

# ANKLE SPRAINS



**GRENACE and EXOFORM ANKLE BRACES** - proven in trials to be superior to many other ankle braces, comfortable, supportive, a cost efficient alternative to ankle strapping for preventing ankle sprains



**WOBBLE BOARD (sportstek)**- recommended by physiotherapists world wide for ankle strengthening and proprioceptive retraining following ankle sprains and fractures



**VOLTAREN** ant-inflammatory cream to assist in controlling pain and swelling after injury

**CAST BOOT**- available in long and short , for convenient, effective immobilisation of serious sprains and ankle/foot fractures



**ICEPACK** - flex ice, economical, high quality re-usable icepack for use in the first few days following injury. May also be used as a heat pack.

**CRUTCH HIRE** - high quality aluminium adjustable elbow or axilla crutches  
\$20 up to 1 week hire  
\$8 every week after first week



**BRUISE CREAM** -Hirudoid 20g for bringing out bruises



**TUBIGRIP** - tubular compression bandage for controlling swelling, easy to apply controlled compression

# FOOT PAIN (Achilles Tendonitis/ Plantar fasciitis)



**HEAL CUP- SILICONE GEL**, for aiding shock absorption on heel strike and relieving pain and inflammation associated with achilles tendonitis and plantar-fasciitis



**PLANTAR-FASCIA SOCK-** worn to bed at night to stretch plantar-fascia and treat plantar-fasciitis



**TOE SLEEVE-** protective silicone lined toe sleeve to treat toe rub



**BUNION PAD** - silicone pad to protect painful bunions



**HALLUX STRAIGHTENER-** for hallux valgus, splints big toe straight using silicone insert between 1st and 2nd toes.



**AFFORDABLE PROFESSIONALLY FITTED ORTHOTICS** - large range of orthotics including heat moulded orthotics in various densities and profiles. Also large range of premoulded orthotics in various densities and arch heights. All orthotics can be customised with metatarsal raises and various wedging to optimise biomechanical alignment.



# SHOES

## BIRKENSTOCK (German Shoes since 1774)

All Birkenstock shoes are made on a highly flexible natural cork footbed with deep heel cups, cross support for the arch and metatarsal supports. Birkenstocks are extremely comfortable, long lasting and come in a huge range of fashion lines for people of all ages. Birkenstocks are some of the best shoes money can buy, they uniquely combine aesthetics with function. We stock a range of sample stock and will order in for no obligation trial from the full Birkenstock range. Sandles are a great option for summer footwear for those people who benefit from orthotics in closed in shoes.





# KNEE



**HINGED KNEE BRACE** - wrap design for ease of application, ideal for severe arthritis OR sports injuries involving knee instability available in several brands and price ranges



**NEOPRENE KNEE BRACE**- ideal for mild-moderate arthritis or minor knee injuries



**PATELLA TENDON STRAP** - for patella tendonitis

**PATELLA STABILISING BRACE**- an inexpensive good quality brace for management of patello-femoral pain in both the older and younger population



**DELUXE PATELLA STABILISING BRACE** - Rehband 7158 pat stab - a premium quality brace superior in comfort and performance for long term use. Brace allows greater control of patella position.



# SHOULDER



**THERMAL SHOULDER BRACE** - a great brace for pain management of chronically painful shoulders and minor sport injuries

# LEG INJURIES



**THERMOSKIN SHORTS** - great support for groin, hamstring and quadriceps strains

**THIGH WRAP**- wrap around support for thigh strains

# TENNIS ELBOW



**TENNIS/GOLFERS ELBOW BRACE** - Used to decrease mechanical stress of either wrist flexors or extensors on elbow joint



**TENNIS/GOLFERS ELBOW BRACE** - Victor forearm -has additional design feature to unload muscles around elbow.



# CARPAL TUNNEL



**CARPAL TUNNEL BRACE**- effective user-friendly brace for wearing at night to reduce/remove symptoms associated with carpal tunnel syndrome

# WRIST



**WRIST BRACE**- an effective, comfortable brace aluminium supporting stays for immobilising wrists following wrist injuries. Can be used to manage sprains, some greenstick fractures and following on from cast immobilisation.



