**MaSSagE TOOlS**

- **One 8 oz. jar of mollients**
- **Carrying case**
- **Hi-definition instructional video**

**Benefits Include:**

- Decrease pain
- Increase range of motion
- Remove unwanted scar tissue
- Increase range of motion

**Treatment with the Hawkgrips instruments can:**

- Differentiate from the therapist’s hand.
- Provide deep tissue massage with a gliding and triggering effect.
- Apply the right amount of pressure during treatments, saving your hands and increasing treatment performance.

**This tool uses its own weight (2.5 lbs.) to provide clean absorption.**

**Instant Therapy Device**

- Works very well with massage creams and oils
- Weighs 11 oz.

**Pro-Tec y-Roller foam Massager**

- Spiky outer layer offers stimulating effect
- Firm massage ball provides deep tissue massage
- Long ridges combine with pronounced bumps and allow for a customized deep tissue massage
- Contoured raised sections stimulate blood flow
- Dual or single ridge option offers a targeted progression options

**Therma4**

- Designed to effectively apply ice and heat to activity related injuries
- Provides targeted compression to the deep tissues to expedite the healing process
- Includes two medium (1.5” diameter) and two small circles

**Balance Pad**

- Long ridges combine with pronounced bumps and allow for a customized deep tissue massage
- Provides targeted compression to the deep tissues to expedite the healing process
- Includes two medium (1.5” diameter) and two small circles

**TheraBand Clx-Loops**

- Available in bulk
- Durable latex-free
- Progression options

** package includes:**

- 1 handle, 1 Recharge Roller, 1 Instant Roller

**provides a post-workout muscle-sage to the injured area**

**Contact School Health Sports Medicine**

**Sports Medicine**

**Rehabilitation Equipment & Supplies**

**Phone 866-323-5465 | Web www.SchoolHealth.com | Fax 800-235-1305**

**Proud Sponsor of the NATA for Over 40 Years**
St. Vincent Sports Performance, a leader in sports therapy, recognizes the need for a planned rehabilitation and treatment program. By utilizing a variety of strategies and tools, an effective rehabilitation program can account for improved outcomes. The products in this flyer will help increase the effectiveness of your rehabilitation program which can translate into successful results on the field, court, or with achieving any other goals.

Keep athletes engaged and promote healing by providing innovative & fun tools to utilize during rehabilitation

- Decrease the use of post surgical pain medications with use of cold and compression modalities.
- Provide similar, if not better, results with compression modalities at a fraction of the cost of therapy pools.
- Utilizing massage tools on soft tissue to increase pliability and mobility allows athletes to move more efficiently by decreasing adhesions or trigger points.
- Balance pads help to recreate stable to unstable environments which is the natural progression of any rehabilitation plan.
- Loop bands provide versatile, yet cost effective, functional resistance in many planes of movement.
- Empower your athletes to positively impact their own rehabilitation with foam rolls, massage balls and other massage tools.
- Keep athletes engaged by providing innovative and fun tools to use during their rehabilitation.
- Proprioception devices are not just reserved for the lower extremities; give your upper extremity rehab a new twist with these devices.

Learn more at www.DefiningSportsPerformance.com

INJURY RECOVERY SYSTEMS

NORMATEC RECOVERY SYSTEMS
The NormaTec MVP and PRO Recovery Systems include a portable control unit featuring digitally controlled intensity levels for up to 100mmHg of compression and a calibration phase to custom mold NormaTec attachments to the athlete’s body, for a perfect fit every session. Integrated tubing, lightweight design (6lbs) and rugged engineering make this an essential both on the road and at home.

NormaTec MVP Recovery System
- Built in Recovery Flush mode
- 7 digitally controlled intensity levels
- Turbo button for extra time and pressure on a targeted one
MVP Recovery System Package ............. 37367
MVP Control Unit Only ..................... 37368

NormaTec Pro Recovery System
- 3 Pre-set Rehab & Recovery modes
- Stores up to 100 individual Athlete Protocols
- Customized pressure and time per zone
- 10 digitally controlled intensity levels
- Digital screen with LED zone display & Timer
- Turbo button for extra time and pressure on a targeted zone
PRO Recovery System Package ....... 37369
PRO Control Unit Only ............. 37370

Accessories
Carry Bag .......................... 37388
Battery Pack .......................... 37386
COLD COMPRESSION SYSTEMS

GAME READY
Game Ready integrates proven cold and compression therapies in a revolutionary treatment system that simultaneously applies active pneumatic (air) compression and adjustable cold therapies to reduce swelling, minimize pain, and speed and enhance your body’s natural healing abilities.

