



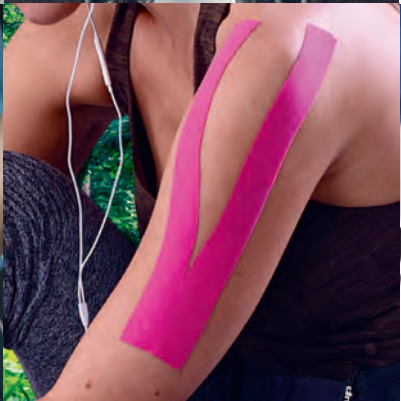
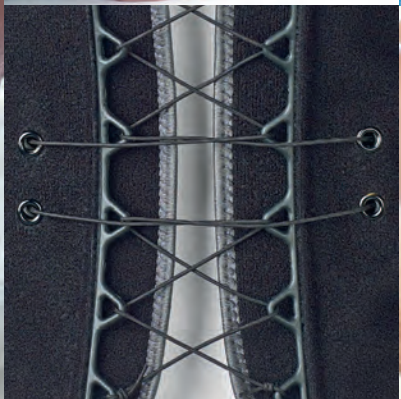
ULTIMATE PERFORMANCE<sup>®</sup>



SPORTS MEDICINE

2019

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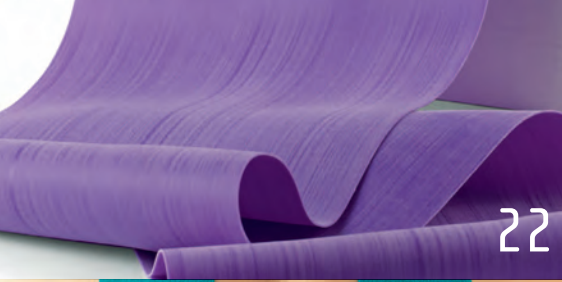




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**Ultimate Performance...** every athlete from beginner to elite aspires for that moment when everything comes together and ultimate performance is reached. Whether it's a new PB, a first 5k, the winning goal or the perfect slam dunk, everyone will have their personal story on how they got there.

The products in the Ultimate Performance range are based on function and performance, and the effort to reach that pinnacle of performance is what drives the range.

We've added a brand new range of first aid kits to our well-received range of supports, braces, tapes and physiotherapy products (cold and heat therapies, massage, friction control, grip enhancement and more...) and massage therapy equipment.

Braces and supports are arranged by body part and indexed

Support Level **1: Basic**  
Support Level **2: Moderate**  
Support Level **3: Pro**  
Support Level **4: Maximum**

with the level of support given. From elastic through to neoprene, from one-size adjustable to Ultimate, there will be a product that will help you achieve your ultimate performance.

**Ultimate Performance – the only way is UP**



**Ultimate Performance**

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# ULTIMATE COMPRESSION

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement with improved healing and pain relief. Graduated compression provides improved fit and support.



## ULTIMATE COMPRESSION ARCH SUPPORTS

UP5165 page 10



## ULTIMATE COMPRESSION ANKLE SUPPORT

UP5155 page 09



Adjustable in all directions to target the exact location of the injured area, providing superior fit, compression and support.



## ADVANCED THIGH SUPPORT

UP5744 page 19



## ADVANCED SHOULDER SUPPORT

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# ULTIMATE COMPRESSION

The best of both worlds. Graduated compression with total adjustability.



## ADVANCED ULTIMATE COMPRESSION KNEE SUPPORT

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## ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT + STRAP AND GEL

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**ULTIMATE  
COMPRESSION  
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**ULTIMATE  
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**ULTIMATE  
COMPRESSION  
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**ULTIMATE  
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**ADVANCED  
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**ADVANCED  
ANKLE BRACE**

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**ADVANCED  
BACK SUPPORT**

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**ADVANCED  
ULTIMATE  
COMPRESSION  
ANKLE  
SUPPORT**

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**ADVANCED  
ULTIMATE  
COMPRESSION  
WRIST BRACE  
+ SPLINT**

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**ADVANCED  
ULTIMATE  
COMPRESSION  
WRIST  
SUPPORT**

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**ADVANCED  
ULTIMATE  
COMPRESSION  
ELBOW SUPPORT  
+ GEL**

UP5184 page 12

**INNOVATION FROM UP**



UP5515

## HINGED KNEE BRACE

Tri-axial hinges track the knee joint. Easy pull-on design and adjustable compression.

An ultimate level hinged knee brace that provides maximum support for weak and unstable knees, as well as protection after injury. A fully tailored design improves comfort and fit behind the knee while two adjustable straps ensure a firm, customised fit with accurate location of the hinges. The design of the tri-axial hinge ensures protection from hyper-extension without reducing mobility. Patella buttress improves patella tracking. Recommended for weak, arthritic or unstable knees, during competition or all day use.

**S - 4XL** Support level 4



### Size

Measure around centre of knee:

**Small** 12"-14" (30-35cm)

**Medium** 14"-16" (35-40cm)

**Large** 16"-18" (40-45cm)

**X Large** 18"-20" (45-50cm)

**XX Large** 20"-22" (50-55cm)

**3X Large** 22"-24" (55-60cm)

**4X Large** 24"-26" (60-65cm)



UP5510

## WRAPAROUND KNEE BRACE

Wraparound design and steel springs improve knee stability in all directions.

The design of this brace ensures compression and support in all directions whilst the soft neoprene blend provides firm even support and promotes improved healing. Steel springs provide stability without loss of movement. Cross-over strap system provides all-round stability and support. Fully open fronted design enables quick and easy on-and-off. Recommended for weak, arthritic or unstable knees during competition or all day use.

**Regular / Large / X Large** Support level 3

### Size guide

Measure around centre of knee:

**Regular** 12"-16" (30-40cm)

**Large** 16"-20" (40-50cm)

**XLarge** 20"-24" (50-60cm)





UP5315

## ULTIMATE KNEE SUPPORT WITH STRAPS

**Adjustable straps allow targeted compression and support where you need it.**

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing and knee joint flexibility. Open patella relieves pressure and improves patella tracking. Durable lock-stitched seams. Wraparound design easily adjusts to provide a custom fit.

Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis.

Support level 2



UP5310

## ULTIMATE KNEE SUPPORT



**Wrap-around design provides a custom fit.**

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing and knee joint flexibility. Open patella relieves pressure and improves patella tracking. Durable lock-stitched seams.

Wraparound design easily adjusts to provide a custom fit.

Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis.

Support level 2





UP5175

## ← ADVANCED ULTIMATE COMPRESSION KNEE SUPPORT

**Advanced graduated compression provides ultimate fit and support**

Lightweight, advanced flat-knit technology provides firm, even support whilst maintaining a full, natural range of movement. Steel springs provide moderate medial and lateral support whilst allowing a full range of movement. Padded open patella design – improved patella tracking and comfort. Cross-over strap system provides all-round stability and support. Recommended for: weak, stiff or aching knees.  
**S/M/L/XL Support level 3**

**Size guide**

Measure around centre of knee:

<b>Small</b>	12"-14"	(30-35cm)
<b>Medium</b>	14"-16"	(35-40cm)
<b>Large</b>	16"-18"	(40-45cm)
<b>X Large</b>	18"-20"	(45-50cm)



UP5150

## → ULTIMATE COMPRESSION ELASTIC KNEE SUPPORT

**Graduated compression provides improved fit and support.**

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design helps prevent bunching behind the knee and ensures all-day comfort. Recommended for: weak, stiff or aching knees.