**NEOPRENE WRIST BRACE** - A good quality flexible wrist brace for managing minor wrist injuries or for pain relief for arthritic wrists



**ARTHRITIS RELIEF GLOVE** - thermal support for arthritic hands and wrists. Controls pain and inflammation



**HAND STRENGTHENER** - Poly ball and Hand Putty. Graded in resistance. An essential for strengthening hand and wrist muscles following wrist/hand fractures or for assisting in maintaining strength for patients with arthritis.



**HAND STRENGTHENER** - Sorbothane. A high quality strengthener for hand and wrist muscles as above.

## **THUMB INJURIES/ARTHRITIS**



**NEOPRENE THUMB BRACE** - Victor. A good quality brace for assisting in pain management for arthritic thumbs and for minor sports injuries involving the thumb.



**NEOPRENE THUMB BRACE WITH MOULDABLE THERMOELASTIC INSERT** - Thumboform. An excellent brace for managing significant ligament injuries around the thumb, or for moderate to severe arthritis. Needs to be professionally moulded.

# BACK AND NECK



**FLO-BACK** - a high quality mesh lumbar support which has excellent ventilation and shock absorbing qualities. For use in car/truck/tractor seats, as well as lounge chairs. Effectively reduces low back and neck pain associated with poor posture. Fully adjustable.



**SACROILIAC JOINT BRACE /PREGNANCY BRACE** - of great help in managing pain associated with pelvic instability. Comes in 2 widths; 2 or 4 inch.



**POSTURE SUPPORT BRACE**- New Horizons. An excellent aid in maintaining good posture and reducing shoulder, back and neck pain associated with poor posture.



## **BACK SUPPORT BRACE-**

a high quality wrap around neoprene brace, excellent for winter. Used for arthritic spines or minor back injuries. Has flexible stays.

**COOLKNIT BACK BRACE** - a high quality breathable back brace, also available in extra long. Has aluminium stays for extra support.

## **PROFESSIONAL QUALITY TENS MACHINE**

- uses electrical currents to manage acute and chronic pain as well as muscle spasm and inflammation.

**GYM BALLS** - Anti -Burst Superior quality . An excellent aid to spinal muscle retraining. A range of sizes and colours.





# ARTHRITIS RELIEF



**GLUCOSAMINE SULPHATE WITH CHONDROITIN** - a safe effective tablet that can relieve arthritic pain by helping to rebuild healthy cartilage and reduce joint inflammation. Best quality, best prices.

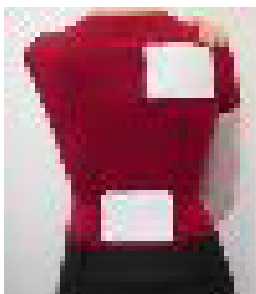
**NATURAL FISH OIL**- an excellent source of omega 3 fatty acids to assist in treating arthritis safely and effectively.



**VOLTAREN EMULGEL** - effective relief from pain of inflammatory origin



**HEAT PACKS**- available in various shapes and sizes. Professionally made and filled with treated wheat. Contours to body shape, soothes painful muscles and joints.



**HOTEZE STICKERS**- unique low profile sticker to wear under clothes that provides heat for 12 hours. Very effective in reducing low back pain. Also available in a sticker for painful feet.



# PILLOWS AND CUSHIONS

**A Complete Sleeper** - fully adjustable contour pillow, adjusts in firmness/softness as well as depth, cradles neck for a perfect nights sleep. A must for neck pain sufferers . Available in memory foam or standard foam.

**B Traveller Pillow** - supports neck during seated travel.

**C Tranquillo Pillow**- economical high quality contour pillow. Available in children's size.

**D Pressure Cushion** - ideal to relieve pressure for people sitting for extended periods.

**E Posture Wedge** - available in different widths. Assists in managing back PAIN by improving posture.

**F Keyhole Cushion** - excellent pillow for relieving pressure around coccyx and tailbone, as well as improving posture.

**G Pregnancy Pillow** - Fits underneath pregnant tummy to cradle baby, or between legs when laying on side. Helps expectant mothers get a good nights sleep.

