 mm x 4.8 cm x 1 m	Teal (X-Heavy)
44 mm x 4.8 cm x 1 m	Violet (Super Heavy)
57 mm x 4.8 cm x 1 m	Grey (Extreme Heavy)
89 mm x 4.8 cm x 1 m	Black (Ultimate)

Sanctband™
Better in Everyway

Sanctband ACTIVE 2.5m Resistive Band Kit | RHSB-AB

The Sanctband Active Resistive band by far one of the most popular and versatile products. The widespread applications of the bands take them seamlessly from the rehab room to general fitness and athletic conditioning. The bands can be used at any length and can be gripped at any point, making it very easy to adjust tension levels to suit an unlimited variety of exercises. There are multiple options for toning the shoulders and arms by pulling the band apart. Performing these movements in different planes, targets and sculpts different areas of the shoulders and arms.

Benefits include body toning and firmness, muscle strengthening, improves balance and it's a safe and effective form of strength training.

Includes Door Anchor for effective upper body exercise.

Size	Colour & Resistance
15 cm x 2.5 m	Pink (Light)
15 cm x 2.5 m	Amber (Medium)
15 cm x 2.5 m	Purple (Heavy)
15 cm x 2.5 m	Blue (X-Heavy)

Sanctband™
Better in Everyway

Sanctband ACTIVE SpiderCord | RHSB-SPDCORD

Sanctband Active SpiderCord, features a unique 4 loop tubing design with handles. This creates resistance from 8 lengths of tubing. The 4 loops naturally allow for easy anchoring between both hands and feet, making it especially ideal for compound movements involving both upper and lower body. The highly versatile joined X-Shape resistive tubing is able to provide dynamic resistance and variety of challenges to improve balance, stability and core strength.

Benefits include body toning and firmness, muscle strengthening, increases flexibility, improves stability and encourages good posture.

Size	Colour & Resistance
19 mm x 4.8 cm x 1 m	Amber (Medium)
25 mm x 4.8 cm x 1 m	Purple (Heavy)

Sanctband™
Better in Everyway

Sanctband ACTIVE Resistive Exercise Loop (Mini) | RHSB-AL

The Sanctband Active Mini Loop band is the smallest and most portable piece of equipment. It has a smaller range of movement and can easily be used hand-held or looped around the feet, ankles or knees. It can be used to target smaller, isolated muscles groups in a more clinical setting or add intensity and variety to existing exercises that are already challenging for metabolic conditioning.

Benefits include body sculpting, core conditioning, strength training and is effective for both upper and lower body.

Size	Colour & Resistance
5 cm x 33 cm	Pink (Light)
5 cm x 33 cm	Amber (Medium)
5 cm x 33 cm	Purple (Heavy)
5 cm x 33 cm	Teal (X-Heavy)
5 cm x 33 cm	Violet (Super Heavy)
5 cm x 33 cm	Grey (Extreme Heavy)



Sanctband™
Better in Everyway

Sanctband ACTIVE 1.5m Resistive Tubing Kit | RHSB-ATK

- Soft Grip Foam Handles
- Resistive Tube Length 1.5m
- Door Anchor accessory included (Utilised for increasing quantity of exercises possible)
- Exercise Manual included
- Powder free & extra durable (Manufactured with professional grade material)

Sanctband Active resistance exercise tubing with soft handles & door anchor - professional elastic tubing for physical therapy, Pilates, at-home workouts, and rehabilitation.

Size	Colour & Resistance
1.5 m	Pink (Light)
1.5 m	Amber (Medium)
1.5 m	Purple (Heavy)
1.5 m	Blue (X-Heavy)



Sanctband™
Better in Everyway

Sanctband ACTIVE Massage Balls | RHSB-LC015

- Releases trigger points in tight muscles and soft tissue
- Improves mobility and increases range of motion
- Aids in tissue recovery and relieves muscle soreness
- Improves blood flow and assists circulation
- Versatile and portable, usable anytime and anywhere

Sanctband Active Massage Ball is made of high-density silicon, solid and weighted for good control in self-massage and myofascial release. Durable with good grip traction providing regular pressure to trigger points in various parts of the body, relieving aches and soreness by providing release to deep muscle tissues. Ideal for treating soreness from prolonged sitting at work and recovery from sports and exercise.

Weight: 150g
Diameter: 6.5cm

Colour
Orange
Teal



Sanctband™
Better in Everyway

Sanctband ACTIVE Balance Pad | RHSB-BP058V

- Improves balance and stability
- Increases strength, coordination and motor skills
- May reduce back pain by improving posture
- Versatile, can be used for general fitness by people of all ages
- Rehab training
- Sport specific conditioning

The Sanctband Active Balance Pad is an essential functional training tool that improves balance, stability, coordination and strength. The unstable surface of the balance pad challenges the entire body as a unit, recruiting muscles from the feet through to the legs, back and core.

Size
51 cm x 40 cm x 6 cm



Sanctband™
Better in Everyway

Sanctband Training Book | RHSB-TB

The book provides a guideline for training with the Sanctband range.

By Dr. Dagmar Pavlů

Dr. Dagmar Pavlů is an Associate Professor at Charles University in Prague, Czech Republic and is the Head of Department of Physiotherapy of FTVS. She earned a Master's Degree in Physiotherapy and later in 1995, received a Doctor's Degree, PhD (Csc.) in Pedagogy.

LIDERGRIP

Since its launch in 1986 LIDERMED, S.A. has been committed to the manufacture and distribution of medical supplies specialising in tubular compression bandages and products aiding in localised body part immobilisation such as clavicle and neck support systems, arm slings, knee and shoulder supports etc.

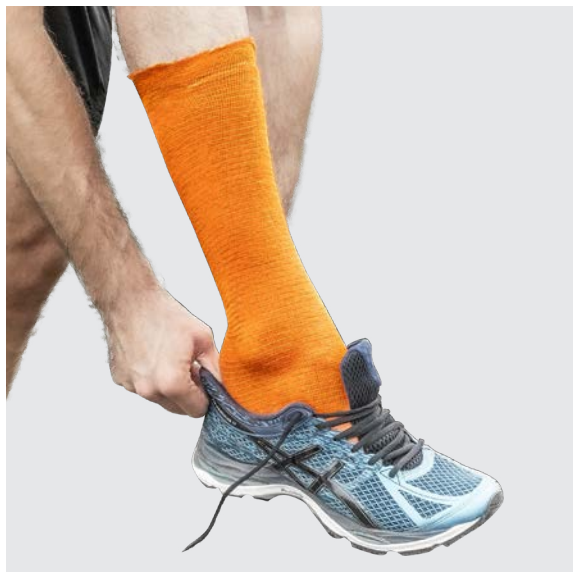
Expanding into the aesthetic treatment arena, LIDERMED, S.A. has created the Tubiform product line, consisting of high quality support garments to facilitate various aesthetic treatments (cryotherapy, thermotherapy, electrotherapy).

Why Choose Lidergrip?

All of our products have been designed to take into account all possible circumstances that could occur, choosing the most suitable materials in each case and using the most advanced manufacturing technologies.

The use of our products entails a great deal of responsibility, both for the patient and for the caregiver. It is therefore necessary that the health professionals who use these products on a regular basis have the necessary knowledge and experience to do so safely.

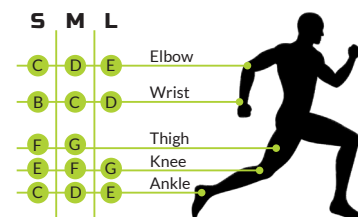




LIDERGRIP

Lidergrip SPORT | RHLM-605XX

Elasticated tubular bandage that helps to support the joints, reducing the risk of injury and providing a controlled compression that improves circulation and the supply of oxygen to the muscle fibres while practising sports. Available in four colours and six sizes, it can be fitted to any extremity depending on the individual's build and desired compression.



Size	Black	Blue	Orange	Pink
B	60501	60507	60513	60519
C	60502	60508	60514	60520
D	60503	60509	60515	60521
E	60504	60510	60516	60522
F	60505	60511	60517	60523
G	60506	60512	60518	60524



LIDERGRIP

Lidergrip COLD TIGHTS | RHLM-60525-OSFA

Pair of tights that cover both legs from the ankle to the groin, treated with a cool effect liquid featuring properties that promote the recovery of tired legs after practising any sports activity. The treatment can be reused while the tights are still damp, preserving them in their zip lock packaging. They can also be re-treated by adding more liquid to the package. To be worn for 15-25 mins.



Refill Bottle
500ml

*Sold Separately

Formula X3

CAMPHOR

Anti-inflammatory and analgesic

MENTHOL

Analgesic and cold-effect

METHYL SILICATE

Anti-inflammatory and analgesic



Size	Colour
One Size Fits All Unisex	White



LIDERGRIP

Lidergrip Cryotherapy COLD GARMENTS | RHLM-605XX

Easy application and total freedom of movement

Elasticated tubular bandage for recovery and relief of pain in your daily life, without the discomfort of ointments, ice packs or adhesives difficult to place on the joints. 100% Natural active ingredients carefully combined to relieve bruising, muscle and joint pain, contractures, stiffness and swelling. To be worn for 15-25 mins.



Size	Wrist	Elbow	Knee	Ankle
SM	60526	60529	60532	60535
MD	60527	60530	60533	60536
LG	60528	60531	60534	60537



REHABILITATION



GATEWAY
Sports & Rehab



Push ortho Ankle Foot Orthosis AFO

THE PUSH AFO offers excellent support in the case of loss of ability to lift the foot and problems in controlling the foot when walking. The innovative design allows for a natural gait and makes safe and efficient walking possible again.

The Push ortho Ankle Foot Orthosis lifts the foot during the swing phase, controls the **plantar flexion** after heel strike and then allows unimpeded rolling of the foot. In addition, the orthosis offers **lateral stability** to the ankle joint.

The elastic straps of the Push AFO are adjustable. This allows the degree of dynamic foot lift during the swing phase to be determined according to the individual needs of the user. On heel strike, the restraining function of the elastic straps ensures a well-controlled **plantar flexion**. During stance phase, the Push AFO allows flexion and extension in the ankle joint and allows the (remaining) function of the calf muscles to be addressed during the rolling of the foot. The result is an efficient and natural gait.

