

Rehabilitation and Physio

VINDETO



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PHYSIOTHERAPY

RESISTANCE BANDS



Latex Aerobic Resistance Band Rolls.

50m TheraBand Roll

Get a Full-Body Workout with the Latex Aerobic Band.

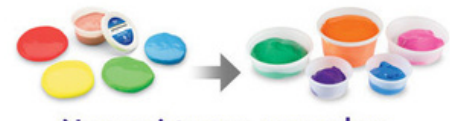
Use Them in Conjunction with Other Equipment to Provide Resistance During Traditional Exercises. Ideal for Toning & Shape Your Arms, Legs & Buttocks.

Assorted Colours Available.

NORCO™ RAINBOW™ EXERCISE PUTTY

Promote hand-muscle strength and increase endurance.

- Exercising with Rainbow™ Exercise Putty helps promote increased range of motion, finger-flexion and tendon-gliding.
- Rainbow™ color-system associates resistance levels with color.
- Composed of silicon rubber.
- The smaller portion cups are perfect for most small and medium sized hands.
- Not made with natural rubber latex.



Putty Comparison Chart can help you find the desired putty resistance.

Note: The 3 oz size is our most-popular of all sizes. 3 ounces of Norco Exercise Putty is equivalent to 90cc of volume, which is the ideal amount for most hands – large or small.

SANCTBAND EXERCISE BAND



The Sanctband training band has many different and new benefits. The innovatively developed band is washed in a special process. Through this additional process, the allergy-causing proteins and powder are largely removed.

This reduction of the proteins and the powder results in a significant reduction of latex allergies occur.

- New developed Exercise Band
- Advantages in compatibility with the skin
- Easy to use
- Different strengths and resistances
- Width: 15 cm

PHYSIOTHERAPY

CANDO® HAND EXERCISE WEB



Use to exercise the forearm, wrist, fingers, and thumb.

CanDo® hand therapy exercise web is used in hand therapy for flexion, extension, opposition, and supination exercises. Resistance may be modified by adjusting the hand position, depth of finger insertion, or by moving to a different resistance (color) web. The CanDo® exercise web is available in both the standard 14 inch diameter size and the small 7 inch diameter size in both low-powder and no-latex formulations. Two special multi-resistance webs are available in only the 14 inch diameter low-powder formulation

Available in five resistance levels.

SLO-FOAM™ HAND EXERCISERS

Excellent for water exercises.

Made of open-cell Slo-Foam™ with slow recovery and 100% memory.

Useful for low-resistance squeezing exercises.

Ideal for finger flexion exercises in contrast baths.

Progressive resistances offer for a graded exercise program.



CANDO® GEL SQUEEZE BALL - LARGE CYLINDRICAL (EGG BALLS)

CanDo Gel Squeeze Ball hand exerciser for grip strength, dexterity, mobility, and fine and gross motor skills.

Heat or chill for use in hot or cold therapy.

Available in 6 color-coded resistance levels.

Each level (firmness) available in circular or egg shape.

Balls can withstand temperatures ranging from -76 degrees Fahrenheit to 167 degrees Fahrenheit



PHYSIOTHERAPY

VARIGRIP™ SPORT HAND EXERCISER

Develop strength, endurance, dexterity and circulation.

The VariGrip™ Sport Hand Exerciser is ergonomically designed and padded to comfortably condition the entire hand and forearm.

Built with a patented "Variable Tension Technology" to provide a customized workout for each individual finger, the entire hand, and wrist & forearm.

Each individual finger button is designed with an adjustable tension adjustment dial to provide a smoother, more gradual transition between resistance levels.

A wider, soft finger base/palm bar disperses pressure for maximum user comfort.

Includes a built in callus builder.

Portable, effective, and convenient for use anywhere at anytime.

Medium to Heavy resistance force ranges between 5lbs (2.27kg) to 9lbs (4.1kg).

Not made with natural rubber latex.



VARIGRIP™ THERAPY HAND EXERCISERS

Effective and convenient, customized hand conditioning.

The VariGrip™ Therapy Hand Exercisers are ergonomically designed and padded to comfortably condition the entire hand and forearm.

Built with a patented "Variable Tension Technology" to provide a customized workout for each individual finger, the entire hand, and wrist & forearm.