**H Leg Elevator Pillow** - Improves circulation when sleeping and aids controlling swelling in legs and ankles.

**A**



**B**



**C**



**D**



**E**



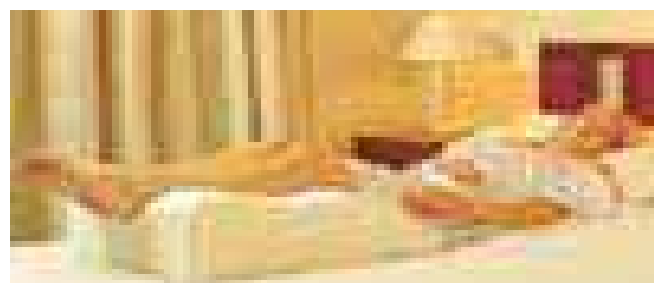
**F**



**G**



**H**



# INJURY MANAGEMENT



**VOLTAREN EMULGEL** - effective relief from pain of inflammatory origin



**HIRUDOID** - a cream designed to bring out the bruising after injury and speed recovery.



**STRAPPING TAPE** - various width premium quality at great prices. Rigid, elastic and low allergy available.



**QUALITY COMFORTABLE SLING** - ideal for when a sling is required for more than a few days.

**TRIANGULAR SLING** - an economical sling for short term use.



**COLLAR AND CUFF** - sling made to measure - a more comfortable option than triangular sling.



**CREPE BANDAGES** - various sizes.

**TUBULAR COMPRESSION BANDAGE** various sizes ideal for sprains and strains. Cut to size. Average price \$3.50 for length to cover wrist or ankle.



**COLD PACK/ HOT PACK** - flex ice, economical, high quality re-usable icepack/ hotpack for use in the first few days following injury frozen or microwave for heatpack.

# MOBILITY AIDS

**A 4 WHEEL WALKER - push down brake**, durable lightweight aluminium frame ideal for lighter users where balance is the main concern.

**B 4 WHEEL WALKER - loop lever brakes**, bigger wheels, light aluminium, better for outdoors use and where more weight needs to be put through frame.

**C 3 WHEEL WALKER - handbrake**, pneumatic tyres, very manoeuvrable and stable, excellent for outdoor use.

**D FOLDING PICK-UP FRAME-** an economical frame ideal for some users (front wheel available and glides for rear).

**E 4 WHEEL WALKER - handbrakes**, pneumatic tyres, ideal for outdoor and indoor use and for the bigger client.

A



B



C



D



E



# WHEEL CHAIRS

A range of chairs from budget to top of the range light weight fully optioned chairs.



**STANDARD WHEELCHAIR-** a budget wheelchair with the features of a more expensive chair.

**LIGHT WEIGHT WHEELCHAIR** - an aluminium smooth operating lightweight chair.



**LIGHT WEIGHT TRANSIT CHAIR** - a top quality chair, easy to push and fold.

**SHOPPER CHAIR** - extreme lightweight, budget chair, ideal for tight places and hard surfaces.



# CRUTCHES AND WALKING STICKS

**ALUMINIUM CRUTCH** - adjustable

**CANADIAN CRUTCH** - adjustable

**WALKING STICK -A** - swan neck handle aluminium adjustable

**WALKING STICK - B** - folding adjustable

**WALKING STICK - C** - Coopers heavy duty adjustable aluminium

**WALKING STICK -D** - ergonomic handle stick

**WALKING STICK -E** - bronze adjustable

**WALKING STICK -F-** adjustable quad stick for increased support



**A**



**B**



**C**



**D**



**E**



**F**



# HIRE



**CRUTCH HIRE** - high quality aluminium adjustable elbow or axilla crutches.

**ROM BRACE HIRE**- initial care for serious knee injuries.  
\$20 up to 1 week hire  
\$8 every week after first week.



**WHEEL CHAIR HIRE** - daily or weekly hire starting at \$25/day or \$50/week. After initial week charged at \$10 week after that.