Where normally the shoe allows for fixation of the orthosis around the foot, the Push AFO has its own fixing strap system. This innovative construction allows the Push AFO to be used with light footwear such as indoors in slippers.

LIGHTWEIGHT, GLASS FIBRE REINFORCED FRAME

Basis for the softshell and the functional straps.
Provides **lateral stability** to the ankle joint.

SOFTSHELL

Provides comfort and good distribution of pressure.

ELASTIC STRAPS

Control the **plantar flexion** after heel strike and ensure a neutral foot position during swing phase.

FLEXIBLE SOLE

Allows for natural unrolling of the forefoot.

NON-ELASTIC DYNEEMA® - STRAP SYSTEM

Fixes the foot in the orthosis and counteracts inversion and eversion.





Push ortho Ankle Foot Orthosis (AFO) | RHNE-3203

The innovative construction and the unique combination of functions of the Push AFO offer advantages in various usage situations such as walking on rough surfaces, getting up from a chair, or climbing stairs and slopes. The advantage is in the efficient execution of the movement, the comfort experienced and the feeling of security.

INDICATIONS

- Loss of control of the ankle **dorsiflexors** during swing phase and during loading response (heelstrike / foot flat), possibly with ankle instability.
- Disorders possibly involving loss of the function of the ankle **dorsiflexors** are: CVA, hernia, multiple sclerosis, postpolio syndrome, muscular dystrophy, spinal cord injury, polyneuropathy.

CONTRA-INDICATIONS

- Loss or lack of control of the calf muscles, moderate to severe spasticity, extreme pes equinus, foot deformity.

Size	Size Around Ankle
1	27 - 31 cm
2	31 - 34 cm
3	34 - 40 cm

Measure the circumference of the ankle.

Execution:
Left & Right



Push ortho Ankle Brace Aequi | RHNE-3201

The Push ortho Ankle Brace Aequi is an effective ankle orthosis which strikes a balance between efficient mechanical support of a disabled ankle and good wearer comfort. The rigid support is situated exclusively on the **medial** side of the ankle and has a recess for the malleolus. The **lateral** side is made from preformed foam, which easily adapts to the individual anatomy.

INDICATIONS

- Serious (residual) instability (under high stress)
- Treatment of acute **lateral** ankle **ligament** lesions
- After-care of conservative or operated ankle fractures
- **Arthrosis** with instability without accumulation of fluid
- Secondary prevention of ankle **ligament** lesions (under heavy strain without accumulation of fluid)

Size	Size Around Ankle
1	27 - 31 cm
2	31 - 34 cm
3	34 - 40 cm

Measure the circumference of the ankle.

Execution:
Left & Right



Push ortho Ankle Brace Aequi Junior | RHNE-3202

The Push ortho Ankle Brace Aequi Junior (or simply Aequi Junior) strikes a good balance between effective mechanical support and good wearer comfort for cases of (sub-)acute or chronic ankle injury. The Aequi Junior stabilises the ankle joint during **inversion** as well as **eversion** and in both neutral and flexed positions. The freedom of **dorsiflexion** and **plantar flexion** is sufficiently maintained to allow normal walking. Optimal functioning of the brace is achieved when it is worn in a sturdy (lace-up) shoe.

INDICATIONS

- Acute ankle **ligament** lesions; both **inversion** and **eversion** trauma
- Stabilisation of conservatively or operatively treated ankle fractures
- (Residual) instability
- Secondary prevention of ankle **ligament** lesions

Size	Size Around Ankle
One Size	23 - 27 cm

Measure the circumference of the ankle.

Execution:
Universal





Push ortho Thumb Brace CMC | RHNE-3101

The Push CMC stabilises the basal joint of the thumb (CMC-1) and places the thumb in a functional position. This guarantees optimal hand function and reduces such symptoms as pain and loss of strength.

The selected materials and rounded edges contribute to maximum comfort, the simple closing system enabling patients to fit the brace themselves without any effort. The product is antimicrobial, can be used in water, and can be dried easily.

INDICATIONS

- Osteoarthritis of the CMC-1 joint
- Postoperative treatment of the CMC-1 joint
- Status after arthroplasty of the CMC-1 joint
- Instability of the CMC-1 joint



Measure the circumference of the palm.

Execution:
Left & Right

Size	Size Around Palm
1	16 - 19.5 cm
2	19.5 - 22.5 cm
3	22.5 - 26 cm



Push care Wrist Brace | RHNE-1101

The Push care Wrist Brace provides pressure around the wrist joint, thus improving its stability. This pressure can be adjusted as and when the need arises. The wrist joint is not immobilised, thus retaining the functionality of the hand.

The palm of the hand is kept free, ensuring that a good grasp is maintained. There is a 'comfort zone' made from padded material around the ulnar area of the wrist.

INDICATIONS

- Residual instability
- Moderate to serious **distortions**
- Strain complaints in the wrist joint
- **Tendinitis** to the wrist extensors
- After-care for wrist fractures
- **Arthrosis** with distension
- RSI



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



Push med Wrist Brace | RHNE-2101

The Push med Wrist Brace provides a high measure of support and protection to the wrist joint without restricting the functionality of the hand. The anatomically shaped stiffeners limit palmary and **dorsiflexion** without obstructing it completely.

The level of pressure can be optimised by an easy-to-apply elastic band. The brace is easily fitted with one hand around the wrist. Comfort zones of padded material have been created around vulnerable areas of the wrist.

INDICATIONS

- Residual instability
- Moderate to serious **distortions**
- Therapy-resistant strain complaints of the wrist **extensors**
- **Tendinitis** of the wrist extensors
- Wrist fractures without dislocations
- Follow-up treatment of wrist fractures
- **Arthrosis** with **hydrops**
- RSI



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



Push med Wrist Splint | RHNE-2102

The Push med Wrist Brace Splint allows the wrist joint to rest without restricting the functionality of the hand. The brace is easily fitted with one hand around the wrist.

A circular non-elastic connection guarantees that the postforming splint closely follows the anatomy of the wrist joint. In this way, palmary **flexion** is limited and the hand supported in a functional position.

INDICATIONS

- Therapy-resistant strain complaints of the wrist **extensors**
- Moderate to serious **rheumatoid** complaints
- **Carpal tunnel syndrome**
- RSI



Measure the circumference of the wrist.

Execution:
Left & Right

Size	Size Around Wrist
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



Push care Neck Brace | RHNE-1601

The Push care Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. It ensures functional support of the neck and head between the jaw and collarbone. This is achieved by sufficiently rigid foam that does not restrict mobility. The anatomical shape, rounded edges and soft lining that keeps the skin dry ensure that the brace is very comfortable to wear.

Available in 2 heights.

INDICATIONS

- After-care to whiplash
- Acute neck injuries
- Minor cervical arthrosis



Measure the circumference of the neck.

Size (Height)	Size Around Neck
1 (8 cm)	27 - 36 cm
2 (8 cm)	36 - 46 cm
1 (10 cm)	27 - 36 cm
2 (10 cm)	36 - 46 cm



Push med Neck Brace | RHNE-2601

The Push med Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. The neck brace includes a detachable element for additional support. This element rests on the breastbone and the jaw for highly effective support. The brace can also be used without the reinforcement element if lighter support is desired. This may be the case when sleeping or as treatment progresses. A proper anatomical fit and the use of materials that keep the skin dry ensure that the brace is very comfortable to wear.

Available in 2 heights.

INDICATIONS

- After-care to whiplash
- Acute neck injuries
- Post-operative after cervical vertebrae surgery
- Cervical hernia Nucleus Pulposus
- Cervical arthrosis
- Cervical arthrosis with a pseudo-radicular syndrome



Measure the circumference of the neck.

Size (Width)	Size Around Neck
1 (8 cm)	27 - 36 cm
2 (8 cm)	36 - 46 cm
1 (10 cm)	27 - 36 cm
2 (10 cm)	36 - 46 cm



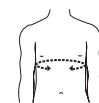
Push med Shoulder Brace | RHNE-2503

The Push med Shoulder Brace provides effective immobilisation of the arm during the treatment of a variety of shoulder injuries. It allows the arm to be fixed in a neutral or slightly adducted shoulder position. Applying the brace is simple and can easily be done by patients themselves. Each fixation point is individually adjustable, ensuring an optimal fit for the patient, without straining the shoulders or neck.

The brace is also indicated for immobilising the arm during the night in the case of hemiplegia. The 3 different sizes of the Push med Shoulder Brace offer a wide circumference range, and is identical for the left-hand and the right-hand side.

INDICATIONS

- Clavicle fracture
- Status after (sub)luxation
- Post-operative shoulder joint status
- Periarthritis humeroscapularis
- Subcapital fracture in humerus
- Immobiliser in the case of hemiparesis, for example at night



Measure the circumference of the chest.

Execution:
Left & Right

Size	Size Around Chest
1	55 - 75 cm
2	75 - 105 cm
3	105 - 140 cm

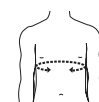


Push med Shoulder Brace Plus | RHNE-2502

The Push med Shoulder Brace Plus is fitted with an additional strap across the unaffected shoulder. This strap comfortably supports the hand and wrist, guaranteeing a fixed position of the lower arm. The angle at which the lower arm is positioned can be adjusted to prevent hyperaemia. Thus the weight of the arm is comfortably distributed across the breast and shoulder straps.

INDICATIONS

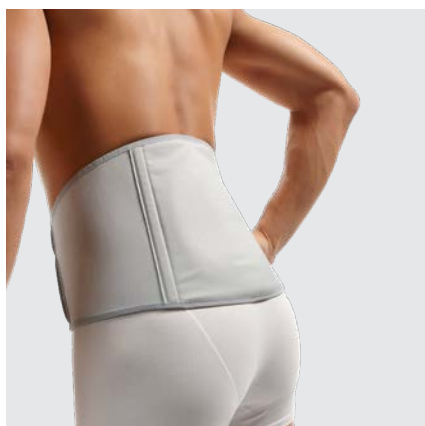
- Clavicle fracture
- Status after (sub)luxation
- Post-operative shoulder joint status
- Periarthritis humeroscapularis
- Subcapital fracture in humerus



Measure the circumference of the chest.