**S/M/L/XL Support level 2**

**Size guide**

Measure around centre of knee:

<b>Small</b>	12"-14"	(30-35cm)
<b>Medium</b>	14"-16"	(35-40cm)
<b>Large</b>	16"-18"	(40-45cm)
<b>X Large</b>	18"-20"	(45-50cm)







**UP5210**  
**NEOPRENE KNEE SUPPORT**

**Support and warmth for arthritic, stiff or aching knees.**  
 Soft neoprene blend provides firm, even support and promotes improved healing and knee joint flexibility. Durable lock-stitched seams. Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis.

**S/M/L/XL** Support level 2

**Size guide**

Measure around centre of knee:

<b>Small</b>	12"-14"	(30-35cm)
<b>Medium</b>	14"-16"	(35-40cm)
<b>Large</b>	16"-18"	(40-45cm)
<b>X Large</b>	18"-20"	(45-50cm)



**UP5115**  
**ELASTIC KNEE STABILIZER WITH SPRINGS**

**Stable all-day support for weak, stiff or aching knees.**  
 Steel springs provide moderate medial and lateral support whilst allowing a full range of movement. Open patella design improves patella tracking and relieves pressure.

**Regular/Large** Support level 2

**Size guide**

Measure around centre of knee:

<b>Regular</b>	12"-16"	(30-40cm)
<b>Large</b>	16"-20"	(40-50cm)



**UP5110**  
**ELASTIC KNEE SUPPORT**

**Comfortable support for weak, stiff or aching knees.**

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design helps prevent bunching behind the knee and ensures all-day comfort. Breathable elastic compression mesh.

**S/M/L/XL** Support level 1

**Size guide**

Measure around centre of knee:

<b>Small</b>	12"-14"	(30-35cm)
<b>Medium</b>	14"-16"	(35-40cm)
<b>Large</b>	16"-18"	(40-45cm)
<b>X Large</b>	18"-20"	(45-50cm)





UP5460  
**← ULTIMATE RUNNER'S KNEE STRAP**

**Provides protection, relief and compression for chronic knee pain.**

Three-way compression targets all around the knee to help relieve chronic knee pain. Adjustable straps ensure personalised fit and compression. Lightweight design does not compromise mobility. Upper strap and tube targets ITB and quad alignment; side compression helps with patella tracking; lower strap and tube targets patella tendon, relieving patella tendonitis. Recommended for Jumpers knee, iliotibial band syndrome, runners knee, patella tendonitis, arthritis, Osgood-Schlatters disease and quad mis-alignment.

Fits 12"-18" (30-45cm) measured around centre of knee. Support level 3



UP5450  
**ULTIMATE ITB STRAP →**

**Helps relieve pain on the outside of the knee associated with iliotibial band syndrome (ITB).**

Textured neoprene reduces slipping and improves moisture management and ventilation. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Fits 11"-19" (27-47cm) measured around centre of knee. Support level 2



UP5440  
**← ULTIMATE PATELLA STRAP**

**Provides compression and support, helping relieve patella tendon pain.**

Perfect for relief and prevention of patella pain associated with running and jumping. A compression tube places targeted pressure on the patella tendon to provide relief. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for patella tendonitis, Osgood-Schlatters disease and irritated kneecap (chondromalacia) during competition, training or all day use. Available in a selection of colours.

Fits 10"-22" (25-55cm) measured around centre of knee. Support level 2



UP5724  
**ADVANCED PATELLA STRAP v2.0 →**

**Wicking, breathable, comfortable and highly supportive.**

The Advanced Patella Support is possibly the most comfortable and supportive patella strap on the market. Bi-lateral adjustment and contoured shape provides maximum support for the patella tendons – walking or running – while ensuring a full range of movement. The moisture wicking fabric prevents overheating and the build-up of sweat, even when worn all day and pushed to the limit. Adjustable for perfect fit and required compression. Fits 10"-22" (25-55cm) measured around centre of knee. Support level 3





ADVANCED

UP5733

## ← ADVANCED SHIN/CALF SUPPORT

Advanced wraparound design provides ultimate custom fit.

Soft neoprene blend provides firm, even support and promotes improved healing. A four way extra support strap system targets the exact location of the injury. Provides compression and support to help relieve shin splint pain, or targeted compression for calf muscle injuries. Adjustable for perfect fit.

**Regular/Large** Support level 3

### Size guide

Measure around mid calf:

**Regular** 11"-16" (28-40cm)

**Large** 14"-19" (35-48cm)



UP5160

## → ULTIMATE COMPRESSION ELASTIC CALF SUPPORT

Provides compression and support, helping to relieve shin splint pain.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Seam-free circular knit ensures comfortable fit and targeted compression.

**S/M/L/XL** Support level 2

### Size guide

Measure around mid calf:

**Small** 12"-14" (30-35cm)

**Medium** 14"-16" (35-40cm)

**Large** 16"-18" (40-45cm)

**X Large** 18"-20" (45-50cm)



UP5430

## ← ULTIMATE SHIN SPLINT/CALF SUPPORT

Provides compression and support, helping relieve shin splint pain.

Adjustable straps ensure personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for shin splint pain (compartment syndrome), in conjunction with other therapies such as cold therapy, impact shock reduction and stretching. Ideal during competition, training or all day use.

**Regular** 8"-16" (20-40cm) **Large** 11"-20" (27-50cm). Measure around mid calf. Support level 2





UP5520

## FOOTBALL ANKLE BRACE

### Full mobility - maximum support.

Specially cut to fit with the boot without restricting movement. The brace allows players to run, turn and jump without restriction, yet provides maximum support to help prevent excessive inversion or eversion. High heel cutout to work with boots/athletic footwear. Thin side panel to work with pads. Steel springs for maximum inversion/eversion support. High achilles cutout retains maximum range of movement. Recommended for football, cricket, running, racket sports and boxing for sprained, weak, stiff or aching ankles.

Available in black or white.

XXS/XS/S/M/L/XL Support level 3

#### Size guide

UK shoe size:	Euro
XX Small	3-4 (39-37)
X Small	5-6 (38-39)
Small	6-8 (39-42)
Medium	8-10 (42-44.5)
Large	10-12 (44.5-47)
X Large	12-14 (47-49)



UP5720

## ADVANCED ANKLE BRACE WITH STRAPS



### Wicking, breathable: maximum support with maximum comfort.

Lightweight and pliable, this advanced ankle brace offers the best combination of comfort and performance with superior support and protection.

Recommended for: football, cricket, running, racket sports and boxing, for sprained, weak, stiff or aching ankles.

XXS/XS/S/M/L/XL Support level 4

#### Size guide

UK shoe size:	Euro
XX Small	3-4 (36-37)
X Small	5-6 (38-39)
Small	6-8 (39-42)
Medium	8-10 (42-45)
Large	10-12 (45-47)
X Large	12-14 (47-49)



Heel straps lock the heel in place



Crossover straps add tension for increased support and more secure fit.

