

# Hot & Cold Therapy

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# BIOFREEZE™

COOL THE PAIN

For over 25 years, Biofreeze has been a trusted method of pain relief for clinical professionals. Biofreeze cold therapy is scientifically proven to reduce pain and can help relieve sore muscles, back aches, sore joints and arthritis. Applying Biofreeze directly to the skin can bring targeted and effective pain relief, without the risks that come with an oral pain killer.



## FAST ACTING

Our trusted cold therapy formula works quickly to override pain by stimulating the cold receptors in the skin by evaporation.



## LONG LASTING

Whether you want to support your clients in managing their pain safely, keep up with your grandchildren or make it through a full 90 minutes football match. Biofreeze cools the pain for up to 3 hours.



## POWERFUL

Biofreeze is scientifically proven to reduce the user's symptoms of pain twice as much as those who don't use it. Plus it doesn't come with the same risks as an oral painkiller.

## 3 GREAT FORMATS



### GEL

PERFECT FOR WRIST, HAND & LEG PAIN

- The gel tube is one of the most popular and versatile formats, well-suited for application on both small and large muscle areas.
- Handy size for life on the go.



### ROLL-ON

PERFECT FOR NECK & SHOULDER PAIN

- The massaging roll-on allows for hands-free application and stimulates specific trigger points also known as small knots in the muscles.
- Perfect format for no mess application on the go.



### SPRAY

PERFECT FOR BACK, FOOT & ANKLE PAIN

- The spray format is ideal for people with limited mobility arising from conditions such as arthritis.
- Specifically developed for those hard to reach areas such as the middle to upper back, neck and lower extremities.
- Delivers the same relief when sprayed upside down.

## WHY USE BIOFREEZE OVER ICE?

For years, ice has been used to reduce pain, swelling and nerve activity. However ice can cause a number of negative side effects, which is where topical cold therapy pain relievers like Biofreeze offer additional benefits:

- No stiffness, skin irritation, temporary pain or numbness
- Promotes continued activity
- Convenient application for use on the go
- Increased range of motion

### BIOFREEZE® Gel



1 BIOFREEZE® Gel 28g/30ml

7500139



2 BIOFREEZE® Gel 112g/118ml

7500145

**BIOFREEZE® Roll-on**      **BIOFREEZE® Spray**



**3** BIOFREEZE® Roll-on 84g/89ml  
7500146



**4** BIOFREEZE® Spray 104g/118ml  
7500147

**BIOFREEZE® Professional Sizes**

Our professional size products are ideal for clinics, hospitals or just every day use



**5** BIOFREEZE® Gel Pump 448g/473ml  
7500149

**6** BIOFREEZE® Gel Pump 897g/976ml  
7500150

**7** BIOFREEZE® Spray Pump 417g/473ml  
7500151

**BIOFREEZE® Display Products**



**8** BIOFREEZE® Gravity Feed  
Box of 100 5g/5ml Sachets  
7500142



**9** BIOFREEZE® Display Tray  
12 x 28g/30ml Gel  
7500140



**10** BIOFREEZE® Display Box\*  
Box of 10 5g/5ml Sachets  
7500141

\*Available in selected channels only



# THERA°PEARL®

A NEW DEGREE OF RELIEF®

## KEY BENEFITS TO THERA°PEARL TECHNOLOGY®

Conforms to Your Body | Mess Free | Soft on Skin  
Extremely Comfortable | Reusable | Non-Toxic  
Free of BPA, Lead, Latex & Phthalates  
Freeze | Microwave

### PEARL TECHNOLOGY

THERA°PEARL was designed with the consumer in mind. Whether chilled or heated, Pearl Technology holds the **HOT** or **COLD** temperature for the doctor recommended time of 20 minutes while conforming to your body to deliver the perfect relief from your aches and pains.

### WHAT ARE THE BENEFITS OF ICE THERAPY?

Ice therapy (a.k.a. cryotherapy) is one of the most common recommendations by doctors for injury prevention & recovery. Applying ice immediately after an injury or physical trauma (the sooner the better) constricts blood flow & slows bleeding/swelling. Ice therapy reduces pain & muscle spasm. Also, applying ice to the injured area decreases the metabolic rate of cells, which limits the risk of cell death after an injury and helps prevent long-term damage.