Execution:
Left & Right

Size	Size Around Chest
1	55 - 75 cm
2	75 - 105 cm
3	105 - 140 cm



Push care Back Brace | RHNE-1401

The Push care Back Brace reduces pain in the lower area of the back through even distribution of pressure. A comfortable pad on the lower back area with four pressure points ensures a relieving pressure sensation. The pad is removable and the pressure can be easily adjusted to suit individual preferences.

The shape and material make the brace comfortable to wear when performing activities while standing or sitting, at home or at work. The anatomical fit makes it suitable for both men and women and guarantees good position retention. A good body fit ensures that the brace is not noticeable when worn under clothes.

INDICATIONS

- Chronic non-specific lower back complaints
- For back-straining activities (secondary prevention)
- Pseudoradicular complaints (sciatica)



Measure the circumference of waist at navel.

Size	Size Around Waist
1 (XS)	65 - 75 cm
2 (S)	75 - 85 cm
3 (M)	85 - 97 cm
4 (L)	97 - 110 cm
5 (XL)	110 - 125 cm
6 (2XL)	125 - 145 cm



Push med Back Brace | RHNE-2402

The Push med Back Brace improves the position of the lumbar vertebral column and reduces pain. The tightening of elastic bands creates pressure, increasing the support of the metal reinforcements applied. The pressure is easily adjustable to suit personal preferences. Each individual reinforcing element can be adjusted.

The shape and material make the brace comfortable to wear when performing activities while standing or sitting, at home or at work. The anatomical fit makes it suitable for both men and women and guarantees good position retention. A good body fit ensures that the brace is not noticeable when worn under clothes.

INDICATIONS

- Spondylolisthesis
- Spondylolysis
- Degenerative complaints to the lumbar vertebral column
- Discopathy
- Osteoporotic lumbar impression fracture
- Post-operative treatment



Measure the circumference of waist at navel.

Size	Size Around Waist
1 (XS)	65 - 75 cm
2 (S)	75 - 85 cm
3 (M)	85 - 97 cm
4 (L)	97 - 110 cm
5 (XL)	110 - 125 cm
6 (2XL)	125 - 145 cm



Push care Knee Brace | RHNE-1302

The Push care Knee Brace offers compression around the knee joint and supports the patella which improves the sense of stability and users experience pain relief. The fasteners allow pressure to be individually adjusted. Users will be aware of the comfortable support this offers and thus be encouraged to attempt more active movement. The use of high quality, elastic materials and silicone applications on the inner surfaces of the brace ensure the brace fits perfectly and also maintains its position.

INDICATIONS

- Osteo of the knee joint
- Patellofemoral osteoarthritis
- Retropatellar pain complaints
- Patella instability
- Rheumatoid complaints
- Residual functional instability



Measure the circumference of the knee.

Execution:
Left & Right

Size	Size Around Knee
1	28 - 31 cm
2	31 - 34 cm
3	34 - 37 cm
4	37 - 41 cm
5	41 - 45 cm



Push med Knee Brace | RHNE-2301

The Push med Knee Brace provides substantial support for the knee joint in the medio-lateral direction. The knee is supported by two non-axial leaf spring hinges that follow the natural rotation movements of the knee in a unique way. This means that flexion and extension of the knee are not hindered. The band construction ensures that the hinges remain close to the joint. The good anatomical fit and the silicone application help the position of the brace to be maintained when walking. Due to its slim construction, the brace is not noticeable when worn under clothes.

INDICATIONS

- Arthrosis with hydrops
- Rheumatoid arthritis
- Functional instability after ligament damage
- Residual instability after ligament damage
- Delay after-care treatment of knee ligament surgery



Measure the circumference of the knee.

Execution:
Left & Right

Size	Size Around Knee
1	28 - 31 cm
2	31 - 34 cm
3	34 - 37 cm
4	37 - 41 cm
5	41 - 45 cm



Push care Ankle Brace | RHNE-1201

Your Push care Ankle Brace provides compression around the ankle, thus improving the sense of stability of the joint. This compression can be adjusted as needed. The ankle brace has a perfect fit and can be worn in practically any shoe. Comfort zones of padded material have been created around vulnerable areas of the ankle.

INDICATIONS

- Minor distortions
- Slight capsule irritations
- Slight ankle instability (under light stress)
- Arthrosis without instability

Size	Size Around Ankle
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm

Measure the circumference of the ankle.

Execution:
Left & Right



Push med Ankle Brace | RHNE-2201

The Push med Ankle Brace provides for long-term support of the ankle joint and can be used for a wide range of cases and conditions. The brace is based on the principle of the functional tape bandage. The degree of pressure and pronation/supination limits is adjustable and a silicone application ensures good position retention. There are comfort zones around vulnerable parts of the ankle, such as **Achilles' tendon**. The brace is comfortable to wear and easy to use, also due to the wide instep and an integrated heel-lock.

INDICATIONS

- Moderate (residual) instability
- Treatment of acute lateral ankle ligament lesions (alternative to taping)

Size	Size Around Ankle
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm

- Treatment of stable ankle fractures (**Weber type A**)
- Capsular irritation and **tendinitis** following ankle fracture or **ligament** lesions
- Arthrosis with instability
- Secondary prevention of ankle **ligament** lesions (under moderate stress with accumulation of fluid)
- Impingement (capsular clamping; anterior and posterior)

Measure the circumference of the ankle.

Execution:
Left & Right



Push med Ankle Brace Aequi Flex | RHNE-2202

The Push Aequi Flex is very distinctive in its added flexibility and comprehensive compression of the affected area. The brace has an enlarged flexible shell covering the ankle ensuring evenly distributed compression. The Aequi Flex is very effective in cases of treatment of acute ankle injuries. The rigid support is situated exclusively on the **medial** side of the ankle and has a recess for the malleolus.

INDICATIONS

- Treatment of acute lateral ankle ligament lesions
- Follow-up treatment of conservative or operated ankle fractures
- Serious (residual) instability
- Secondary prevention of ankle ligament lesions

Size	Size Around Ankle
1	27 - 31 cm
2	31 - 34 cm
3	34 - 40 cm

Measure the circumference of the ankle.

Execution:
Left & Right





CONWELL Medical is a fast growing company specialized in the field of orthopaedic brace and support. Founded in 2005, Conwell Medical Co., Ltd. is a manufacturer, distributor and exporter of its patented brand Conwell. Conwell offers a complete range of orthopaedic products for the major injury-prone areas of the body, including the foot, ankle, knee, back, shoulder, elbow and wrist.

Helping our customers to "Be Well with Conwell" is what we strive for and what keeps us going. To accomplish that, we rigorously select the material and constantly innovate new designs to ensure that Conwell products provide effectiveness and comfort to our customers. Product quality control is one of our top priorities. In 2009, we have received the quality standard ISO 9001 and ISO 13485.





Finger Splint | RHCW-5319

FEATURES:

- Plastic shell to provide superior protection and immobilisation to injured finger.
- Lightweight for comfort.
- Hook and loop fasteners design for easy application and stabilisation.

INDICATIONS

- Protects and immobilises injured finger

Size	Length of Splint
S	5.7 cm
M	6.8 cm
L	8.3 cm
XL	9.3 cm



Plastic Thumb Wrist Splint | RHCW-5325(L)/5326(R)

FEATURES:

- Plastic shell to provide excellent immobilisation.
- Lightweight splints with high quality soft foam for optimum comfort.
- Adjustable wrist wrap-around straps for ease of application.

Execution:
Left & Right

Size	Size Around Wrist
SM/MD	13 - 19 cm
LG/XL	20 - 27 cm



Thumb with Wrist Splint | RHCW-5315

FEATURES:

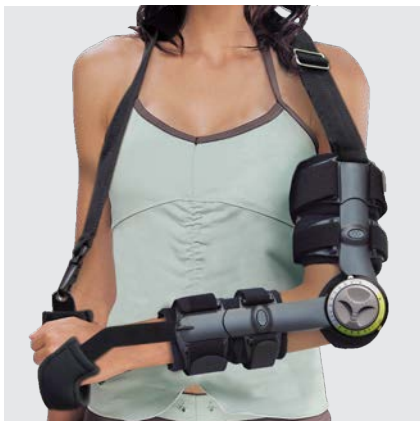
- Durable high quality mesh material produces excellent comfort and drying.
- Removable aluminium stays on the front and lateral provide wrist and thumb excellent immobilisation.
- Adjustable wrist wrap-around strap offers extra stability.
- Hook and loop closures that adjust for the most comfortable and easy fit.

INDICATIONS

- Wrist and thumb support
- Thumb sprain
- Immobilisation of the wrist and thumb

Execution:
Left & Right

Size	Size Around Wrist
S	13 - 15 cm
M	15 - 17 cm
L	17 - 19 cm
XL	19 - 21 cm



Length Adjustable ROM Elbow Brace | RHCW-53270(L)/53280(R)

FEATURES:

- Simple rotate ROM setting design provides fast and easy ROM setting.
- Flexion limit of 0° to 120° and extension limit of 0° to 90°.
- The brace length is extendable from 14" to 16.5".
- Flexible hinge wings provide great stabilisation.
- Plush soft-foam wrap for maximum comfort.
- Hook and loop closures that adjust for the most comfortable and easy fit.

INDICATIONS

- Elbow brace is designed to handle post-op immobilisation.
- Elbow arthroscopy, severe elbow strains and ligament trauma.

Measure the circumference of the forearm.

Execution:
Left & Right

Size	Size Around Arm
One Size	35 - 40 cm

NEW
TO CATALOGUE!



ROM Knee Brace 19" & 22" | RHNE-57110(19")/57112(22")

FEATURES:

- The aluminium hinge offers complete range of motion control for flexion and extension.
- The release lock mechanism allows for easy conversion to full range of motion.
- Straps integrated through hinge bars offer greater support and stability.
- Plush soft-foam wraps for maximum comfort and easy to use.
- Universal sizing - fits left or right leg.