UP5225

## NEOPRENE ANKLE SUPPORT WITH STRAPS

**Adjustable strap suits all stages of recovery.**

Soft neoprene blend provides therapeutic heat and firm, even support, promoting improved healing and ankle joint flexibility. Durable lock-stitched seams.

Reinforced adjustable elastic strap provides support during all stages of recovery. Flat edges offer all day comfort within footwear. Heel pocket provides a comfortable fit. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis.

Fits UK shoe sizes 6-12 [39-47] Support level 3



ADVANCED

UP5170

## ADVANCED ULTIMATE COMPRESSION ANKLE SUPPORT

**Advanced graduated compression provides ultimate fit and support**

Lightweight, advanced flat-knit technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear.

Tailored cross-over strap design ensures all-day comfort. Adjustable straps provide additional support and compression. Compression zones give increased support and comfort.

Recommended for: weak, stiff or aching ankles, mild sprains, strains and tendonitis.

S/M/L/XL Support level 3

Size guide

UK shoe size:	Euro	
Small	6-8	[39-42]
Medium	8-10	[42-44.5]
Large	10-12	[44.5-47]
X Large	12-14	[47-49]



UP5190

## ULTIMATE COMPRESSION SUPPORT SOCK

**Provides firm support and targeted compression for stiff, weak or sore ankles.**

Assists in the prevention, treatment and rehabilitation of ankle and rear foot injuries such as sprains, Achilles tendonitis, plantar fasciitis, etc. The inclusion of Tactel® in the fabric provides moisture management for fresh dry feet. A flat toe seam ensures maximum comfort.

Recommended for: late stage recovery, injury prevention and all-day wear.

S/M/L/XL Support level 1

Size guide

UK shoe size:	Euro	
Small	3-5½	[35.5-38.5]
Medium	6-8½	[39-42.5]
Large	9-11½	[43-46.5]
X Large	12-14	[47-49]



UP5155

## ULTIMATE COMPRESSION ELASTIC ANKLE SUPPORT



**Stable all-day support for weak, stiff or aching ankles.**

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear.

Knitted heel-fit zone.

Recommended for: weak, stiff or aching ankles.

**XS/S/M/L/XL** Support level 2

**Size guide**

UK shoe size:	Euro	
X Small	4-6	(37-39)
Small	6-8	(39-42)
Medium	8-10	(42-44.5)
Large	10-12	(44.5-47)
X Large	12-14	(47-49)



UP5220

## NEOPRENE ANKLE SUPPORT

**Support and warmth for arthritic, stiff or sprained ankles.**

Soft neoprene blend provides firm, even support and promotes improved healing and ankle joint flexibility. Durable lock-stitched seams. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis.

**S/M/L/XL** Support level 2

**Size guide**

UK shoe size:	Euro	
Small	6-8	(39-42)
Medium	8-10	(42-44.5)
Large	10-12	(44.5-47)
X Large	12-14	(47-49)



UP5120

## ELASTIC ANKLE SUPPORT



**Comfortable support for sprained, stiff or aching ankles.**

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort. Breathable elastic compression mesh. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis.

**S/M/L/XL** Support level 1





**UP5165**  
**ULTIMATE COMPRESSION ELASTIC ARCH SUPPORTS**

**Provides compression and support, helping relieve plantar fasciitis pain.**

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Soft yet firm, even support promotes improved healing and pain relief. Latest edge trim technology helps prevent slippage and reduces wear. Circular knit sleeve places targeted pressure on the plantar fascia to provide relief. Recommended for plantar fasciitis, tendonitis and medial arch pain, during competition or all day use. Perfect for later stage recovery after using the UP5411 Ultimate Arch Support (see below). Pack contains one pair of supports.

**Regular/Large** Support level 2

**Size guide**

UK shoe size:	Euro	
<b>Regular</b>	5-8	[38-42]
<b>Large</b>	9-12	[43-47]

**UP5411**

**ULTIMATE ARCH SUPPORT**



**Memory-foam pad places targeted pressure on the plantar fascia to provide relief from pain.**

Interchangeable firm/medium/soft foam inserts offer variable compression as recovery process continues: Medium is installed on purchase – start with this. As you recover you may wish to use Soft. Firm provides extra compression if needed. A soft neoprene blend provides even support and promotes improved healing, with an adjustable strap for personalised fit and compression. Recommended for: plantar fasciitis, tendonitis and medial arch pain. Suitable for competition or all day use. Support level 3



**UP4534**

**ULTIMATE GEL HEEL & ARCH 3/4 INSOLE**



**Gel cushioning for the heel, arch and plantar fascia.**

Deeply contoured heel cup and central TPE heel gel pad help stabilise the heel and foot while the contoured arch provides cushioning and support for the tendons. Cradles the heel for added stability. Thin edge provides ultimate comfort, fit and feel. Slip-resistant design helps keep insole in place. Wicking cloth lining helps keep feet cool and dry. Can be worn with all kinds of footwear, dress shoes, boots and athletic shoes. Perfect for: extra cushioning, soft support and pain relief. Ideal for plantar fasciitis, heel spurs and bruised heels.

**S/M, L/XL** Support level 1

**Size guide**

UK shoe size:	Euro	
<b>S/M</b>	3-8	[36-42]
<b>L/XL</b>	8-13	[42-48]



**UP4510**

**ULTIMATE GEL HEEL PAD**

**Gel cushioning for the heel.**

Cradles the heel for added stability. Thin edge provides ultimate comfort, fit and feel. Slip-resistant design helps keep heel pad in place. Can be worn with all kinds of footwear, dress shoes, boots and athletic shoes. Perfect for: extra cushioning, soft support and pain relief. Ideal for heel spurs, bruised heels and plantar fasciitis. **S/M, L/XL** Support level 1

**Size guide**

UK shoe size:	Euro	
<b>S/M</b>	3-8	[36-42]
<b>L/XL</b>	8-13	[42-48]



UPS188

## ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT + STRAP AND GEL

Advanced graduated compression provides ultimate fit and support. Lightweight, advanced circular knit technology provides firm, even support whilst maintaining a full, natural range of movement. Lastest edge trim technology helps prevent slippage and reduces wear. Advanced removable velcro strap system targets the injured area providing superior compression and support. Recommended for achilles tendonitis during training, competition or all day use.

S/M, L/XL, XXL Support level 3

Size

UK Shoe size:

Small/Medium 5-8 [38-42]

Large/X Large 8-11 [42-46]

XX Large 11-14 [46-49]



## UPS420 ULTIMATE ACHILLES SUPPORT

UPS420

Provides compression and support, helping relieve achilles tendon pain. Soft tube reduces pressure on the most stressed part of the tendon. Adjustable strap ensures personalised fit and compression. Design promotes an early heel rise to further reduce stress on the tendon. Recommended for achilles tendonitis during training, competition or all day use.

Regular 10½"-11½" [27-29cm] Large 11½"-12½" [29-32cm].