You usually want to ice during the first 24 hours following an injury, when there is evidence of swelling and/or bleeding. Even if you don't have an "injury," it's generally recommended to apply ice

after any physical activity to lessen the effects of wear & tear on the body.

### WHAT ARE THE BENEFITS OF HEAT THERAPY?

Heat therapy increases circulation (blood flow), effectively relaxing muscles & easing movement. Stimulating blood flow to injured areas once swelling has gone down promotes healing & speeds recovery of damaged tissue.

Heat should be introduced at least 24 hours after an injury, once swelling/bleeding has subsided. Since heat stimulates blood flow, it will actually worsen any swelling or bleeding if applied too soon. It's recommended to apply heat prior to physical activity, to stimulate blood flow & warm-up muscles. Doing this will help prevent injuries during exercise.



Muscle Pain | Spasms  
Joint Stiffness | Soreness  
Continuous Aches  
Pre Workout | Activity

#### MICROWAVED:

Pearls conform and deliver soothing heat therapy to the desired body part.



Sprains | Bruising  
Inflammation  
Muscle Strains | Pulls  
Post Workout | Activity

#### FROZEN:

Pearls create the "frozen peas" effect, and offers ice therapy without sacrificing flexibility.





091554716  
TheraPearl®  
Sports with Strap



091554724  
TheraPearl®  
Knee Wrap



091554732  
TheraPearl®  
Neck Wrap



091554757  
TheraPearl®  
Shin Wrap (2 Pack)



091554740  
TheraPearl®  
Sports Pack



091554708  
TheraPearl®  
Back Wrap with Strap



091554765  
TheraPearl®  
Ankle/Wrist Wrap  
with Strap



091554930  
TheraPearl®  
Face Mask



7500089  
TheraPearl Eye Mask



091554773  
TheraPearl Pals® Pig



091554807  
TheraPearl Pals® Puppy



091554799  
TheraPearl Pals® Frog



091554781  
TheraPearl Pals® Panda



## 1 TheraFlex™ Re-usable Cold/Hot Packs

TheraFlex cold/hot packs are ideal for all clinical applications. Flexible when frozen, reusable and filled with a non-toxic, biodegradable gel. The wrapper is also recyclable. The packs are leakproof providing added safety for patients. Use also as a hot pack by either microwaving or by boiling in hot water.

- 091367366** 27×12cm
- 091367374** 32×15cm
- 091367382** 30×9cm
- 091367390** 22×15cm
- 091367036** 30×21cm

## 2 Economy Cold Packs

- Designed for heavy clinical use
- Effective pain relief
- Filled with a non-toxic silica gel that remains pliable throughout treatment
- Delivers up to 30 minutes of soothing relief from acute pain and swelling
- Durable vinyl cover
- Latex free

- 081017672** **A** Standard (28×36cm)
- 081017755** **B** Half Size (19×28cm)
- 081017771** **C** Quarter Size (13×15cm)
- 081017797** **D** Small/Throat Size (8×28cm)
- 081017813** **E** Oversize (28×53cm)

## 3 Colpac

These Colpacs remain completely flexible at any temperature down to -12°C. They are made from a strong vinyl that will withstand any shaping or bending and will not become brittle or crack and leak.

- Standard Colpac**
- 091251156** **A** 28×36cm
- Half Size Colpac**
- 091251024** **B** 19×28cm

## 4 Therabeads™ Microwave Moist Heat Packs

Have convenience and safety with these non-toxic, high quality microwavable heat packs. Therabeads conform to any contour, giving a soft, snug fit and do not saddle like many heat packs due to their superior construction. Made up of tiny hydroscopic beads, which retain their moisture for up to 30 minutes, and provide moist heat at the correct levels for effective therapy. Supplied with case. Therabeads are made from hydroscopic aluminium.

- 081284918** Standard Pack 23×30cm
- 081284926** Cervical Pack 17×56cm

## 5 Wheat Bags

Our Wheat Bags have an inner lining and heavy duty removable and washable outer cover, manufactured from top quality corduroy.

