**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

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

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

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

**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 in the home

**THERABAND RANGE**

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

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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 Puffy
- 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/hunting or to prevent injury. Available in a large range of weights.

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

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

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.

Lupin Hot/Cold Pack Back
- Warm in the microwave or chill in the freezer to soothe 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 soothe aches
- Forms to your body shape
- Low allergy, easy to clean

Lupin Hot/Cold Pack Body Pillow
- Warm in the microwave or chill in the freezer to soothe aches
- Lupins are lower allergy, easier to clean and less weight than wheat

Lupin Hot/Cold Pack Back
- Warm in the microwave or chill in the freezer to soothe 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.

View our e-catalogue!
Visit the Aidacare website at www.aidacare.com.au to view our full range.

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