Game Ready Knee Wrap
Wrap is worn straight. While in a seated position, fit the Knee Wrap around your extended leg and secure with the Velcro®-style closure. Elevate your leg and rest in a comfortable position on a table or pillow.
Black, One Size fits all ........................................ 37236

Game Ready Flexed Elbow Wrap
Offers therapy at 90° and 135° flexion for patients unable to straighten their elbows.
Black, One Size .................................................. 37317

C-T Spine Wrap
Integrated coverage, and targeted compression to optimize pain relief and cold therapy of the cervical-thoracic spine, trapezius, upper pectorals, and side of the neck.
Black, One Size .................................................. 1002868

POWERPLAY COLD COMPRESSION
PowerPlay aids RICE (Rest, Ice, Compression, Elevation) therapy without messy, melting ice or water. Cold and compression therapies are effortless with PowerPlay—no worries about pressure or temperature extremes. Technologically advanced, the PowerPlay offers alternating, intermittent, sequential compression applied at regular intervals to reduce swelling or improve circulation and muscle recovery. One-button technology allows the user to adjust the compression to their tolerance level.

A. Pump and Adapter ............................................. 37344
Insulated Carrying Case ........................................ 37355
Ice Bag ............................................................. 37354
B. Knee/Elbow Wrap with Gel Pack ....................... 37345
C. Shoulder Wrap with Gel Pack ........................... 37347
D. Ankle Wrap with Gel Pack ............................... 37351

Provides Cold & Compression Therapy!
Rehabilitation Equipment & Supplies

HOT/COLD THERAPY

THERMABASE CONTINUOUS THERMAL THERAPY DEVICE
Powerful and practical pain relieving device that uses thermoelectric technology to provide heating and cooling therapy where and when you need it, without the use of ice. 20 patient controlled comfort levels to manage pain, reduce swelling and bruising, improve blood flow and promote healing for a faster recovery.

A. TheraZone Control Unit ........................................ 37330
B. Shoulder Relief Pad Regular fits up to 44” chest and 16” biceps 37332
C. Knee/Elbow Relief Pad ........................................... 37334
D. Back Relief Pad .................................................... 37335
TheraZone Carry Bag .................................................. 37337

TheraZone Bundle with Regular Shoulder Pad
Includes: Unit, power cord, knee pad, back pad, ankle pad, and regular shoulder pad.

TheraZone Bundle with Large Shoulder Pad
Includes: Unit, power cord, knee pad, back pad, ankle pad, and large shoulder pad.

AnkleAid
The first water submersion device designed specifically for ankle and foot therapy. There is nothing on the market that compares to it.

Features:
Therapeutic - A therapeutic device for ankle and foot injuries.
Toes Out - Keeps the majority of the foot in the water while keeping the toes out for more effective and therapy.
Multi-Functional - For cold therapy add water and ice. For heat therapy, use the desired water temperature with or without Epsom salt.

Portable - Small and light enough to be used anywhere.
Comfortable - Designed to put the foot at the optimal angle for maximum comfort while submerged in the water.
Affordable - A fraction of the cost compared to other therapies involving compression.

Wonder Warmers
A portable, reusable, instant heat pack for your athletes to use while on the field or away from the athletic training room. These reusable instant heat packs are activated by gently flexing an internal disk that sets off a reaction producing heat within seconds. Variety of sizes available.

- Instantly heats up to approx. 130°F (54°C)
- Generates heat for up to 2+ hours
- Portable and self-activating
- Reusable 100+ times
- Made with non-toxic food grade ingredients
- Pad is cleaned during recharging process
- Reactivated by either boiling or placing in hydrocollator for 10 Minutes
XL - Pad with Strap ......................... 1003210
(Variety of sizes available)

Hydra Therm R12 Deluxe Heating Unit & Heat Packs

Hydra Therm Heating Unit Features:
- Moist Heat Therapy
- No Metal = No Rust
- Low Voltage Control - Energy Efficient and Safe
- Low Water Sensor
- Composite Dividers
- Isolated Heating Element

Hydra Therm Heat Pack Features:
- Polymer packs for long-life and cost savings
- Bacteria Resistant Material
- Easy to Sanitize
- Improved Malleability - fits contours of the body
- Low Heat-Loss Polymer

Hydra Therm Unit .................. 1002867
Hydra Therm Heat Packs
(Variety of sizes available.)

Standard, 17” x 11” .................. 1002864

Phone 866-323-5465 | Web www.SchoolHealth.com | Fax 800-235-1305
MASSAGE TOOLS

HAWKGRIPS SOFT-TISSUE THERAPY INSTRUMENTS
The HawkGrips soft-tissue therapy instrument promotes faster rehabilitation and recovery.