- 091566140** **A** Original Heat Pack 47×12cm
- 091566116** **B** Back Heat Pack 37×27cm
- 091566132** **C** Super Large Heat Pack 49×15cm
- 091566124** **D** Neck & Shoulder Heat Pack 37×28cm

## 1 Natracure Arch Hot & Cold Wrap

The Universal Wrap Cold/Hot is a highly versatile gel pack and adjustable strap that provides gentle and targeted compression and cold or hot therapy on hands and feet. Helps improve circulation for cold or aching feet or hands. Perfect for chronic pain related to arthritis. Gel packs can be placed around the heel, under the ball of foot or on top of foot. One size fits most. Includes 1 microwavable/freezer safe gel pack. Size is 350 x 90mm.

**091549559**

## 2 Mueller Ice Bag

Economical, reusable bag with wide opening holds cold water, crushed ice, or ice cubes. Easy to use for all body parts. Ideal for application of cold therapy in treating minor scrapes, bruises, muscle aches and sprains, and headaches.

**091251081**

## 3 Mueller Heavy Duty Ice Bags

These clear, polyethylene bags are rugged enough to handle even the sharpest ice.

**091251529** 25.4 x 45.7cm

## 4 Rolyan® Extended Cold Therapy Dorsal Knee Wrap

Kit includes four FIRST+ICE packs and one wrap. Dorsal foam kit and wrap include removable soft foam patella compression piece to support post-arthroscopic dressings (not included with the neoprene kit and wrap). Post-arthroscopic dressing pad included with the dorsal foam kit and wrap only.

**091022151** Dorsal Neoprene Wrap - Only



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Rolyan

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### 1 Medco Instant Heat Pack

Ideal for any emergency, these packs are activated by simply squeezing them. They instantly turn hot and remain hot for approximately 15 minutes.

091422922

### 2 Vulkan® Instant Ice Pack

Ideal for any emergency, these packs are activated by simply squeezing them. They instantly turn ice cold and remain cold for approx 15 minutes.

091250802 24x15cm

### 3 Vulkan® Sports Balm

More economical than traditional heat rubs, this pre-sport heat rub comes in a handy size for kit bags and a larger size for the treatment room.

091223569 560ml

### 4 Vulkan® Reusable Hot & Cold Pack

From the fridge to the microwave, this versatile pack with extra protective sleeve stays flexible whatever the temperature. Provides effective cooling or warming relief to muscles and joints to help relieve pain, reducing swelling and accelerates healing. Features a protective sleeve and strap to securely fasten the pack in place. Conforms well to body contours.

7500168 29x13cm

### 5 Ice Up™ Portable Ice Massager

The Ice-Up™ Portable Massager provides you with a direct, active ice massage in an easily portable design. It gives you quick, deep tissue penetration focused on target areas. The ergonomic comfort grip barrel offers a controlled ice massage while the patented Ice Grippers allow for a full range of controlled massage pressure.

091251131

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**1 Scotsman® TC 180 Cublet Ice Maker**

- Automatic ice dispensing system
- Hands free ice dispense – ideal for infection control
- 5kg capacity
- Dispenses Scotsman "Cublet" super compressed ice
- Width = 390mm, Depth = 600mm Height = 880mm

**091534536** Delivery only

**2 Scotsman® AF80 Ice Flaker****Features:**

- High quality ice flaker made from stainless steel
- Produces small irregular flakes of ice, which have an even melting rate
- Holding bin has 25kg capacity
- Can produce 65kg flakes in a 24 hour period
- Width = 535mm, Depth = 621mm, Length = 933mm, Weight 72kg
- Average energy consumption 7.5kwh per 64 litres water at 15°
- Requires installation

**091139807** Ice Flaker - Delivery and Installation



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**DELIVERY**  
Delivery is approximately 3 to 4 weeks.

## AIRCAST®

### Aircast Cyro/ Cuff Compression Dressing System

The Aircast system applies simultaneous cold and compression to relieve pain and accelerate rehabilitation. The system is portable and easy to use. It comprises of three component parts.