INDICATIONS

- Adjustable immobilisation
- Option instead of cast immobilisation
- Utilised following surgery or trauma to the knee

Length	Size	Size Around Thigh	Size Around Calf
19"	One Size	Up to 70cm	Up to 48cm
22"	One Size	Up to 70cm	Up to 48cm

Measure the circumference of the thigh and calf.

Execution:
Universal



Length Adjustable ROM Knee Brace | RHCW-57260

FEATURES:

- Simple rotate setting design provides fast and easy ROM setting.
- Flexion limit of 0° to 120° and extension limit of 0° to 90°.
- Quick lock design provides immediate knee flexion fixed at 0°, 15°, 30° and 45°.
- The brace length is extendable from 17" to 28".
- Flexible hinge wings allow custom fit to the leg and provide great stabilisation.
- Plush soft-foam wrap for maximum comfort.
- Hook and loop closures that adjust for the most comfortable and easy fit.

INDICATIONS

- Improve joint function
- Post-operative knee immobilisation

Size	Size Around:
One Size	Thigh: Up to 48 cm
Length: 48 - 70 cm	Calf: Up to 48 cm

Measure the circumference of the thigh and calf.

Execution:
Universal



Defender Mesh OA Knee Brace | RHCW-5722(L)/5723(R)

FEATURES:

- 3 - Point load shifting system that relieves the degenerative joint and supports correct knee joint alignment.
- Adjustable straps apply force to single side knee joint to create 3-Point load shifting system.
- Patented ROM hinge allows easy and fast range of motion setting, easy to use, tool-free.
- Extra extension buffer helps to relieve pain and discomfort by slowing down knee extension movement and avoid knee shock feel near full knee extension.
- Extension range setting from 0° to 90°, in 15° increments.
- Flexion range setting from 0° to 105°, in 15° increments.

INDICATIONS

- Mild to moderate unicompartmental osteoarthritis
- Stabilize knee joint
- Reduce knee pain
- Genu Varum (Bowleg)

Size	Size Around Leg
SM	33 - 38 cm
MD	38 - 43 cm
LG	43 - 48 cm
XL	48 - 53 cm
XXL	53 - 58 cm

Measure the circumference of the leg, 15cm above patella.

Execution:
Left & Right

NEW
TO CATALOGUE!



Defender Ligament Knee Brace | RHCW-5728(L)/5729(R)



FEATURES:

- Anatomic frame allows the brace to conform to the leg's shape and provide good support to the patient.
- Aircraft grade aluminium frame made by 6061 aluminium alloy, provides extra strength and durability.
- Light weight and user-friendly smooth edge for comfort and prevents unnecessary scratch and injury.
- Tool-free, easy to use Conwell's patented ROM hinge makes it easy and fast to set range of motion.
- High density foam and soft foam lining for excellent immobilisation and comfort.
- Easy adjustable and removable straps ensure a custom fit.

INDICATIONS

- Mild to severe ACL and/or PLC, MCL and LCL instabilities

Size	Size Around Leg (15cm above patella)	Size Around Leg (15cm below patella)	Knee Width
S	40 - 45 cm	31 - 35 cm	9 - 10 cm
M	45 - 52 cm	35 - 37.5 cm	10 - 11.5 cm
L	52 - 58 cm	37.5 - 40 cm	11.5 - 12.5 cm
XL	58 - 63.5 cm	40 - 42.5 cm	12.5 - 14 cm

Execution:
Left & Right



Defender Mesh ROM Knee Brace 13" | RHNE-5724



FEATURES:

- Bilateral ROM hinges provides immobilisation to medial and lateral knee instability.
- Patented ROM hinge allows easy and fast range of motion setting, easy to use, tool-free.
- Extra extension buffer helps to relieve pain and discomfort by slowing down knee extension movement and avoid knee shock feel near full knee extension.
- Flexion/extension stops kit.
- Extension range setting from 0° to 90°, in 15° increments
- Flexion range setting from 0° to 105°, in 15° increments.

INDICATIONS

- Patella stabilisation
- Stabilize knee joint
- Cruciate and collateral ligament tears
- Ligament sprains
- Meniscus tears

Size	Size Around Leg
S	33 - 38 cm
M	38 - 43 cm
L	43 - 48 cm
XL	48 - 53 cm
XXL	53 - 58 cm

Measure the circumference of the leg, 15cm above patella.

Execution:
Universal



Defender Mesh ROM Knee Brace 17" | RHCW-5725

FEATURES:

- Long length design for additional support.
- Bilateral ROM hinges provide immobilisation to medial and lateral knee instability.
- Patented ROM hinge allows easy and fast range of motion setting, easy to use, tool-free.
- Extra extension buffer helps to relieve pain and discomfort by slowing down knee extension movement and avoid knee shock feel near full knee extension.
- Extension range setting from 0° to 90°, in 15° increments
- Flexion range setting from 0° to 105°, in 15° increments.

INDICATIONS

- Patella stabilisation
- Improve knee joint function
- Improve knee stability
- Protect cruciate and collateral ligaments

Size	Size Around Leg
S	33 - 38 cm
M	38 - 43 cm
L	43 - 48 cm
XL	48 - 53 cm
XXL	53 - 58 cm

Measure the circumference of the leg, 15cm above mid-patella.

Execution:
Universal



ROM Hinged Knee Stabilizer 13" | RHCW-5755

FEATURES:

- COOLMAX® fabric lining keeps you cool and comfortable.
- Patented ROM hinge allows easy and fast range of motion setting, tool-free.
- Extension range setting from 0° to 90°, in 15° increments.
- Flexion range setting from 0° to 105°, in 15° increments.

INDICATIONS

- Patella stabilisation
- Improve knee joint function
- Improve knee stability
- Protect cruciate and collateral ligaments

NEW
TO CATALOGUE!

Size	Size Around Leg
S	33 - 38 cm
M	38 - 43 cm
L	43 - 48 cm
XL	48 - 53 cm
XXL	53 - 58 cm

Measure the circumference of the leg, 15cm above patella.

Execution:
Universal



ROM Hinged Knee Brace 13" | RHCW-5765

FEATURES:

- COOLMAX® fabric lining keeps you cool and comfortable.
- Patented ROM hinge allows easy and fast range of motion setting, tool-free.
- Extension range setting from 0° to 90°, in 15° increments.
- Flexion range setting from 0° to 105°, in 15° increments.
- Full open wrap-around design for easy application.

INDICATIONS

- Patella stabilisation
- Improve knee joint function
- Improve knee stability
- Protect cruciate and collateral ligaments

NEW
TO CATALOGUE!

Size	Size Around Leg
S	33 - 38 cm
M	38 - 43 cm
L	43 - 48 cm
XL	48 - 53 cm
XXL	53 - 58 cm

Measure the circumference of the leg, 15cm above patella.

Execution:
Universal



Cast Boot | RHCW-5917

FEATURES:

- Open toe and heel straps for easy application.
- Hook and loop closures that adjust for the most comfortable and easy fit.

INDICATIONS

- For lower leg casted fractures.

Measure foot length and find AU shoe size.

Execution:
Universal

Size	Max. Foot Length	Women's Shoe Size	Men's Shoe Size
S	22 cm	Up to 4.5	-
M	26 cm	5 - 8	3 - 5
L	30 cm	8.5 - 10	5.5 - 8.5
XL	34 cm	> 10.5	> 9



Paediatric Air Shield Walker | RHCW-5927

FEATURES:

- Rigid structure provides good support and immobilisation to the foot and ankle.
- Rocker bottom design helps promote natural gait.
- Anti-slippery and wear resisting sole.
- Soft-foam with breathable fabric lining keeps you dry and comfortable.
- Fits left and right foot.

INDICATIONS

- Stable fractures of the foot and ankle
- Acute ankle sprains
- Post-op ankle surgery



Execution:
Universal

Size	Base Length	Base Width	Walker Height
S	16.3 cm	7.8 cm	17.5 cm
M	20.1 cm	9.1 cm	22.5 cm
L	22.5 cm	10.4 cm	28.7 cm



Air Shield Walker (Short) | RHCW-5921

FEATURES:

- Air can be easily adjusted to achieve desired compression and custom fit.
- Front and back panels for superior protection.
- Soft-foam with breathable fabric lining keeps you dry and comfortable.
- Fits left and right foot.

INDICATIONS

- Stable fractures of the lower leg and ankle.
- Acute ankle sprains.

Measure foot length and find AU shoe size.

Execution:
Universal

Size	Max. Foot Length	Women's Shoe Size	Men's Shoe Size
S	25 cm	6 - 8	3.5 - 6
M	28 cm	8.5 - 11.5	6.5 - 9.5
L	30 cm	11.5 - 13.5	9.5 - 11.5
XL	31 cm	> 13.5	> 11.5



Air Shield Walker (Standard) | RHCW-5922

FEATURES:

- Air can be easily adjusted to achieve desired compression and custom fit.
- Front and back panels for superior protection.
- Soft-foam with breathable fabric lining keeps you dry and comfortable.
- Fits left and right foot.

INDICATIONS

- Stable fractures of foot and ankle.
- Acute ankle sprains.

Measure foot length and find AU shoe size.

Execution:
Universal

Size	Max. Foot Length	Women's Shoe Size	Men's Shoe Size
S	25 cm	6 - 8	3.5 - 6
M	28 cm	8.5 - 11.5	6.5 - 9.5
L	30 cm	11.5 - 13.5	9.5 - 11.5
XL	31 cm	> 13.5	> 11.5



Night Splint | RHCW-5914

FEATURES:

- Dorsiflexion hook and loop straps for easy adjustment.
- Lightweight design for comfort.
- Soft-foam padding for maximum comfort.
- Fits either right or left foot.

INDICATIONS

- Heel spur syndrome,
- Plantar fasciitis
- Night time immobilisation of the foot and ankle.

Measure foot length and find AU shoe size.