Treatments with the HawkGrips instruments can:
- Increase range of motion
- Decrease pain
- Enhance athletic performance
- Remove unwanted scar tissue
- Breakdown fascial restrictions
- Cure chronic conditions

Benefits Include:
- Increase range of motion
- Decrease pain
- Enhance athletic performance
- Remove unwanted scar tissue
- Breakdown fascial restrictions
- Faster rehabilitation/recovery
- Eliminate surgery/medication

Introductory Set
- Three therapy instruments
- Carrying case
- One 8 oz. jar of emollient
- Hi-definition instructional video
- Easy-to-reference training manual

Silver Set
- Six therapy instruments
- Carrying case
- Three 8 oz. jars of emollient
- Hi-definition instructional video
- Easy-to-reference training manual

Gold Set
- Seven therapy instruments with midsize handlebar
- Carrying case
- Six 8 oz. jars of emollient
- High-quality enameled foam tray
- Hi-definition instructional video
- Easy-to-reference training manual

Platinum Set
- Nine therapy instruments
- High-quality bag
- Carrying case
- Ten 8 oz. jars of emollient
- High-quality enameled foam tray
- Hi-definition instructional video
- Easy-to-reference training manual

Bon Vital Massage Creams
This all purpose massage cream is the perfect massage cream for professionals.

- Contains no nut oils or paraben preservatives
- Ideal lubricant offers the workability of an oil and absorbency of a lotion.
- Superior quality, natural ingredients, and clean absorption.
- Excellent for all modalities ranging from high glide to slow deep tissue techniques.
- Enriched with Arnica Extract and Squalane for therapeutic benefits.

All Purpose, 8 oz. ....................... 1003203
Deep Tissue, 8 oz. ..................... 1003207

The Acuforce 2.5
This tool uses its own weight (2.5 lbs.) to provide pressure during treatments, saving your hands and wrists from injury and fatigue. It has two applications to perform muscle stripping, cross-fiber friction and trigger point therapy. Made with a natural feeling, skin-like material, it is nearly impossible to differentiate from the therapist’s hand.

The Massage Star™
- The Wedge, on the top of the tool, to perform Muscle-Stripping and Cross-fiber Friction
- The Wide and Narrow Points perform Trigger Point Therapy and Reflexology
- Weighs 11 oz.
- Works very well with massage creams and oils
- Instructional booklet included

Contact School Health Sports Medicine
Rehabilitation Equipment & Supplies

MASSAGE TOOLS

Pro-Tec Y-Roller Foam Massager
The Pro-Tec Y Roller provides a post workout massage by targeting tight areas with an aggressive massage using either the dual or single ridge options.
- Dual or single ridge option offers a targeted aggressive massage
- Ability to roll in between ridges for a less aggressive, moderate massage
- Deep tissue massage: reduces muscle fatique and tightness, promotes flexibility, and enhances performance
- Excellent tool to promote flexibility and myofascial release
- Made from a high density, durable foam
6” x 15/16” .......................... 62282

Hollow Core Contoured Foam Roller
Contoured raised sections stimulate blood flow and allow for a customized deep tissue massage:
- Long ridges combine with pronounced bumps to offer a more diversified surface area
- Thin outer layer of foam provides a firm surface for aggressive Myofascial Release
- Hollow core proves to be more durable over time.

Thera4 is designed to effectively apply ice and heat to activity related injuries. It allows you to apply the right amount of compression and massage to the injured area to speed recovery.

Instant Therapy Device .................. 37361
Instant Roller .......................... 37362
Recharge Therapy Device ............... 37359
Recharge Roller .......................... 37360
Combination Package
Package includes: 1 handle, 1 Recharge Roller, 1 Instant Roller, 3 Hot packs, 3 Cold Packs
.......................... 37397

Gameday Package
Package includes: 2 handle, 2 Recharge Roller, 2 Instant Roller, 12 Hot packs, 12 Cold Packs
.......................... 37398

Complete Training Room Package
Package includes: 6 handle, 6 Recharge Roller, 2 Instant Roller, 24 Hot packs, 24 Cold Packs
.......................... 37399

EXERCISE TOOLS

AIREX® Balance Pad
A simple, yet effective therapy and training tool. The destabilizing properties of the “super-soft” specialty foam help restore motor skills and balance. Latex-free.
Size: 20” x 16.4” x 2.5”, Approximate Weight: 1.6 lbs.
.......................... 61644

BOSU Balance Trainer
A versatile piece of equipment that can integrate balance challenges into cardiovascular, endurance, core and flexibility training. BOSU is an acronym for “both sides up.” Can be used with the platform side up or down to challenge balance with different body positions.
.......................... 61627

TheraBand CLX- Consecutive Loops
- 4 products in one
- Durable latex-free construction
- Easy Grip Loops™ provide multiple unique grip options
- Available in bulk roll and pre-cuts
- Follows color progression options

Contact School Health Sports Medicine
to shop our a full range of rehabilitation equipment and supplies:

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