**WALKING FRAME HIRE** -  
\$20 up to 1 week hire  
\$8 every week after first week.



**ADJUSTABLE HIGH CHAIR HIRE**- used after hip and knee replacement surgery.  
\$50 for 6 weeks.

**SHOWER CHAIR, SHOWER STOOL, OVERTOILET AID, OVER BED TABLE.**  
\$20 up to 1 week hire  
\$8 every week after first week



**DISCOUNTS AVAILABLE FOR MULTIPLE HIRE ITEMS**

# INDEPENDENT LIVING AIDS



**TRAYMOBILE** - height adjustable, deep trays for stability of contents over rough surfaces. Ideal for carrying meals for older person.

**OVER CHAIR/BED TABLE**- adjustable height



**ADJUSTABLE HEIGHT CHAIRS** - comfortable, supportive, covered in deluxe vinyl. Ideal for patients after hip surgery or for older persons finding getting out of chairs difficult.

**COBRA BED STICK**- secured under mattress. Assists in getting into and out of bed .



**MONKEY BAR** - used to assist in sitting up and getting in and out of bed.

**BED RAIL**- secures under bed and makes sleeping safer as well as provides pulling point.



**COMMODE CHAIR**- available in various models and price ranges.



# BATHROOM



**WHEELED SHOWER/COMMODE -**  
budget design.



**WHEELED SHOWER/COMMODE  
DELUXE -** padded seat and foot rest.



**OVER TOILET AID -** adjustable height.  
Makes getting on and off the toilet safer  
and easier by raising the toilet seat and  
having rails.



**FOLDING OVERTOILET AID -** adjustable  
and folds for ease of storage.



**SHOWER CHAIR -** height adjustable,  
corrosion resistant for comfortable  
safe showering.



**SHOWER STOOL -** height adjustable,  
available in various sizes.

**BATH BOARD- clamps to bath.**

**SWIVEL BATH SEAT -** makes showering  
over bath safe and easy.

**MALE URINAL AND BED PAN**



**RAISED TOILET SEAT -** includes easy to  
use brackets to secure to toilet seat.



# INDEPENDENT LIVING AIDES



**LONG HANDLED SHOE HORN** - makes bending down to put shoes on a thing of the past. Excellent following hip surgery.

**GRAB RAILS** - available in different sizes, perfect for bathrooms.



**EASY REACHER** - ideal for those who find bending to pick things off the floor difficult.

**HANDY BAR** - support handle to assist in getting in and out of cars.



**SOCK/STOCKING AID** - assist in putting on socks and stockings for those finding reaching down difficult.

**BED AND CHAIR RAISER** - elephant feet design, various heights.



**STACKABLE BED AND CHAIR RAISER**



# INDEPENDENT LIVING AIDES FOR ARTHRITIC HANDS



**UNIVERSAL JUG, KETTLE AND BOTTLE TIPPER-** Velcro strap for easy adjustment. Makes pouring a breeze for people with weak hands.

**ERGONOMIC PEELER -** flat broad handle for ease of grip and use.



**TAP MATE -** Ingenius universal tap turner, can be used on any tap. Portable, does not require permanent fixing.

**ELASTIC SHOE LACES-** leave shoes tied and slip feet in and out of shoes without the need to do and undo laces.



**STRONGBOY JAR OPENER -** makes undoing jars of any size a breeze.



**JAR OPENER** Dycem- fits large jars down to small bottles. Improves grip, makes opening jars a breeze.

**UNDER SHELF FIXED JAR AND BOTTLE OPENER** An excellent product.

# INDEPENDENT LIVING AIDES FOR ARTHRITIC HANDS



**MULTI-OPENER** -ingenious product for opening numerous products in the kitchen and the bathroom. Has a magnet for easy storage attached to fridge or bathroom cabinet.



**ERGONOMIC SCISSORS** - Stirex superb quality, precision stainless steel blades. Specially designed self opening handles for ease of use for arthritic hands.



**ERGONOMIC KNIFE** - Stirex superb quality kitchen knife. Unique grip to allow maximal cutting power with minimal effort.