Execution:
Universal

Size	Max. Foot Length	Women's Shoe Size	Men's Shoe Size
S	24.5 cm	Up to 7.5	Up to 6
M	26.5 cm	7.5 - 9.5	6.5 - 7.5
L	29 cm	9.5 - 11.5	7.5 - 10

STAIRTRAINER by Liftup

StairTrainer is a rehabilitation and training aid. If you have an injury it is important to commence your rehabilitation quickly, to give yourself the most chance of regaining as much of your prior mobility and fitness as possible. StairTrainer is a mobile, fully adjustable staircase that is used to support patients in rehabilitation as they learn to use stairs again.

Quick and safe rehabilitation

Thanks to our unique StairTrainer, it's now possible to begin rehabilitation at a very early stage. This system makes it possible to begin with very small steps, right down to 2.5 cm. This allows the user to train without being frightened by high stairs or the fear of falling down a long set of stairs.

Digital height adjustment

With the digital display of current height it is possible to recreate the precise position from one time to the next or chart the progress of the user as they rehabilitate.

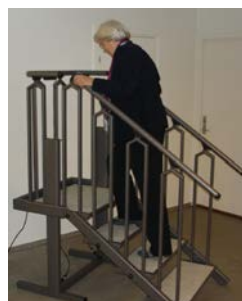
Transportable

The StairTrainer can be easily and elegantly transported around as the turning wheels remain active when the StairTrainer is down to the floor. The StairTrainer can pass through an ordinary 90 cm door opening.

Safety

The StairTrainer is fitted with a robust banister on each side meaning that the user never needs to fear falling during training.

The StairTrainer is used extensively by physiotherapists in rehabilitation clinics worldwide. Physiotherapists praise the high treatment success rate, safety standards and ease of use and relocation.



StairTrainer | RHLU-100060

FEATURES

- Several adjustment options for level of difficulty
- Simple to transport
- Digital display enables user to follow progress
- Faster begin of rehabilitation process
- Higher success rate of rehabilitation

- Length: 1650 mm
- Width: 820 mm
- Height: 1085 mm
- Dead weight: 105 kg
- Max load: 180kg

GATE

REHAB DEVELOPMENT AB TM

At GATE, we always endeavour to be at the leading edge when it comes to design and innovation for healthcare aids. All of GATE's proprietary products have that little something extra – a component, a solution or materials that no other manufacturer has.

“...our products are your best investment”

When we develop new products we create products that have their own intrinsic value - made using modern materials and designs with innovative – and sometimes unexpected – solutions. Our vision is for our products to be your best investment.



GATE Bure

Rise & Go DB™

Rise & Go Double (DB) is available with electric walking frame widening. Flexible widening combined with the lower height above the walking frame enhances versatility regardless of the patient's situation in hospital or at home.

The Bure Rise & Go DB is a cost-effective walker enhanced with a patented power rise function. The Bure Rise & Go DB contributes to reduced workloads and is an investment in staff well being and the patient's rehabilitation.



RHGA-56-309



RHGA-56-384
(sold separately)



Electrically driven frame widening makes it easy to move StandTall Walkers right up close to users without worrying about wheelchair width, bed construction or seat width. This also helps personnel assist patients to stand up. With the frame in its outer position, the StandTall Walker is extra stable and can be used to best advantage by the patient, which helps those who need extra walking space.



Brake Kit Twin
RHGA-58-339



Drip Stand with
Attachment
RHGA-56-338



Side Support
RHGA-56-337



Walker Gait Belt
RHGA-56-388-S/M/L/XL



Platform Aluminium
- Long/Short
RHGA-56-333-DB /
RHGA-56-383-DB



Oxygen Bracket
RHGA-56-336



Soft Basket
RHGA-56-389



Castors with brake
(various sizes)



Bure Rise & Go DB | RHGA-56-309

The Bure Rise & Go means better work ergonomics for carers, trainers and anyone else working with patients. Thanks to the smart power rise assistance, standing up becomes a safe, confident and natural action that does not wear out the backs of health care personnel.

FEATURES

- Hand controller located so both of the carer's and user's hands can easily reach it.

- Anatomically designed armrests can be folded out to provide user an easy means of reaching the handles when standing.
- Fitted with shin supports for a better standing manoeuvre; height adjustable and can be moved aside to create greater space.
- Low floor clearance minimises problems in getting up close to patients.
- All Bure Rise & Go electrical components have IP 65 international protection ratings and can therefore be used in wet spaces.

- Ergonomically designed handles are steplessly adjustable in every direction for optimum individual comfort. This is extremely important for stroke patients who can thus reach their "usual" hand position.

Max User Weight	150 kg
Length	101 cm
Height	89 - 129 cm
Width, External	66 - 106 cm
Between Armrests	34 - 67 cm



Bure Rise & Go | RHGA-56-316

The Bure Rise & Go is a cost-effective walker enhanced with a patented power rise function. Thanks to this function, Bure Rise & Go acts as a combined stand-up, mobility and walking aid all in a single product. (Frame does NOT widen)

FEATURES

- Can be used with a footplate that makes patient transits easy
- Harness is washable at 60°, and it is simple and flexible to wear, even during visits to the bathroom

- Safe, confident standing and mobility mean a better working environment for healthcare professionals.
- Directional lockable castors
- Fitted with shin supports for a better standing manoeuvre; height adjustable and can be moved aside to create greater space.
- Low floor clearance minimises problems in getting up close to patients (when used with smaller castors)

Max User Weight	150 kg
Length	92 cm
Height	97 - 137 cm
Width, External	77 cm
Between Armrests	34 - 67 cm



Bure Standard/S StandTall Walker | RHGA-56-3__

Bure Standard and Bure S are available in three versions; ELECTRIC | GAS | And MANUAL. Bure S is a narrower version of the Bure Standard specially adapted to work in confined spaces. Both models have stepless forearm support height adjustment.

Apart from being an excellent aid for getting patients up and about, the walker is also a valuable rehabilitation tool. Rehabilitation using the walker keeps the patient's muscles and alimentary canal active and generally contributes to improving the general condition of the otherwise bedridden.

It makes it easier for infirm patients or those with weak legs to walk, and some can even manage without the support of healthcare personnel.

FEATURES

- Open design provides increased manoeuvring space and makes access easier when getting up or dressing.
- Anatomically designed cushions at a slight incline that help shoulders and arms to relax.
- Directional lockable castors

- Design helps to shift the focus from muscles in the hands, arms and shoulders to larger muscle groups such as leg and chest muscles.

Standard StandTall Walker specs:

Max User Weight	150 kg
Length	80 cm
Height	91 - 133 cm
Width, External	78 cm
Between Armrests	25 - 50 cm



Bure XL StandTall Walker | RHGA-56-315

Bure XL is designed for the bigger, heavier patient and therefore provides extra space and strength. Because extra powerful aids are required in the care and nursing of heavier patients, Bure XL is always supplied with electric drives.

The Bure XL is designed to provide support for heavier patients up to 240 kg. This StandTall Walker has also been widened to provide good stability and plenty of space. The inner dimension is 44-62 cm. The extra leg room makes it especially easy for patients who need extra walking space due to e.g. leg spasms.

FEATURES

- The open design provides the same stability but with greater room for manoeuvre. The patient does not feel shut in and it makes assistance with standing up and dressing easier.
- Provides excellent assistance when helping patients and users stand. The physical burden on staff, and in turn the risk of repetitive strain injury, is minimised.

Depending on their current condition, a number of patients are even able to stand up by themselves using the power rise feature.

Max User Weight	240 kg
Length	78 cm
Height	91 - 131 cm
Width, External	88 cm
Between Armrests	44 - 82 cm

NEW
TO CATALOGUE!

GATE

Bure Double 2.0 | RHGA-56-303

The new Bure Double is equipped with twin electric drives for raising and lowering the walker and widening the walking frame. The new version has a significantly lower height above the walking frame for better access and a higher user weight (150 kg) compared to the earlier version. Because Bure Double 2.0 is so flexible it is eminently suitable for the home environment.

FEATURES

- Bure Double can be lowered to 85 cm and as such is the lowest of all GATE StandTall Walkers

- The open design provides the same stability but with greater room for manoeuvre. The patient does not feel shut in and it makes assistance with standing up and dressing easier
- The low height above the floor minimises problems such as getting close to the user e.g. when he or she is sitting on a bed.
- All Bure Double electrical components have IP 65 international protection ratings and can occasionally be used in damp areas.

- Bure Double 2.0 ELPower Rise Bure Double provides excellent assistance for helping patients stand up. Personnel burdens, and thus repetitive strain injuries, are minimised.

Max User Weight	150 kg
Length	87 cm
Height	85 - 125 cm
Width, External	64 - 95 cm
Between Armrests	25 - 50 cm

GATE

Amfibi Double Hygiene Commode | RHGA-56-203DB

Amfibi Double is GATE's most advanced and versatile hygiene chair. It is equipped with twin electric drives, electrically operated raising and lowering and electrically operated tilt. The chair can be adjusted steplessly even when the patient is in the chair. Together with the soft, relaxing relief offered by the seat and back, the chair's functions provide superlative comfort for the patient and a minimum of strain for personnel.

FEATURES

- Armrests can be flipped up and locked in position to make it easier for the patient to assist with the transfer.

- Simply press the remote up/down and tilt buttons to operate. The cabled remote is sealed to a high protection class (IP66).
- An infinitely variable seat height from 53 all the way to 82 cm means the chair will fit most patient and reduce staff workload to a minimum.
- Amfibi Double can be inclined 5 degrees forward to 25 degrees rearward. This makes it easy to use for personal hygiene and when sitting down or getting up.
- Adapted for an upright posture that does not close the pelvis. Minimises

pressure and designed to suit both men and women. Seat is easy to remove and clean, rounded leg position.

