

**Exy Pedals**



- Encourages the exercise of semi-recumbent people who are not highly mobile
- Lightweight which allows for ease of transportation and storage



**Fitness Ball 65cm**

- Inflatable fitness (physio) balls provide excellent therapy for perceptual motor training activity
- Feature a seamless construction with anti-burst that withstands rugged use by active children and adults
- Rated to 300kg and available in assorted colours



**TENS Unit**

- Electro stimulation pack assists with therapy and pain relief
- Designed to assist with light to moderate pain relief
- Supplied with 9 volt battery, leads and 1 packet of electrodes
- Can be used at home



**Theraband Retail Pack**

- Resistance bands for exercise
- 3 bands of different resistance per pack
- Available in Light or Heavy



**Theraband Tubing Retail Pack**

- Resistance tubes for exercise
- 3 bands of different resistance per pack
- Available in Light or Heavy



**Theraband Door Anchor**

Used to secure bands or tubing to a door for upper or lower body resistance workouts.



**Theraband Exercise Handle**

Designed to be used with either Theraband and/or Theraband Tube. Easily attaches to Theraband to provide an ideal grip for exercises. Sold as a pair.



**Theraband Hand Trainer**

- Helps improve hand, finger & thumb strength & mobility during hand rehabilitation
- Colour-coded for progressive resistance exercises



**Theraband Stability Trainer**

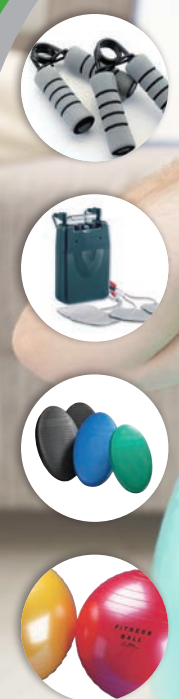
- Supplied in three densities to provide a progressive system of balance training
- Anti-slip ridged surface and oval foot fitting shape
- Made of durable PVC



- |                  |                  |
|------------------|------------------|
| • Brunswick      | • Port Macquarie |
| • Brunswick East | • Coffs Harbour  |
| • Cheltenham     | • Ballina        |
| • Geelong        | • Acacia Ridge   |
| • Bendigo        | • Geebung        |
| • Mildura        | • Gold Coast     |
| • Wallongong     | • Toowoomba      |
| • Moorebank      | • Sunshine Coast |
| • Seven Hills    | • Hervey Bay     |
| • Blacktown      | • Hobart         |
| • Central Coast  | • Launceston     |
| • Albury         | • Regency Park   |
| • Orange         | • Plympton Park  |
| • Tamworth       |                  |



You may also be interested in Aidacare's other Product Application Guides giving product range information for the following areas:



**therapy & exercise**

Equipment Selection Made Easy

**1300 133 120**  
www.aidacare.com.au

DVA Aidacare are a DVA contractor. Ask us about DVA funded products.





# therapy & exercise

After an injury, it is important to engage in a rehabilitation program designed by your Physiotherapist, Exercise Physiologist, Occupational Therapist or other relevant discipline.

These programs will include a home based component which play a crucial role in the recovery process and can help you get back to participating in your favourite activities more quickly.

Aidacare's therapy and exercise range provides you with the equipment you need to manage and maintain your physical rehabilitation needs in the home. Discuss with your relevant health professional for the most appropriate items for your needs.

**Do you need help with product selection and sizes? Please contact Aidacare on 1300 133 120.**

For Therapist Solutions please enquire about how else we can help you.

## Rental

Did you know that Aidacare offers a comprehensive range of equipment for rent? We've got you covered should you need any products for home care and recovery! Call our friendly staff for short term & long term rental options!



### Exercise Putty

- Designed to strengthen and rehabilitate hand & finger muscles by squeezing
- Available from soft to hard
- Non toxic, leaves no residue



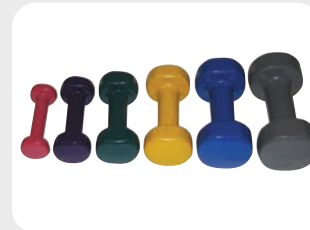
### Hand Grips

Provide resistance to hands for general strengthening and conditioning. Improves strength of hand and forearm, supplied as a pair.



### Soft Ankle/Wrist Weight 0.5

For strengthening ankles, legs and arms. Can also be used for general strength conditioning. One size fits most and sold as a pair.



### PVC Dipped Dumbbell

Can be used for general strengthening, to provide resistance while walking/running or to prevent injury. Available in a large range of weights.



### Exercise Bikes

- Features on demand exercise feedback
- Adjustable resistance levels
- Easy to operate control panel
- Console feedback



### Balance Wobble Board

- For rehabilitation and strengthening of the ankle
- Surface grooves for grip and stability
- Highly durable & hard wearing



### Lupin Hot/Cold Pack Back

- Warm in the microwave or chill in freezer to sooth aches
- Easily moulds to the contour of the lower back
- Adjustable, one size fits all



### Lupin Hot/Cold Pack Body Pillow

- Warm in the microwave or chill in the freezer to sooth aches
- Forms to your body shape
- Low allergy, easy to clean



### Lupin Hot/Cold Pack Rectangle

- Warm in the microwave or chill in the freezer to sooth aches
- Suits all parts of the body
- Low allergy, easy to clean



### Lupin Hot/Cold Pack Hand Glove

- Warm in the microwave or chill in the freezer to sooth aches
- Lupins are lower allergy, easier to clean and less weight than wheat



### Lupin Hot/Cold Pack Shoulder

- Soothes neck & shoulder pain, muscular stress & mastitis
- Lupins are lower allergy, easier to clean and less weight than wheat



### Micro Professional Heat Pack

Ideal heat pack for use in institutions meeting all the necessary health and safety requirements.



### Blood Pressure Monitor Semi-Automatic

- Measures & simultaneously displays Systolic, Diastolic and Pulse
- Semi automatic, one button pressurisation, measurement and exhaust
- Automatic power-off function to preserve battery life



### Thermometer Digital Ear Tympanic

Precise infra-red ear thermometer that safely measures body temperature. Range of 33.5-42.0 degrees.



### Thermometer Digital Clinical

- Easy to read thermometer
- Memory of last measured temperature
- 100 + hours of battery life
- Warranty: 12 months

## View our e-catalogue!

Visit the Aidacare website at [www.aidacare.com.au](http://www.aidacare.com.au) to view our full range.

Or contact our friendly staff for any help on 1300 133 120

