**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

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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 at 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.

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!

**Thermometer Digital Ear**
- 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 Clinical**
- Easy to read thermometer
- Memory of last measured temperature
- 100 + hours of battery life
- Warranty: 12 months

**Lupin Hot/Cold Pack**
- Warm in the microwave or chill in the freezer to soothe aches
- Suits all parts of the body
- Low allergy, easy to clean

**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

**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