Max User Weight	150 kg
Seat Depth	45 cm
Seat Height	53 - 82 cm
Width, External	62 cm
Between Armrests	52 cm

GATE

Amfibi Double HighBack Hygiene Commode | RHGA-56-275

Amfibi Double HighBack is a further development of our much appreciated Amfibi concept. It is equipped with a high, upholstered back with upholstered back including neck rest and integrated seat with rear opening. The high backrest provides soft yet stable support and its lower section is fitted with a pliant lumbar support for additional comfort. The seat with the opening to the rear was designed to meet the wishes of GATE customers; it provides a natural, more hygienic working method.

FEATURES

- The seat has a soft, resilient, ergonomic design for the best comfort possible. The opening to the rear provides the carer with a natural, more hygienic working method.
- The high backrest provides soft yet stable support. It is easy to clean and can be replaced as necessary.
- The integrated height-adjustable neck rest is available in two sizes, M and L.

Max User Weight	150 kg
Seat Depth	45 cm
Seat Height	53 - 82 cm
Width, External	60 cm
Between Armrests	52 cm

GATE

Amfibi XL Hygiene Commode | RHGA-56-204

GATE hygiene chairs have a unique pillar design for quick and easy seat height adjustment. There is a choice of manual or electric adjustment to suit various needs. Amfibi fits most people no matter how tall, and staff will not need to waste time and energy looking for a suitable hygiene chair for each situation.

Amfibi XL was designed for the bigger, heavier patient and therefore provides extra space and strength and electrical height adjustment. Maximum user weight is 250 kg.

FEATURES

- The XL's seat and back are adapted for an upright posture that does not close the pelvis. The soft, ergonomic seat (PU) is standard and built in to the chair. It minimises pressure on the hips, tendons and blood vessels and is designed to suit both men and women.
- The soft, comfortable back-strap relieves pressure on bony areas. It is easily adjustable for best support and seat depth. Machine washable.

- Unique pillar design for quick and easy seat height adjustment. Seat can be raised by up to 81 cm from lowest position, requiring minimum effort from care personnel.

Max User Weight	250 kg
Seat Depth	49 cm
Seat Height	55 - 81 cm
Width, External	79 cm
Between Armrests	67 cm

COMPLEMENTARY



GATEWAY
Sports & Rehab

RAIZER[®] by Liftup

With the Raizer, a person who has fallen and can not get up again is raised comfortably up to a sitting or almost standing position in a way that supports the entire body throughout the process. This way of lifting shows consideration for the importance of being helped up in a dignified and safe way.

Ergonomic benefits

Raizer, the state of the art lifting chair, is used by personnel in home care as well as by ambulance services and all personnel working with lifting and moving of individuals with reduced mobility in general. The helper can handle the Raizer without assistance and raise the person from the floor with minimal physical effort, thus lifting and moving won't put the assistant's back, arms, etc. at risk.

Easy to transport

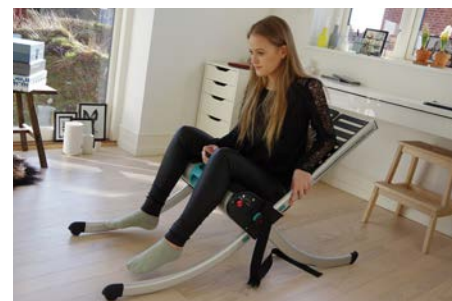
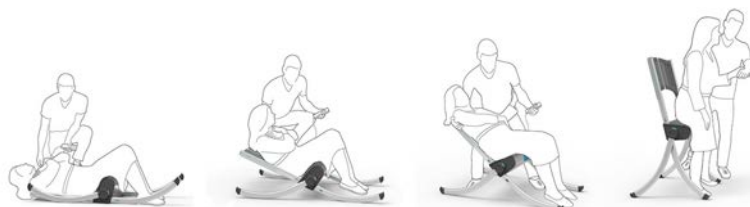
Raizer can be disassembled after use, making it easily transported and used anywhere in any situation. This innovative aid for lifting and moving allows the assistant to help a fallen person to sit or stand in a few minutes (including the assembly) from arrival on site.

Simple handling

Raizer is carried disassembled to the location where it is assembled around the fallen person and is battery operated via a remote control.

Exclusive design

Liftup has cooperated with a partner in design and innovation during the development process to achieve the exclusive expression of the Raizer. All the materials are carefully selected with focus on stability and durability and in consideration of both the helper and the fallen person.



Raizer Lifting Chair | MHLU-102840

FEATURES

- Mobile lifting chair for transfer from floor to a sitting or standing position
- Minimal physical effort for the assistant
- Both citizen and assistant can feel safe in the process
- Easy to transport in 2 light bags

- Assembly prior to operation: max 3 minutes
- Comfortable and safe for the person on the floor
- Safe working load: 150 kgs.
- Seat: Width 47 cm depth 22 cm.
- Battery capacity: approx. 100 transfers before charging
- Cleaning-friendly

HotteezeTM

The 21st Century Hot Water Bottle



Hotteeze are made from all natural and eco-friendly ingredients, including iron, vermiculite and water, Hotteeze are the best option for you and the environment.

Once you open the packet, the filings inside the pad react with oxygen in the air to create heat - no wires or microwave required! The heat is constant and lasts up to 12 hours. (Hotteeze for Feet last for 5 hours).

Take Hotteeze with you on holidays! They won't set off alarms at airport security or get picked up on x-ray machines. You can wear them on your clothes or carry them in hand luggage or checked luggage.

Hotteeze have been used in Australian private and public aged care facilities, hospitals and physiotherapy clinics since 2005.

People who are not physically mobile can feel cold even on a hot day. Hotteeze body warmers, hand warmers, and toe warmers can be a cost-effective comfort for the elderly and infirm.



HotteezeTM

Hotteeze Regular Heat Pads | RHHZ-RHP

Hotteeze Heat Pads are perfect for those times when you need a steady supply of heat. Use Hotteeze to comfort tired muscles. Take them outdoors or anywhere you'll feel the cold.

Each pad measures 132mm x 100mm.

NEVER STICK DIRECTLY ON TO SKIN

FEATURES

- Up to 12 hours of heat
- Eco-friendly
- Self-adhesive
- Ultra-light
- Odourless
- Made in Japan quality
- Endorsed by the Australian Physiotherapy Association
- TGA Registered



HotteezeTM

Hotteeze Hand Warmers | RHHZ-HHW

Hotteeze Hand Warmers just in time for winter! Hold in your hand, keep in your pockets, or tuck into your gloves to keep hands and fingers warm. Perfect to keep in your handbag and pull out on the cold commute to work or take on your next winter holiday.

Each pad measures 100mm x 70mm.

For Hotteeze hand warmers without adhesive, they are safe to be held in hands.

FEATURES

- Up to 10 hours of heat
- Eco-friendly
- Hold in your hand
- No adhesive backing
- Odourless
- Made in Japan
- Used in hospitals and aged care facilities
- TGA Registered



HotteezeTM

Hotteeze For Feet | RHHZ-HFF

Hotteeze For Feet are designed to fit into men's and women's shoes when you want to keep your toes nice and warm. Use them at football matches when you're freezing in the stands, at outdoor weddings, at the races or when you're skiing or fishing.

Each pad measures 96mm x 70mm.

NEVER STICK DIRECTLY ON TO SKIN

FEATURES

- Up to 5 hours of heat
- Eco-friendly
- Stick to socks
- Ultra-thin
- Odourless
- Made in Japan
- Used in hospitals and aged care facilities
- TGA Registered

PROSIL[®] SPF 15

SILICONE STICK FOR SCARS

Designed for exposed areas of the:

- Hands & Arms
- Face
- Neck
- Elbows
- Feet & Ankles

Pro-Sil SPF15 provides the same industry leading scar management technology found in original Pro-Sil, but with the addition of SPF-15 for outdoor lifestyles. Treating your scars to the extra care they need is convenient and now safer with SPF 15 protection. The Pro-Sil SPF15 stick stores compactly in a purse or pocket, and without drips or leaks. Available in 2 sizes; 4.5g and 17g.

Make Pro-Sil[®] SPF+15 part of your daytime scar care routine!



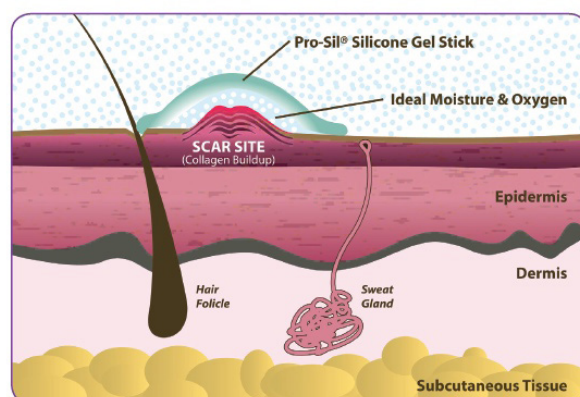
The world's
**FIRST AND
ONLY PATENTED**
silicone scar
treatment stick!



“How Does it Work?”

Scars need an “ideal healing environment,” meaning the appropriate balance of moisture and maximum exposure to oxygen. Like original Pro-Sil[®], Pro-Sil[®] SPF15 is a fully-encapsulating silicone formulation — it completely covers the scar treatment site for uniform treatment of the entire site. Although the entire site is covered, Pro-Sil[®] SPF15 is semi-permeable when applied, allowing oxygen to enter while keeping excess moisture out — the ideal environment for healing scar tissue.

For over 25 years, Biodermis has pioneered new developments in the silicone scar management industry. Biodermis silicone gel sheets, gels and ointments for scars represent the industry standard for medical professionals focused on prevention and management of hypertrophic and keloid scars. Simply put, Biodermis scar sheets and silicone gels are the best and only clinically proven topical treatment method for improving the appearance of scars.





BIODERMIS
THE SCIENCE OF SKIN

Pro-Sil SPF15 | WCBD-PROSP

Pro-Sil SPF15 for scars features patented silicone scar therapy technology from Biodermis. The Pro-Sil stick provides industry leading scar management technology in a convenient, easy-to-use glide-on applicator. The Pro-Sil stick stores compactly in a purse or pocket, and without drips or leaks.