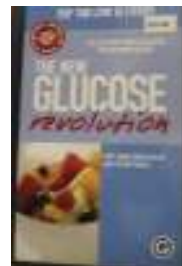
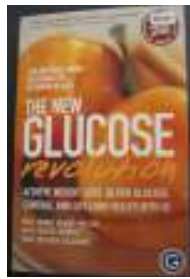
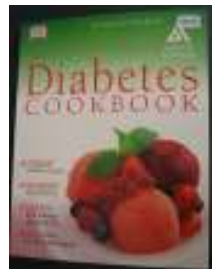


**INSULATED DRINKING MUG** - with optional spout. Minimises risk of burns from drinking hot drinks.

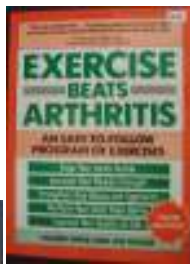
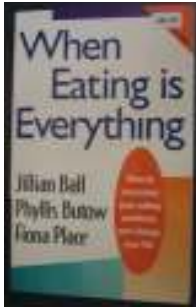


**PLATE SURROUND** - prevents food from slipping off plate.

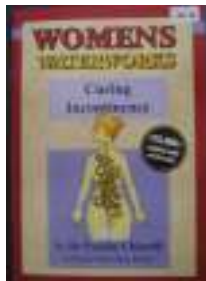
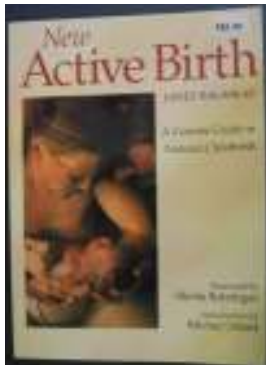
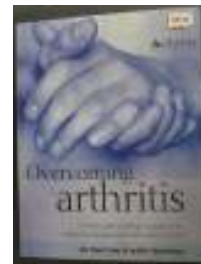
# HEALTH BOOKS AND VIDEOS



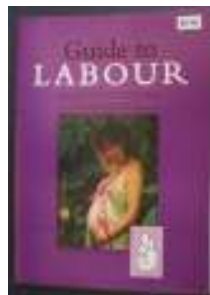
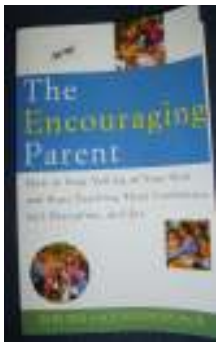
## Diabetes/ Healthy Eating/Low GI



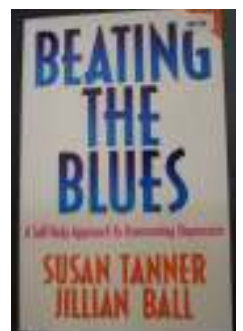
## Arthritis



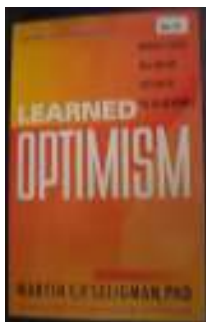
## Pregnancy/Childbirth/Parenting/Incontinence



## Back and Neck



## Depression / Anxiety



# MISCELLANEOUS



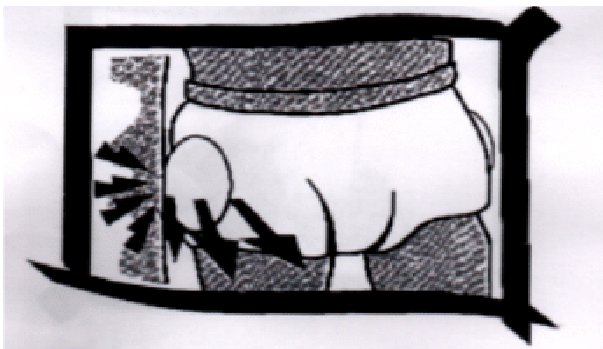
**EGG SHELL MATTRESS OVERLAY-** available in single, double or queen. Ideal for pressure care and comfort in bed.



**PRESSURE CUSHIONS-** available in many styles from budget to top of the range gel, water , air cushions.



**PRESSURE STOCKINGS** - a wide range of prescription stockings can be ordered for venous insufficiency.



**HIP PROTECTOR KITS** - Clinically proven to reduce the chance of hip fractures in those at risk of falling. Kit includes 3 pairs of undergarments, 1 pair of hip shields and information on exercise, diet, medications and home modifications to reduce the risk of falling. Kits produced by Research Unit at Royal Adelaide Hospital.