Measure around widest part of ankle. Support level 2



UPS800

## ULTIMATE PLANTAR FASCIA SOCK

Overnight improved healing for plantar fascia injury. Comfortable stocking with adjustable strap to hold the foot in a dorsiflexed position. Adjustable strap provides a gentle lift to the toe-end of the foot, gently stretching the plantar fascia. Recommended for: night-time wear to help relieve the symptoms of plantar fasciitis. Support level 3

Size

UK Shoe size:

X Small 3-5½ [36-38]

Small 6-8 [39-42]

Regular 8½-11½ [42.5-46.5]

X Large 12-14 [47-49]





UP5172  
**← ULTIMATE COMPRESSION ELBOW SUPPORT**

**Improved support for sprained, stiff or aching elbows.**

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort.

Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis.  
 S/M/L/XL Support level 1



Compression zones give increased support and comfort

**Size**  
 Measure around centre of elbow:

<b>Small:</b>	7"-10"	(18-25cm)
<b>Medium:</b>	10"-12"	(25-30cm)
<b>Large:</b>	12"-13"	(30-33cm)
<b>X Large:</b>	13"-15"	(33-38cm)



UP5184  
**← ADVANCED ULTIMATE COMPRESSION ELBOW SUPPORT +STRAP AND GEL**

**Provides protection, relief and compression for tennis elbow.**

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Adjustable Advanced Strap ensures a perfect fit and required compression. Latest edge trim technology helps prevent slippage and reduces wear. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis.

S/M/L/XL Support level 3



Gel pad provides additional tendon support and comfort



UP5765

## ALL-DAY AIR TENNIS ELBOW SUPPORT



**Air Cushion gives all-day relief, protection and compression.**

The Air Cushion places targeted but comfortable pressure on the elbow tendons and muscles to provide relief, right where you need it. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for: tennis or golfer's elbow (epicondylitis), tendonitis and swelling. Suitable for competition or all day use. Support level 2



Spare Air Cushion included



Adjustable strap for personalised fit and compression.



UP5370

## ULTIMATE TENNIS ELBOW SUPPORT

**Provides protection, relief and compression for tennis elbow.**

Compression tube places targeted pressure on elbow tendons and muscles to provide relief. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for tennis or golfer's elbow (epicondylitis), tendonitis and swelling; during competition or all day use.

Available in black, pink, natural, red, blue or white.  
Support level 2



UP5760

## ADVANCED TENNIS ELBOW SUPPORT



**Wicking, breathable, comfortable and highly supportive: the ultimate tennis elbow support.**

Possibly the most comfortable and supportive tennis elbow strap on the market, providing maximum support for the tendons in the arm during activities involving a strong grip and impact, such as tennis or golf. An internal foam pad targets comfortable, tailored compression right where you need it. The neoprene-free, moisture wicking fabric is designed to prevent overheating and sweat build-up, even when worn all day and pushed to the limit.

Recommended for: tennis or golfer's elbow (epicondylitis), tendonitis and swelling. Support level 3



UP5330  
 **ULTIMATE ELBOW SUPPORT**

**Adjustable for perfect fit and compression.**

Soft neoprene blend provides firm, even support and promotes improved healing and elbow joint flexibility. Adjustable straps ensure correct fit and minimal bunching or slipping. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis.

Support level 2



UP5230  
 **NEOPRENE ELBOW SUPPORT**

**Support and warmth for arthritic, stiff or aching elbows.**

Soft neoprene blend provides firm, even support and promotes improved healing and elbow joint flexibility. Durable lock-stitched seams. Extends over forearm to provide compression and warmth. Tailored design minimises bunching for all-day comfort. Recommended for weak, stiff or aching elbows, mild sprains, strains, arthritis and tendonitis.

S/M/L/XL Support level 2



**Size guide**

Measure around centre of elbow:

**Small** 7"-10" (18-25cm)

**Medium** 10"-12" (25-30cm)

**Large** 12"-13" (30-33cm)

**X Large** 13"-15" (33-38cm)

UP5130  
 **ELASTIC ELBOW SUPPORT**

**Comfortable support for sprained, stiff or aching elbows.**

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis.

S/M/L/XL Support level 1





UP5177

## ADVANCED ULTIMATE COMPRESSION WRIST SUPPORT+STRAP



**Compression, support and protection for stiff or aching wrists.** Wraparound design offers the ultimate custom fit, with graduated compression for improved support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Adjustable Advanced Strap ensures a perfect fit and required compression. Recommended for stiff or weak wrists. Suitable during pre-competition warm-up or all day use.  
**S/M/L/XL Support level 2**



### Size guide

Measure around wrist:

Small	5¼"-6"	(13-15cm)
Medium	6"-6¾"	(15-17cm)
Large	6¾"-7½"	(17-19cm)
X Large	7½"-8¼"	(19-21cm)



UP5186

## ADVANCED ULTIMATE COMPRESSION WRIST BRACE WITH SPLINT



**Provides compression, protection and can help stabilise the wrist with three levels of support.**

Wraparound design offers the ultimate custom fit. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Advanced removable velcro strap system targets the injured area providing superior compression and support. Rigid aluminium stay to hold the wrist in a neutral position. Reversible to fit either hand and adjustable for perfect fit and required compression. Soft latex-free belt provides firm, even support.

Offers three levels of support:  
 sleeve alone, sleeve with wrist wrap  
 or sleeve, wrist wrap and splint.

Recommended for:  
 weak, stiff or aching wrists.  
**S/M/L/XL Support level 3**



UP5366

## ULTIMATE CARPAL TUNNEL WRIST BRACE

Support for carpal tunnel syndrome, stiff, weak or aching wrists.

Rigid aluminium stay to hold the wrist in a neutral position. Reversible to fit either hand. Soft neoprene blend provides firm, even support and promotes improved healing. Adjustable for perfect fit and required compression. Recommended for carpal tunnel syndrome, sprained, stiff or weak wrists. Suitable for all day use. Support level 2



UP5369

## ULTIMATE THUMB STABILISER

Adjustable, comfortable and highly supportive.

Possibly the most comfortable and supportive thumb brace on the market which permits use of the fingers for everyday comfort. Neoprene keeps the damaged thumb joint warm. Dual splints, gentle yet firm, ensure the lower thumb joint is immobilised for comfort and speedy healing of sprained thumbs. Adjustable for perfect fit and required compression. Recommended for: injured, swollen or arthritic thumbs. Support level 3



UP5360

## ULTIMATE WRIST SUPPORT

Secure adjustable support for stiff, weak or aching wrists.

Soft neoprene blend provides firm, even support and promotes improved healing. Ensures a full range of movement. Recommended for sprained, stiff or weak wrists. Suitable for use during competition or all day use. Support level 2



UP5365

## ULTIMATE WRIST WRAP

Support and warmth for stiff or aching wrists.

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing. Wrap-around design provides a custom fit. Adjustable for perfect fit and required compression. Ensures a full range of movement. Recommended for sprained, stiff or weak wrists. Suitable for all day use. Support level 2





UP5743  
**← ADVANCED SHOULDER SUPPORT**

**Stability and comfort for arthritis, tendonitis and previously dislocated shoulders**

Lower chest-wrap strap provides a wide range of fit and ensures correct position on shoulder. Chest-wrap strap retention loop ensures proper location of the strap during wear. Anatomically designed for left and right shoulder use. Multi-position cross-brace compression support system. Extra-long location points provide a wide range of adjustment and secure fitting even during play. An arm retainer loop provides upper arm location and isolation for increased comfort over a sling; perfect for sleeping. Wicking mesh expansion zone provides tailored fit and comfort.