Each individual finger button is designed with an adjustable tension adjustment dial to provide a smoother, more gradual transition between resistance levels.

A wider, soft finger base/palm bar disperses pressure for maximum user comfort.

Portable, effective, and convenient for use anywhere at anytime.

Available in five different color-coded models of resistance levels ranging from extra-light to extra-heavy.

Not made with natural rubber latex.



STRENGTH

ANKLE/WRIST WEIGHT



Ankle/Wrist weights are excellent implements for building upper and lower body muscle and strength, use them on your wrists or your ankles whilst running and exercising. Sold as a Pair

0.5kg 1kg 2kg 3kg 4kg 5kg 6kg

IRON KETTLE BELL

Kettlebells are the perfect tool for a well-rounded, effective workout, since they engage several muscle groups at the same time. Their versatility provides them with a great variety of exercises and combinations so you can customise your program to your specific goals. Sold Individually



4kg 6kg 8kg 10kg 12kg 14kg 16kg 20kg 24kg 28kg 32kg

VINYL COATED DUMBBELL



Vinyl coating provides a comfortable grip and prevents dumbbells from scratching flooring. Ideal for upper body exercises, physical therapy, weight training, and toning workout. Sold Individually

0.5kg 1kg 2kg 3kg 4kg 5kg 6kg

NIVA RUBBER MEDICINE BALL

designed to build strength and coordination, improve health, and help athletes recover from injury. Sold Individually.

1kg 2kg 3kg 4kg 5kg 6kg 7kg 8kg



AEROBIC & EXERCISE

FOAM ROLLERS



Foam rolling allows built-up scar tissue in the muscles to be broken up, at the same time increasing blood in to your muscle, providing your muscles with more nutrients and more oxygen.

Ridged Foam Roller, Smooth Foam Roller or 2 in 1 Foam Roller.

EXERCISE MATS

Available in Various Sizes, Thickness & Colours.
Mat Options with or Without Velcro Closure.
Chip Foam 80, PVC 550g – Small 1200x600mm



YOGA MAT



Yoga mats are specially fabricated mats used to prevent hands and feet slipping during asana practice in modern yoga as exercise.

6mm Thickness

AEROBIC STEPPER BOARD

Medium Double Height or Large Triple Height.



GYM BALLS

AEROBIC & EXERCISE



improves balance and enhances core strength all while working the muscles in both the upper and lower body. Anti Burst.

55cm

65cm

75cm

WAIST TWISTING DISK

Waist Twisting Disc" is a disc exercise machine for training your waist and abdomen.



BOSU BALANCE BALL



A balance trainer, providing the user with an unstable surface on which to perform exercises that engage a variety of muscles. Includes Straps

BALANCE BOARD

training method involving a series of standing and weight-bearing exercises completed on an unstable surface.



AGILITY



FLAT SPACE MARKERS

- Set of 20

CONES

- 2", 6", 9", 12", 15" & 18" Cones – Various Colours



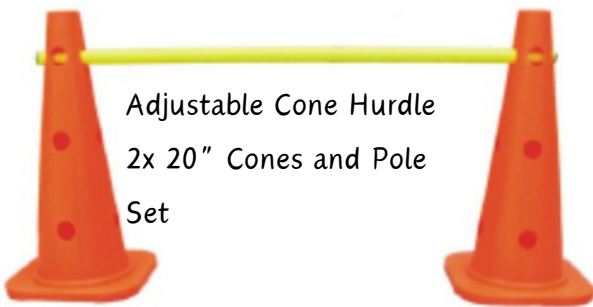
CONE SET

2" Cone Set of 50 with Holder



9" & 12" COLLAPSIBLE CONE

ADJUSTABLE CONE HURDLE



Adjustable Cone Hurdle
2x 20" Cones and Pole Set



AGILITY HURDLE BOUNCE BACK

12" Bounce Back Agility Hurdle



AGILITY HURDLE BOUNCE BACK

12" Bounce Back Agility Hurdle



AGILITY FLAT HURDLES

6" | 9" | 12"



AGILITY FLAT HURDLES

4m Ladder
8m Ladder



AGILITY HEXAGON LADDER

4x Hexagons
3x Clips