1. A cuff that covers the specific body part with pressurised ice water.
2. A cooler that holds enough water and ice for 6 to 8 hours of cryotherapy.
3. A tube that exchanges the water between the cooler and the cuff.

### 1 Aircast Cuff Accessories

<b>091005842</b>	<b>A</b>	Ankle Cuff	
<b>091319805</b>	<b>B</b>	Calf Cuff	
<b>091005891</b>		Knee Cuff	Medium
<b>091005883</b>		Knee Cuff	Large

### 2 Aircast Cryo Cooler

Universal to all Cryo/Cuff and ArcticFlow models, the Cryo/ Cuff Cooler holds water and ice needed for six to eight hours of cryotherapy. The durable cooler comes with a tube assembly and insulation disk and is labelled with simple-to-follow directions for use.

**091251305** Cooler & Tube Assembly

### 3 ArcticFlow™ Wraps

In addition to providing the combination of ice and compression, ArcticFlow™ Wraps will dramatically reduce pain and swelling helping facilitate rehabilitation. Once the wrap is filled the patient can disconnect from the unit and will be free to move about. The wrap will stay cold up to 30 minutes, then the patient just re-connects filtering cold water back into the wrap for 3 hours of continuous treatment.

#### Features and Benefits

- Form filling elastic wraps provide cold and compression to help facilitate the recovery process
- Latex free material
- Welded edges provide superior strength and durability
- Hook and loop strapping is easy to apply and fits most patients

#### Optional Extras

**091367192** Knee wrap



**£ PRICES**  
For up-to-date prices please see our Website, alternatively contact your Sales Representative or Customer Services.

# CCT



## COLD COMPRESSION THERAPY

8 DESIGNS  
to ensure  
all body segments  
can be treated  
effectively

The Cold Compression Therapy system incorporates a gel cold pack covered with frost free lining to allow application directly to the skin.

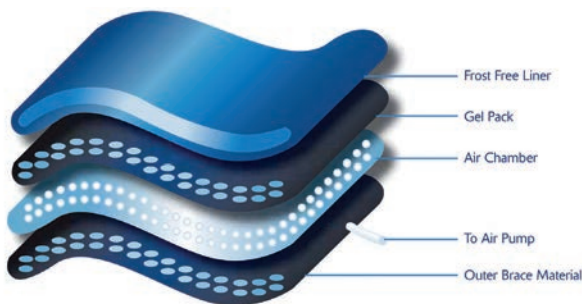
The unique adjustable compression chamber design positioned behind the cold pack provides both contouring and compression around the site of the injury.

Ideal for sports injuries, sprains and strains, ligament damage, general over use injuries. The Cold Compression Therapy product range comes in eight designs which ensure all body segments can be treated effectively.

The combination of cold and compression drives cold deep into the injured tissue, speeding up the rehabilitation process and aiding faster recovery.

- CCT delivers both cold therapy and compression therapy simultaneously!
- CCT provides an effective way to control the pain and swelling caused by sprains, pulled muscles, injured ligaments and strained tendons.

For best results refrigerate for 2 hours before use and apply to injured area for 10-15 minute periods.



**Suitable for the treatment of: Sports Injuries, Sprains and Strains, Ligament Damage, Overuse Injuries**



**091530898**  
Knee Support O.S.F.A



**091530989**  
Shoulder Support O.S.F.A



### 1 Chattanooga Hydrocollator Heating Unit Model E-1 Stationary

Hydrocollator Heating Units provide consistent heat for HotPacs. All units are made of stainless steel and are fitted with a thermostat to control the temperature of the unit. Low water sensor shuts off the unit if the water level gets too low. CE, UL Listed and cUL listed. Temperature range between 71-74°C. Just right for small clinics and departments where Oversize Hot Pacs are not a concern. Non-insulated.

- Fits on desktop, countertop or mobile stand.
- Includes 4 Standard Size Hot Packs
- Mains Power - 110-240V~, 50/60 Hz
- Dimensions (H×L×W) 41 x 33 x 20cm (16"×13"×8")
- Weight - 7 kg (15lbs)
- Tank Capacity - 15L.