Active Ingredients: Medical Grade Silicone, Avobenzone (Sunscreen), Octocrylene (Sunscreen Agent), Octinoxate (Sunscreen Agent)

FEATURES

- Patented scar reduction in a revolutionary stick
- Designed for all scars, including raised (hypertrophic and keloid), flat and burn scars
- No more messy creams or ointments
- Fits conveniently in purse or pocket
- Fragrance and dye free
- Contains silicone, the ONLY proven topical scar treatment ingredient

Size
4.5g Stick
17g Stick

PROSIL[®] SPF 15
SILICONE STICK FOR SCARS



BIODERMIS
THE SCIENCE OF SKIN

Epi-Derm Silicone Gel Sheeting - Small Strips PK6 | WCBD-FDG-N6

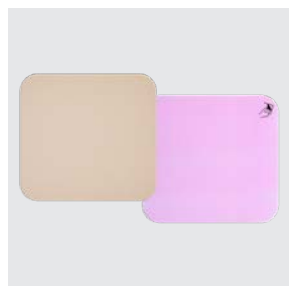
Small fabric backed silicone strips are ideal for managing any small scars including trauma, burns, basal and squamous cell removal, mole removal, and much more. Clinically proven to reduce, flatten, fade and smooth scars -- both old and new.

Ingredients: Medical Grade Polymerized Siloxanes (Clear Silicone Gel) with a Lycra (Spandex) fabric liner.

FEATURES

- FDA Class 1 medical device used in hospitals and clinics
- 100% medical grade silicone
- Washable & reusable
- Can be easily trimmed

Size
7 x 3 cm



BIODERMIS
THE SCIENCE OF SKIN

Epi-Derm Silicone Gel Sheeting - Standard & Large

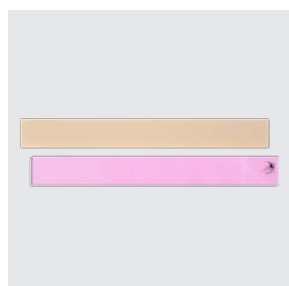
The standard Epi-Derm silicone gel sheet provides a healing environment beneficial for burn scar reduction & therapy, as well as treatment of medium to large keloid and hypertrophic scars from surgery or trauma. It can be wrapped around a limb or cover medium scar areas on the torso, and can be trimmed for custom fitment.

Ingredients: Medical Grade Polymerized Siloxanes (Clear Silicone Gel). Epi-Derm Natural adds a Lycra (Spandex) fabric liner.

FEATURES

- Available with fabric backing or clear
- Standard and Large sizes
- Washable & reusable
- Can be easily trimmed

Size
Standard: 12 x 14.5 cm
Large: 28 x 48 cm



BIODERMIS
THE SCIENCE OF SKIN

Epi-Derm Silicone Gel Sheeting - Long Strips

The Epi-Derm silicone gel sheet provides a healing environment beneficial for burn scar reduction & therapy, as well as treatment of medium to large keloid and hypertrophic scars from surgery or trauma. Ideal for long scars.

Ingredients: Medical Grade Polymerized Siloxanes (Clear Silicone Gel). Epi-Derm Natural adds a Lycra (Spandex) fabric liner.

FEATURES

- Available with fabric backing or clear
- 100% medical grade silicone
- Washable & reusable
- Can be easily trimmed

Size
3.6 x 29 cm



BIODERMIS
THE SCIENCE OF SKIN

Epi-Derm Silicone Gel Sheeting - CAMO PK3

Epi-Derm CAMO uses the same fabric liner as our Epi-Derm Natural, but with a fun camouflage pattern that is fun for kids of ALL ages! Ideal for managing any small scars including trauma, burns, basal and squamous cell removal, mole removal, and much more.

Ingredients: Medical Grade Polymerized Siloxanes (Clear Silicone Gel) with a Lycra (Spandex) fabric liner.

FEATURES

- Available in Pink or Green
- 100% medical grade silicone
- Washable & reusable
- Can be easily trimmed

Size
7 x 3 cm



ErgoKneeler | RHSP-ERG001-EA

The ErgoKneeler™ is a uniquely profiled kneeling pad and stool integrated into a single piece of equipment. The ergonomic design alleviates the compression forces and postural discomfort associated with kneeling or squatting and promotes good spinal posture. To facilitate optimum posture and comfort for the individual, the position of the stool is adjustable.

Moulded in sealed polyurethane foam, the ErgoKneeler™ has smooth lines and is easy to clean. To promote infection prevention an active antimicrobial additive is incorporated throughout the foam and within the product's tough lacquer coating. The product labelling and the specialist areas providing slip resistance on the underside are also antimicrobial.



ErgoRaiser | RHSP-ERG021-EA

The ErgoRaiser is a modular limb support designed to address the postural and comfort needs of both patient/client and practitioner.

With its versatile range of elevations and angles of support, the unique ErgoRaiser™ can provide comfortable support for a limb from either floor level or from raised surfaces such as a plinth, bed or table. The sturdy construction can also assist the practitioner in having both hands free to carry out the required health/care procedure.

Moulded in antimicrobial polyethylene and polyurethane, the smooth lines and open design of the ErgoRaiser™ ensure all areas are accessible for efficient and effective cleaning. The multi-positional, easy to clean support pad eliminates the ongoing expense and environmental impact of disposable slings, making the ErgoRaiser™ both economical and eco-friendly.

Weighing only 2kg, the ErgoRaiser™ has integral handles to enable easy moving and handling in all situations. The top module and pad may be stowed within the lower module to aid portability and storage.



a.b.h.c. Instant Hand Sanitiser 473ML | ICST-17358

Safetec Instant Hand Sanitiser is formulated with an enriched moisturising agent to condition and preserve skin's health while preventing the spread of germ causing illnesses and infections. Containing 66.5% ethyl alcohol, the formula kills 99.9% of widespread germs and is scented with a pleasant fresh fragrance.

- Contains 66.5% ethyl alcohol to provide fast and effective protection against frequent disease causing germs
- Moisturising aloe leaves skin soft, healthy and with no sticky residue
- Meets OSHA Bloodborne Pathogens Standard 1910.1030 and CDC hand washing recommendations in the absence of soap and water
- Available in a convenient pump dispenser, optional wall attachment sold separately



p.a.w.s Antimicrobial Hand Wipes | ICST-34410

p.a.w.s.® Antimicrobial Hand Wipes are formulated with 66.5% ethyl-alcohol to kill 99.99% of germs and contain aloe vera to keep your skin feeling soft and smooth all day long. They also remove debris and soil from hands and under fingernails, an important function in the absence of soap and water.

- Wipe Size: 5" x 8", 160 Wipes
- Infection control product
- Meets OSHA, APIC and CDC hand washing recommendations in the absence of soap and water
- Optional wall attachment sold separately



Sanizide Plus® Germicidal Surface Wipes | ICST-34823

Sanizide Plus® Germicidal Wipes are pre-saturated hard surface wipes. The towelettes leave behind virtually no lint or particles to scratch or contaminate surfaces. Our dual quat, alcohol free formula is non-flammable, safe to ship and non-corrosive on surfaces.

- Infection control product
- Ready-to-use wipes, convenient and user-friendly
- For use on all hard, non-porous surfaces normally treated with a disinfectant
- Optional wall attachment sold separately



Lidergrip (Latex Free) - Elasticated tubular support bandages

Unlike conventional crepe bandages, Lidergrip stays securely in place without the need for pins or tape. The bandage can be re-applied after washing, without loss of pressure. Lidergrip is particularly useful for ambulant patients and outpatients. Since the correct length of required bandage is cut from the roll, Lidergrip reduces wastage.

APPLICATIONS

- Support and rehabilitation
- Treatment of strains and sprains
- Mild skin lesions
- Dislocated joints
- Burn scarring

COMPOSITION

Manufactured from 88% cotton, 7% polyester and 5% elastomer (LATEX FREE). Provides uniform and prolonged pressure over the part of the body where the bandage is applied.

Size	Dimensions
C	6.8 cm x 10 m
E	8.8 cm x 10 m
G	12 cm x 10 m
K	21.5 cm x 10 m



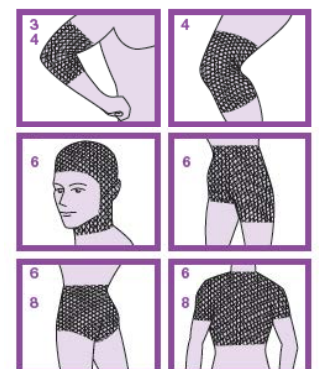
Liderfix (Latex Free) - Elastic mesh tubular bandage

Made in elastic material in a mixture composed of 86% polyamide and 14% elastomer with double covering of polyamide fibre. Available in dispenser boxes, containing 25m under tension. Latex free. Available in 4 sizes.

APPLICATIONS

- Elbows
- Hips
- Forearms
- Trunk
- Knees
- Head
- Thighs

Size	Dimensions
3	70 mm x 25 m
4	94 mm x 25 m
6	146 mm x 25 m
8	218 mm x 25 m





safesox

Premium Slip Resistant Socks | FPSH-SRS

The slip-resistant dot pattern featured on these socks helps to reduce the risk of injuries associated with slipping and falling. Available in 2 sizes.

85% Cotton 15% Nylon.

Size	Shoe Size	Colour
S/M	6 - 9	Navy Blue
L/XL	9 - 12	Orange



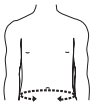
SAFEHIP®

SAFEHIP® AirX™ Unisex | FPTY-SHAX-U

Prevention is better than a cure. SAFEHIP® is the only patented hip protector around. Its horseshoe shape assists natural physical functions. The impact of a fall is not only reduced, but diverted to the surrounding soft parts.

FEATURES:

- Protectors made from 100% textile AirX material (16 mm thick)
- Adapts to the body perfectly
- Excellent breathability
- Seamless trousers have no annoying seams
- Washable at 95°C; tumble dryer-safe
- Medicinal product - CE marked



Size	Measure around waist
XS	65 - 85 cm
S	75 - 95 cm
M	90 - 110 cm
L	100 - 120 cm
XL	110 - 140 cm



SAFEHIP®

SAFEHIP® AirX™ Open Unisex | FPTY-SHAX-O

Prevention is better than a cure. SAFEHIP® is the only patented hip protector around. Its horseshoe shape assists natural physical functions. The impact of a fall is not only reduced, but diverted to the surrounding soft parts.