**S/M/L/XL Support level 3**

**Size guide**

Measure under arm pit and over shoulder:

<b>Small</b>	11"-13"	(28-33cm)
<b>Medium</b>	13"-14"	(33-35cm)
<b>Large</b>	14"-15"	(35-38cm)
<b>X Large</b>	15"-17"	(38-42cm)



UP5235  
**NEOPRENE SHOULDER SUPPORT**

**Stability and warmth for arthritis, tendonitis and previously dislocated shoulders.**

Soft neoprene blend provides firm, even support and promotes improved healing and shoulder joint flexibility. Durable lock-stitched seams. Anatomically designed brace for optimal function.

Recommended for rotator cuff tendonitis and shoulder instability.

**S/M/L/XL Support level 2**

**Size guide**

Measure under arm pit and over shoulder:

<b>Small</b>	11"-13"	(28-33cm)
<b>Medium</b>	13"-14"	(33-35cm)
<b>Large</b>	14"-15"	(35-38cm)
<b>X Large</b>	15"-17"	(38-42cm)
<b>XX Large</b>	17"-18"	(42-45cm)





UP5746

## ADVANCED BACK SUPPORT WITH ADJUSTABLE TENSION

Advanced wraparound design provides ultimate custom fit.

Soft latex-free belt provides firm, even support. Advanced 4-way lace tension system targets the injured area providing superior compression and support, helping relieve back pain. Adjustable for perfect fit.

S-M/L-XL Support level 3

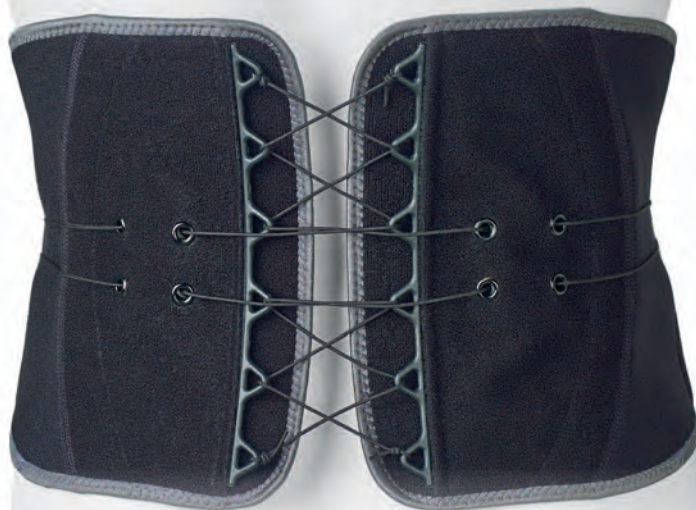
**Size guide**

Measure around waist:

S-M 24" - 33" (61-84cm)

L-XL 33" - 42" (84-106cm)

XXL 42" - 50" (106-127cm)



UP5350

## ULTIMATE BACK SUPPORT

Lumbar support and warmth to help relieve back pain.

Soft neoprene blend, elastic straps and eight supportive steel springs encased in a comfortable pad provide firm, even support. Tailored cut for all-day comfort for both men and women. Adjustable straps ensure correct fit and minimal bunching or slipping. Recommended for sciatica, muscle spasms, sacroiliac pain and general back pain. Fits waist 28"-40" (70-102cm). Support level 3

**Size guide**

Measure around waist:

Regular 28" - 40" (70-102cm)

XL 40" - 50" (102-128cm)

UP5252

## NEOPRENE BACK SUPPORT

Soft neoprene provides therapeutic heat and protection.

Provides adjustable light support and compression to the lower back region, which can help relieve lower back pressure and sciatica. Excellent back support from 1/8" thick neoprene with double knit nylon lamination.

Low profile – may be worn undetected under everyday clothing. Suitable for wear during sporting activities. S-M/L-XL Support level 2

**Size guide**

Measure around waist:

S-M 24" - 33" (61-84cm)

L-XL 33" - 43" (84-109cm)





UP5744  
**ADVANCED THIGH SUPPORT**

Advanced support with warmth for groin, hamstrings or quads. Soft neoprene blend provides firm, even support and promotes improved healing. Advanced removable six way velcro strap system targets the exact location of the injured area, providing superior compression and support. Adjustable for perfect fit. Recommended for injuries to groin, hamstrings or quads. Suitable for use during pre-competition warm-up or all day use. Support level 3



UP5340  
**ULTIMATE THIGH SUPPORT**

Support and warmth for groin, hamstrings or quads. Soft neoprene blend provides therapeutic heat and firm, even support, and promotes improved healing. Adjustable for perfect fit and required compression. Recommended for injuries to groin, hamstrings or quads. Suitable for use during pre-competition warm-up or all day use. Support level 2



UP5610  
**PERFORMANCE ATHLETIC SUPPORT**

Comfortable, breathable support. 3" waistband retains its shape even after repeated washings for superb comfort. Tailored pre-shrunk knitted mesh pouch and elastic leg straps for great fit and support. S/M/L/XL Support level 1

**Size guide**  
 Measure around waist:

Small	26"-32"	[66-82cm]
Medium	32"-38"	[82-96cm]
Large	38"-44"	[96-110cm]
X Large	44"-50"	[110-128cm]



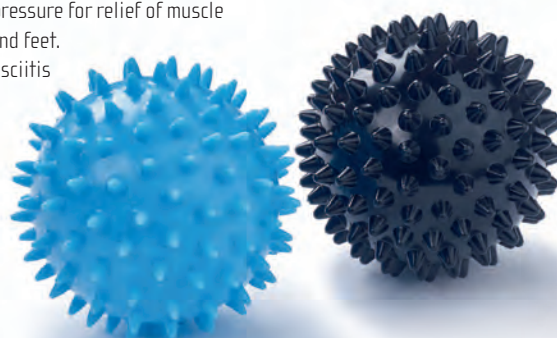


**UP3032**  
**PERFORMANCE GYM BALL WITH PUMP**

Get your whole body in shape with the burst-resistant Performance Gym Ball from UP. Tightens abdominals. Strengthens arms and back. Tones legs. Stretches upper and lower body. Maximises workout. Cushions your body. Targets all the major muscle groups, including glutes, obliques, abs and quads. The Performance Gym Ball supports and cushions your body, and maximises your workout to help you achieve a firmer, fitter and more defined lower body and torso. Balancing on the ball provides resistance for progressive results. Will support a maximum weight of 123kg/270lb. Available in 55, 65 & 75cm diameter sizes.

**UP3036**  
**PERFORMANCE MASSAGE BALL**

Reduce pain and relieve tension in muscles, ligaments and tendons. Pack of two: the FIRM (blue) ball gives a gentle massage to loosen tight muscles. Use the SOLID (black) ball for a deeper massage to work on stubborn knots. Use to reduce pain and relieve tension in muscles, ligaments and tendons. Increases flexibility and improves posture. You control the depth of massage with applied pressure for relief of muscle soreness in lower/upper back, neck, legs, hips and feet. Ideal to help relieve the symptoms of plantar fasciitis – use your body weight to control the pressure. Help speed recovery in muscles after exercise.