**091142223** 220 - 240V Unit



### 2 The Original Hydrocollator® Moist Heat HotPac

Seven HotPac sizes designed to fit every body contour. Provides up to 30 minutes of deep, soothing, moist heat.

- Brown tabs on most HotPacs for easy rotation in busy clinics.
- Cost effective, provides hundreds of treatments from one HotPac.

**091366418** A Standard 25cm x 30cm (10"×12")

**091366392** B Neck Contour 61cm (24" Long)

**091366400** C Oversize 38cm x 61cm (15"×24")

**091366459** D Half Size 13cm x 30cm (5"×12")

**091366426** E 25cm×46cm (10"×18")

### 3 Tropic Pac™ Moist Heat Packs

- To prevent mould and mildew growth
- Fabric prevents odours

Made of new synthetic fabric specifically designed to fight bacteria growth and its accompanying odour. Tropic Pac Moist Heat Packs apply moist heat for a minimum of 30 minutes. Packs are reusable.

**081016880** A Standard 25×30cm Single

**081016989** D Oversize 38×61cm Single

**081016898** Standard 25×30cm Pack of 12

**081016955** Contour Cervical 61×15cm Pack of 12



### 4 Terry Cover for HotPac

Constructed in a traditional terry knit weave, there is a cover to fit every size HotPac. Plus, they are washable.

**Terry Cover For Oversize Hotpac**

**091366483**

**Terry Cover For Standard Hotpac**

**091366475**

**Terry Cover For Neck Hotpac**

**091280767**



## 1 Therabath® Paraffin Bath Including Paraffin Wax

Therabath Model TB6 paraffin units feature a deeper, 9lb maximum wax capacity tank in the same portable table top footprint as previous 6lb models. This equates to 25% more treatments, or, 15% higher wax coverage when dipping!

### Additional Safety Features:

- Internal thermostats maintain an **ALWAYS SAFE** therapeutic temperature range
- Rubberized feet securely grip table surface
- 1 year warranty

**091141944** Therabath with BS1363 UK Adaptor

**091141951** Therabath with EU CEE7 EU Adaptor

## 2 Therabath® Refill Paraffin Wax

With a medical grade blend which is then triple filtered for purity. Each carton contains 6 individually wrapped 454g packages.

**091141969** **A** Wintergreen

**091141977** **B** Scent Free

**091141985** **C** Lavender

## 3 Therabath® Mitt/Boot Liners

Plastic liners make paraffin treatment clean, fast and easy. Extra large size fits both hands and feet.

**091142017** Pack of 100

## 4 Terry Velour Mitts and Boots

Mitts and boots prolong heat from warm paraffin for longer lasting relief and softer, smoother skin. Made of heavyweight plush terry velour. Lined for maximum comfort and warmth, easy-to-use hook and loop closures, machine washable.

**091141993** Mitts - Pair

**091142009** Boots - Pair



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A

## 1 Paratherapy Wax Baths

Paratherapy wax baths are manufactured completely from stainless steel. This provides heat therapy efficiently, comfortably and is perfect for both hospital and clinic use.

### Features:

- Durable stainless steel construction
- Complete with paraffin
- Insulated inner tank
- CE MDD T
- Thermostat controlled

### A Small bath

Small Parabath ideal for treating hands.

Dimensions: L 33cm × W 18cm × D 18cm. Capacity: 6lbs

**091366293**

### B Large bath

This larger wax bath can accommodate all parts of the body and is ideal for the larger and busy departments.

Dimensions: L 53cm × W 33cm × D 18cm. Capacity: 18lbs

**091366301**

## 2 Unscented Paraffin Wax

The purest, most refined paraffin in the industry. Since our paraffin wax is medical-grade quality, it is extremely pure, which is evident by the clarity of the wax when it is in liquid form. Our paraffin wax is available in 1lb blocks. Our paraffin beads are formulated not to stick together, and come in six 1lb bags.

**081030824** A 6×1lb Unscented blocks

**081294578** B 6×1lb Bag of unscented beads



B

2



A

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B