FEATURES:

- Designed to be worn with an incontinence device - facilitates change of diapers
- Protectors made from 100% textile AirX material (16 mm thick)
- Adapts to the body perfectly
- Excellent breathability
- Washable at 95°C; tumble dryer-safe
- Medicinal product - CE marked



Size	Measure around waist
XS	65 - 85 cm
S	75 - 95 cm
M	90 - 110 cm
L	100 - 120 cm
XL	110 - 140 cm



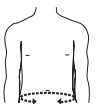
SAFEHIP®

SAFEHIP® Active Belt | FPTY-SHA-U

SAFEHIP® Active is a belt with hook & loop fastener and sewn-in hip protector shields (foam shields). It is intended for temporary requirements and designed for active elderly people who are afraid of falling.

FEATURES:

- Can be used over or under normal clothing as desired
- Ideal for leisure activities such as hiking, walking, cycling etc.
- Easy to put on and take off for user and care givers
- Belt made of breathable material (AirX) for excellent comfort
- Washable at 40°C
- Medicinal product - CE marked



Size	Measure around waist
S	75 - 95 cm
M	90 - 110 cm
L	100 - 120 cm

GLOSSARY OF TERMS

A

ACHILLES TENDON The strong tendon joining the muscles in the calf of the leg to the bone of the heel

ARTHRITIS Inflammation of joints due to infectious, metabolic, or constitutional causes

ARTHROSIS Joint pain or degenerative disease of the joint likely caused by chronic wear of the cartilage

B

BONE One of the hard parts of the skeleton of a vertebrate

C

CERVICAL HERNIA NUCLEUS PULPOSUS A condition in which part or all of the soft, gelatinous central portion of an intervertebral disk is forced through a weakened part of the disk, resulting in back pain and nerve root irritation.

CARPAL TUNNEL SYNDROME A condition caused by compression of a nerve where it passes through the wrist into the hand and characterized especially by weakness, pain, and disturbances of sensation in the hand and fingers

CLAVICLE A bone of the shoulder girdle typically serving to link the scapula and sternum (Collarbone)

CMC JOINT Carpometacarpal joint - where the metacarpal bone of the thumb attaches to the bone of the wrist

COLLATERAL LIGAMENT INJURY Occurs when the ligaments are stretched or torn.

- The lateral collateral ligament (LCL) runs on the outer side of your knee
- The medial collateral ligament (MCL) runs along the inside of your knee

D

DISCOPATHY Any disease affecting an intervertebral disk

DISTORTION A twisting out of normal shape or form

DORSIFLEXION The movement of the foot upwards, so that the foot is closer to the shin

E

EVERSION with reference to the foot: tilting of the sole outwards

EXTENSION The unbending movement around a joint in a limb (such as the knee or elbow) that increases the angle between the bones of the limb at the joint

EXTENSORS A muscle serving to extend a bodily part (such as a limb)

F

FLEXION The bending movement around a joint in a limb (such as the knee or elbow) that decreases the angle between the bones of the limb at the joint

FLEXORS A muscle serving to bend a body part (such as a limb)

H

HEMIPARESIS Muscular weakness or partial paralysis restricted to one side of the body

HEMIPLEGIA Total or partial paralysis of one side of the body that results from disease of or injury to the motor centres of the brain

HUMERUS The long bone of the upper arm or forelimb extending from the shoulder to the elbow

HYDROPS Filling of the joint with fluid, which may cause the skin to swell

I

INVERSION with reference to the foot: tilting of the sole inwards

L

LATERAL In anatomy, the side of the body or a body part that is farther from the middle or centre of the body

LATERAL EPICONDYLITIS Inflammation or irritation of the tissue connecting the forearm muscle to the elbow. (Tennis Elbow)

LIGAMENT A ligament is a band of tough fibrous tissue that connects a bone to another bone.

M

MCP JOINT The metacarpophalangeal joints (MCP) refer to the joints between the metacarpal bones and the phalanges of the fingers (knuckles)

MEDIAL In anatomy, the side of the body or a body part that is closer to the middle or centre of the body

MEDIAL EPICONDYLITIS A type of tendinitis, a condition marked by inflammation or irritation that causes pain on the inner side of the elbow. (Golfer's Elbow)

O

OSGOOD-SCHLATTER DISEASE A childhood repetitive-use injury that causes a painful lump below the kneecap

P

PATELLOFEMORAL PAIN SYNDROME A condition in which the cartilage under the kneecap is damaged due to injury or overuse

PERIARTHRITIS (HUMEROSCAPULARIS*) Inflammation of the structures (as the muscles, tendons, and bursa of the shoulder) around a joint (*relating to the shoulder)

PLANTAR FLEXION Movement of the foot in which the foot or toes flex downward toward the sole

PSEUDORADICULAR Back pain which in which the pain goes down the leg to the knee, but doesn't go past the knee. See also Sciatica

R

RADICULAR Back pain which in which the pain goes down the leg past the knee

RHEUMATOID ARTHRITIS A chronic inflammatory disorder affecting many joints, including those in the hands and feet

RSI Repetitive Strain Injury. Various painful musculoskeletal disorders caused by cumulative damage to muscles, tendons, ligaments, nerves, or joints (as of the hand or shoulder) from highly repetitive movements

S

SCIATICA Pain along the course of a sciatic nerve especially in the back of the thigh

SPONDYLOLYSIS Disintegration or dissolution of a vertebra (vertebra - an irregular bone with a complex structure composed of bone and some hyaline cartilage)

SPONDYLOLISTHESIS A spinal disorder in which a bone (vertebra) slips forward onto the bone below it

(SUB)LUXATION A dislocation is the abnormal separation of a joint. (Also called a 'luxation') A subluxation is an incomplete or partial dislocation

T

TENDON A tough cord or band of dense white fibrous connective tissue that unites a muscle with some other part (such as a bone) and transmits the force which the muscle exerts

TENDINITIS Inflammation of a tendon typically associated with acute injury and usually accompanied by pain and swelling

GLOSSARY OF TERMS

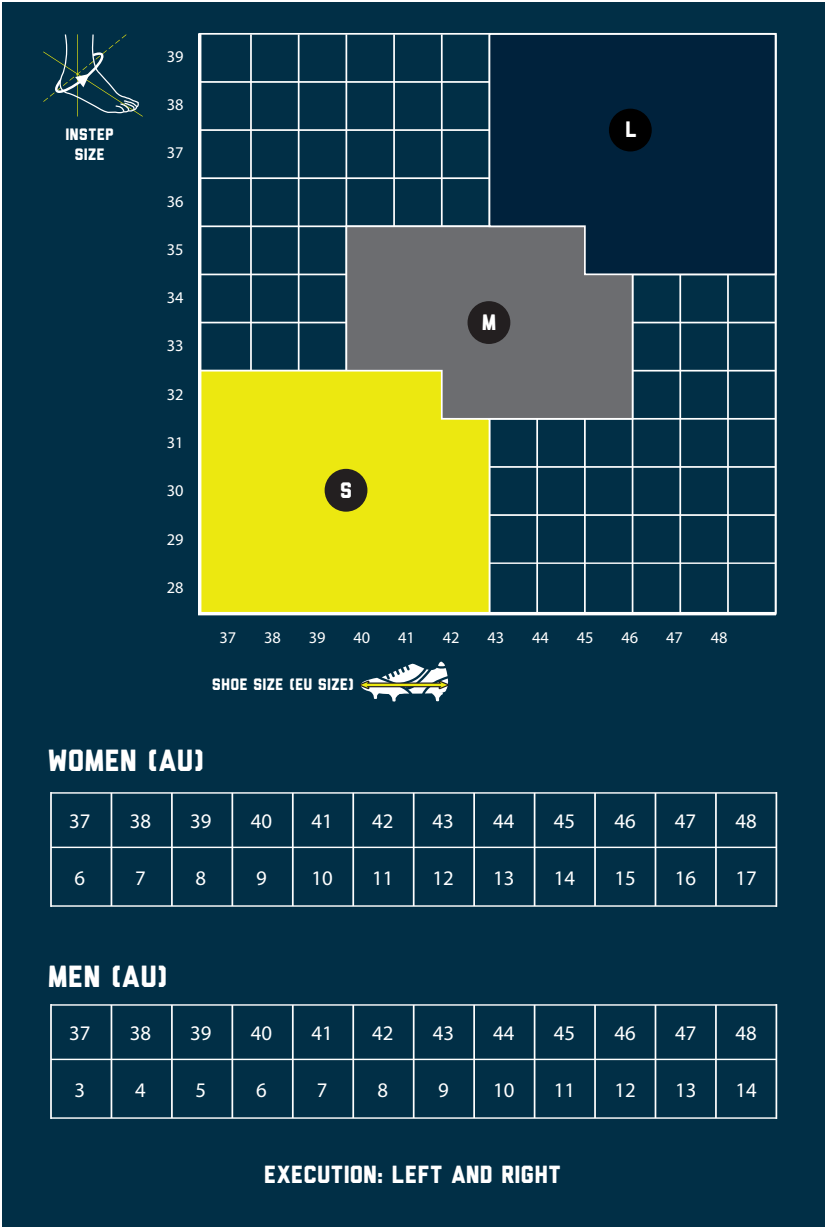
U

ULNAR COLLATERAL LIGAMENT - MCP (OF THE THUMB) Injury to the ulnar collateral ligament (UCL) of the thumb metacarpophalangeal (MCP-1) joint is a common entity encountered by the sports physician and orthopaedic surgeon. The MCP joint is commonly known as the knuckle.

W

WEBER ANKLE FRACTURE CLASSIFICATION The Weber ankle fracture classification (or Danis-Weber classification) is a simple system for classification of lateral malleolar fractures, relating to the level of the fracture in relation to the ankle joint. It has a role in determining treatment.

APPENDIX A: Push Sports Ankle Kicx Size Chart





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