UP3038

## ULTIMATE MASSAGE THERAPY ROLLER

Get relief from muscular pain, reduce muscle trigger points and improve circulation.

The UP Ultimate Massage Therapy Roller delivers deep-penetrating, pain-relieving myofascial massage: the specially designed contours target difficult to reach places, while you use your body weight to choose how much pressure to apply.

Attack sore trigger points, aches and pains all over your body with pinpoint accuracy.

Use before workouts to release muscle toxins and enable you to train harder. Accelerate recovery post-workout: soothe aching muscles, roll out niggles and speed up injury rehab. Improve core strength, enhance stability, encourage better posture and restore muscle flexibility.

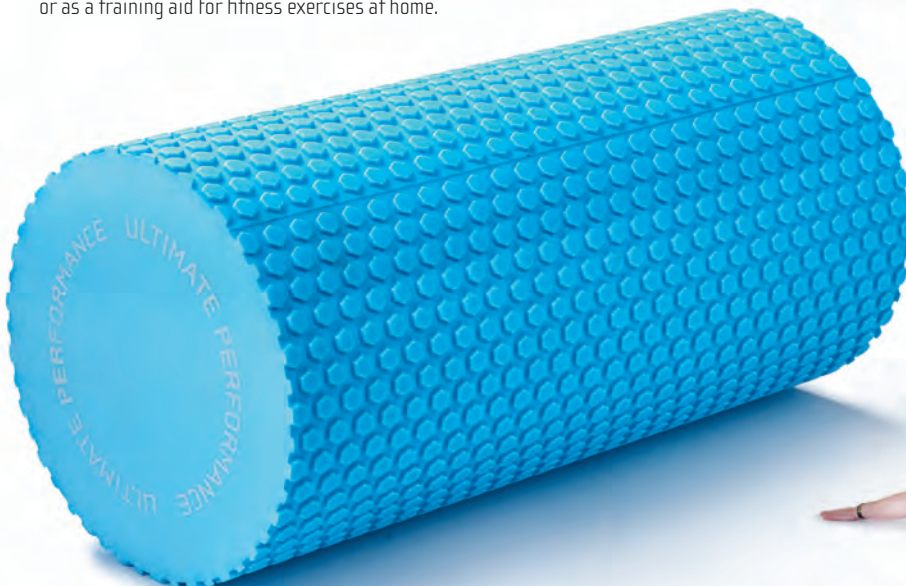
Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders.

UP3040

## PERFORMANCE FOAM ROLLER

Soothe aching muscles, improve flexibility and core strength.

A hard-wearing solid foam roller for myofascial massage: use your body weight to choose how much pressure to apply. Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders. Good for warm-ups, to relax muscles after sports or as a training aid for fitness exercises at home.



## RESISTANCE BANDS

Ideal for targeting and working specific muscle groups and tendons during rehab and sports training.

These latex bands, 99.99% free from latex allergens, can be cut to size according to your preference. They provide light, medium to heavy resistance during training exercises and are designed for increasing strengthening exercises during rehab and sports training. Start with the lowest level of resistance and build sets and repetitions gradually: once the exercises become too easy, move on to the next level.

Recommended for: tennis elbow (epicondylitis), ankle sprains, dislocated shoulders, tibialis posterior tendon problems. Also for use in yoga, pilates and strengthening exercises.

6" x 27yds (15cm x 25m)

**UP3003** Light (red) 0.3mm thickness

**UP3004** Medium (black) 0.4mm thickness

**UP3006** Heavy (violet) 0.6mm thickness

**UP3003**

Light



**UP3006**

Heavy



**UP3004**

Medium

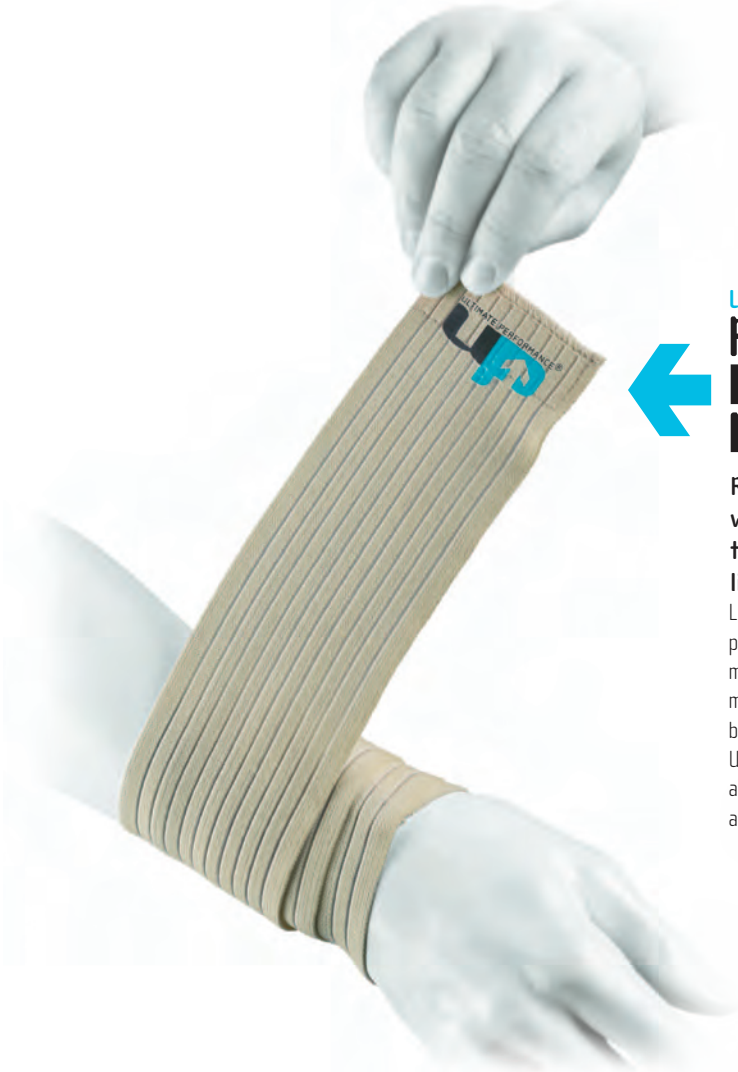


**UP5690**

## REUSABLE ELASTIC BANDAGE

Reusable and flexible, this wrap can provide support to a wide range of muscles, ligaments, tendons and joints.

Lightweight and comfortable, this wrap provides firm, even support whilst maintaining a full, natural range of movement. Can also act as a frost barrier and hold a cold pack in place. Use in a similar way to traditional tape applications - but then use it again and again! Support level 2





## KINESIOLOGY TAPE

A rehabilitative taping technique applied over muscles to reduce pain and inflammation, relax overused tired muscles and support muscles in movement.

Kinesiology taping is designed to improve the body's natural healing process by helping to increase natural blood flow around the muscle. It is non-restrictive, allowing for a full range of motion; the wave pattern adhesive backing moves with the skin and muscles.



UP Kinesiology Tape is available as 50mm x 5m rolls in a range of colours, either in continuous form or pre-cut into 250mm sections.

**UP7001** black    **UP7002** pink    **UP7003** red    **UP7004** light blue    **UP7005** skin    **UP7006** orange



**UP7021** black pre-cut    **UP7022** pink pre-cut    **UP7023** red pre-cut    **UP7024** light blue pre-cut    **UP7025** skin pre-cut    **UP7026** orange pre-cut

2" x 5½yds (50mm x 5m) retail pack.  
Counter top display box of 12 packs.

Also **UP7704** 4" x 5½yds [100mm x 5m]  
light blue uncut only. Box of 6 rolls.



Now also available in longer rolls:

- UP7011** 2" x 34½yds [50mm x 31.5m]  
black uncut
- UP7014** 2" x 34½yds [50mm x 31.5m]  
light blue uncut
- UP7015** 2" x 34½yds [50mm x 31.5m]  
skin uncut



## ← ADVANCED KINESIOLOGY TAPE

- is lighter
- is faster drying
- stays on longer
- ...making it the ultimate kinesiology tape.

Available as 50mm x 5m rolls in continuous form.

**UP7041** black    **UP7044** light blue    **UP7045** skin

2" x 5½yds (50mm x 5m) retail pack.  
Counter top display box of 12 packs.



POWERED BY  
**Kintape**®

## ↓ UP7033 3D TAPE

**Elastic rehabilitative tape.**

3D Tape is a highly elastic tape, used as a supportive and rehabilitative taping technique applied over muscle. Its properties are to:

- transfer energy back into the kinetic chain (acting as a second muscle)
- provide strong support to muscle groups, ligaments and tendons
- reduce perception of pain and inflammation
- relax and support overused and tired muscles and support muscles in motion.

It is also designed to improve the body's natural healing by increasing blood flow to the muscles and increasing lymphatic drainage. The tape's striated adhesive backing ensures unrestricted motion and facilitates all these beneficial effects.

2" x 5½yds (50mm x 5m) retail pack. Box of 12 packs.



## EASY-TEAR TAPE

### Easy to tear zinc oxide tape

Stronger adhesive than standard sports tape, with a serrated edge for easy tearing.

**UP7760**

1" x 15yds (25mm x 13.7m)  
Box of 48 rolls

**UP7761**

1½" x 15yds (38mm x 13.7m)  
Box of 24 rolls

**UP7762**

2" x 15yds (50mm x 13.7m)  
Box of 24 rolls



UP7761

## TAN TAPE

### High tensile zinc oxide tape

**UP7780**

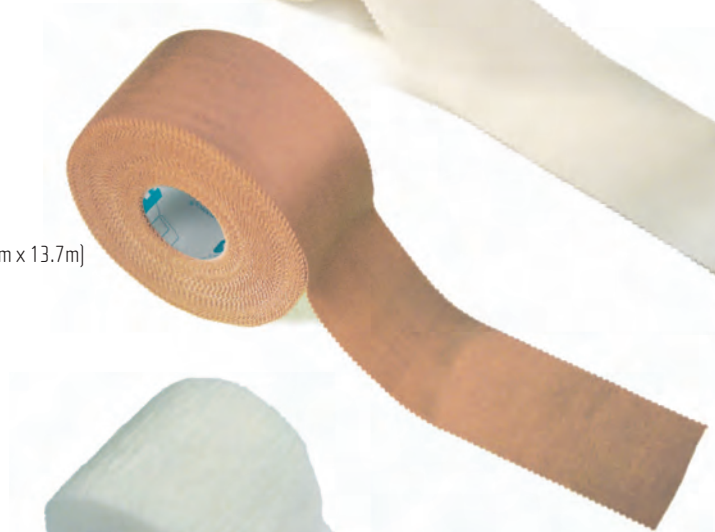
1" x 15yds (25mm x 13.7m)  
Box of 24 rolls

**UP7781**

1½" x 15yds (38mm x 13.7m)  
Box of 18 rolls

**UP7782**

2" x 15yds (50mm x 13.7m)  
Box of 12 rolls



UP7781

## COHESIVE TAPE

### Cohesive stretch tape

Self adhering – fixes to itself: no sticky residue.

**UP7752**

2" x 5yds (50mm x 4.5m)  
Box of 24 rolls

**UP7753**

3" x 5yds (75mm x 4.5m)  
Box of 12 rolls



UP7752

## UNDERWRAP

### Latex-free barrier wrap

**UP7795**

2¾" x 30yds (70mm x 27m)  
Box of 24 rolls



UP7795

## SPORTS TAPE

### Zinc oxide trainer's tape

High quality 100% cotton fabric tape.

Latex free, hypoallergenic.

**UP7730**

1" x 15yds (25mm x 13.7m)  
Box of 24 rolls

**UP7731**

1½" x 15yds (38mm x 13.7m)  
Box of 32 rolls

**UP7732**

2" x 15yds (50mm x 13.7m)  
Box of 24 rolls

**UP7031 retail pack**

1½" x 10yds (38mm x 9m)  
Box of 12 packs



UP7732

## SPORTS TAPE II

### Serrated edge zinc oxide trainer's tape

High quality 100% cotton fabric tape.

Latex free, hypoallergenic.

**UP7734**

1" x 15yds (25mm x 13.7m)  
Box of 48 rolls

**UP7735**

1½" x 15yds (38mm x 13.7m)  
Box of 32 rolls

**UP7736**

2" x 15yds (50mm x 13.7m)  
Box of 24 rolls



UP7736



UP7734



UP7772

## RIP LITE TAPE

Rigid lightweight easy-tear tape

UP7771 1" x 7½yds (25mm x 6.85m) Box of 32 rolls  
 UP7772 2" x 7½yds (50mm x 6.85m) Box of 24 rolls

UP7773 3" x 7½yds (75mm x 6.85m) Box of 12 rolls



UP7776

## RIP LITE TAPE II

Stretch lightweight easy-tear tape

UP7775 2" x 7½yds (50mm x 6.85m) Box of 24 rolls  
 UP7776 3" x 7½yds (75mm x 6.85m) Box of 16 rolls



UP7794

## LIGHT FIX TAPE

Non-woven adhesive dressing roll

UP7792 2" x 11yds (50mm x 10m) Box of 24 rolls  
 UP7794 4" x 11yds (100mm x 10m) Box of 12 rolls

## UP4481 TAPE FIX

Spray adherent helps keep tapes and wraps firmly in place. 200ml aerosol can.



UP7741

UP7742

## EAB TAPE

Heavy stretch cotton tape

High quality elastic adhesive bandage. Air permeable, flexible, breathable and non-marking. Easily removable.

UP7741 1" x 5yds (25mm x 4.5m) Box of 24 rolls  
 UP7742 2" x 5yds (50mm x 4.5m) Box of 24 rolls

UP7743 3" x 5yds (75mm x 4.5m) Box of 12 rolls

## UP7700 TAPING SCISSORS



## UP7701 ANGLED SCISSORS



UP4405

## REUSABLE COLD/HOT PACK



**For both cold and hot therapy relief.**

Two colour-coded soft nylon packs, suitable for both cold and hot therapies, retain heat or coldness for at least one hour. Easy to apply wherever needed.

For cold, place pack in a freezer for at least 10 minutes before use. For heat, place pack in hot water (maximum 80°C) for at least 10 minutes, or microwave at low power for 30 seconds. Recommended for minor sports injuries, bruises, muscle aches and sprains, and headaches.

Hold in place with UP4412/4418 wraps (below) or UP5690 reusable elastic bandage (available separately – see page 20).



UP4412

## MEDIUM COLD/HOT PACK

**Provides hands-free compression for a cold or hot pack.**

Reusable and flexible, the wrap comes with two UP4405 cold/hot therapy packs included (see opposite). Insert a pack in the mesh pocket on the wrap then apply where needed, securing in place with the upper and lower loops. Makes cold/hot therapy simple, as the wrap holds the pack securely in place. Suitable for elbows, ankles etc.



UP4418

## LARGE COLD/HOT PACK

As above, but double mesh pocket holds two packs (included). Suitable for knees, thighs etc.







← **UP4401 INSTANT COLD PACK**

**No need to pre-refrigerate: INSTANT cold therapy relief when and where you want it.** The UP Instant Cold Pack is designed for first aid treatment. It helps to reduce pain and swelling, and promotes faster recovery of conditions requiring cold relief. It also helps to ease discomfort relating to fever, headache, minor burns, bumps and bruises, and pulled or strained muscles. An essential addition to your first aid kit.



← **UP4461 ICE BAG**

**Fill with ice to apply cold therapy relief. Use again and again.** Re-usable 9" bag with wide screw-top opening holds ice cubes, crushed ice or cold water. Easy to apply to wherever it is needed. Recommended for: cold therapy in treating minor grazes, bruises, muscle aches and sprains, and headaches.

**UP4466 COLD GEL** →

**Cooling relief for sports injuries.** UP Cold Gel may be used during and after physical exercise. It is designed for the efficient relief of joint and muscular pain, and to aid in recovery from injury. It has a soothing effect and helps reduce swelling. Apply as and when needed. Rub well into the affected area for instant cold relief. 100ml tube.





**UP4451**  
**EXTRA STRONG SPORT BALM**

**Warming therapy for sore muscles and joints.**  
A combination of herbal ingredients and carefully blended natural oils, UP Sport Balm is easy to apply and offers fast, effective relief from muscle and joint pain. 25ml jars.

**UP4464**  
**HEAT RUB**

**Balm for warming pain relief.**  
UP Heat Rub eases pain from sore muscles, bruises, minor aches, sprains and strains. 100ml tube.



**UP4460**  
**GRIP POWDER**

**Adhesive powder helps keep hands dry and improves your grip.**  
Useful for tennis, squash, badminton, basketball, golf, netball, gymnastics, bowls... any activity that requires improved grip. Also suitable for handles of sports equipment. Non-tack. 50g bottle.



**UP3015**  
**NIPPLE PROTECTORS**

**Prevent nipple chafing.**  
Self adhesive plasters stay in place under even the toughest conditions.



**UP7035**  
**GOLFER'S TAPE**

**Tape around fingers and golf club grips to minimise risk of blistering.**  
The light adhesive does not transfer to club grips, keeping them free from the sticky residue which other tapes can leave behind. Retail double pack 1"x10yds (25mm x 9m). Box of 18 packs.

**UP4493**  
**ULTIMATE NASAL PLUG**

**Stop nosebleeds quickly and effectively.**  
Soft PVA sponge plugs compressed and vacuum packed. When inserted into bleeding nostrils they absorb blood and expand, applying pressure to stop blood flow and assist the clotting process. Latex free. Lint free. Box of ten plugs in individual sterile packs. Sizes S/M and L/XL.



**UP4478**  
**SKIN SHIELD**

**A blister-preventing roll-on barrier between the skin and shoes, equipment, pads, etc.**  
UP Skin Shield is waterproof, non-staining, non-toxic, grease-free and contains no animal products. Apply directly to the skin on any areas that will be exposed to rubbing, prior to activity. When running, apply to heel and ball of foot. 45ml roll-on.



**UP3010**  
**TOE PROTECTORS**

**Surround and cushion the toe, alleviating the pain caused by corns and blisters.**  
Help prevent blisters from friction between toes, also help to reduce rubbing caused by footwear. Less risk of toenail loss. Made from a high-grade soft silicon which will stretch to fit any size toe.





### UP5000 MEDICAL BAG

- Shoulder and hand carry straps
- End pocket zips off to become waist essentials bag
- Velcro adjustable organisers in main and zip-off bag – perfect for tapes and sprays
- Front organiser pocket keeps all your smaller essentials easy to find.
- L56cm x W32cm x H30cm

### UPB1000 HYGIENE SPORTS BOTTLE

- 1 litre capacity squeeze bottle, designed to eliminate mouth contact with the nozzle and thereby reducing the risk of cross contamination. Perfect for team use.
- No need to tip the bottle up to drink from it – rest your chin on the bottle cap (in front of the nozzle) and squeeze.
- BPA free

### UPB1008 BOTTLE CARRIER

- Holds eight bottles
- Available in white or black



B58599-1 compliant first aid kits for your team, clinic, treatment room etc.  
Available in **SMALL** (for up to 25 persons), **MEDIUM** (25-100 persons) and **LARGE** (100+ persons).



**UP5010**  
**DUGOUT**  
**FIRST AID KIT**  
SMALL



**UP5012**  
**TREATMENT ROOM**  
**FIRST AID KIT**  
SMALL



**UP5015**  
**CLUBHOUSE**  
**FIRST AID KIT**  
MEDIUM



**UP5016**  
**RECEPTION**  
**FIRST AID KIT**  
MEDIUM



**UP5020**  
**STADIUM**  
**FIRST AID KIT**  
LARGE



**UP5023**  
**CLINIC**  
**FIRST AID KIT**  
LARGE

## Contents:

### SMALL

- Burnshield dressing x1
- Eyepad dressing (sterile) x2
- Finger dressing (sterile) x2
- Foil blanket x1
- Blue Nitrile gloves x6 pairs
- Large dressing (sterile) x1
- Medium dressing (sterile) x4
- Microporous tape x1
- Adhesive plasters (boxed) x40
- Saline sterile wipes (boxed) x20
- Safety pins x6
- Triangular bandage x2
- Tuffcut scissors x1
- Resus device x1

### MEDIUM

- Burnshield dressing x2
- Conforming bandage x1
- Eyepad dressing (sterile) x3
- Finger dressing (sterile) x3
- Foil blanket x2
- Blue Nitrile gloves x9 pairs
- Large dressing (sterile) x2
- Medium dressing (sterile) x6
- Microporous tape x1
- Adhesive plasters (boxed) x60
- Safety pins x12
- Saline sterile wipes (boxed) x30
- Triangular bandage x3
- Tuffcut scissors x1
- Resus device x1

### LARGE

- Burnshield dressing x2
- Conforming bandage x1
- Eyepad dressing (sterile) x4
- Finger dressing (sterile) x4
- Foil blanket x3
- Blue Nitrile gloves x12 pairs
- Large dressing (sterile) x2
- Medium dressing (sterile) x8
- Microporous tape x1
- Adhesive plasters (boxed) x100
- Safety pins x24
- Saline sterile wipes (boxed) x40
- Triangular bandage x4
- Tuffcut scissors x1
- Resus device x2