

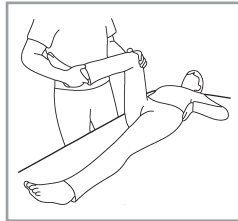
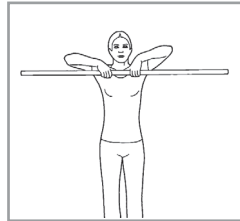


**PhysioTools**

# Physiotherapy Professional Collection

Celebrating 20 Years of Exercise Software Excellence 1987 - 2007

With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.



## Purchase Price

See price list for details

## Printout Languages

English, Finnish, Swedish, Norwegian, Danish, German, French, Spanish, Dutch, Italian, Portuguese, Polish, Slovenian, Estonian, Farsi, Czech, Greek, Afrikaans

NOTE: Not all languages are available with every module

The Physiotherapy Professional Collection is a cost effective way to purchase a pre-selected range of PhysioTools modules. This collection enables professionals to choose exercises from modules with physiotherapy specific content.

- Great savings - pay less than purchasing the modules individually
- Contains 15 modules with over 3,300 exercises

The collection can be used with individual modules or combined with other professional collections such as Occupational Therapy, Manual Therapy, Sports and Fitness, Paediatrics, and Chiropractic.

### The following modules are included in the collection:

- General Exercises plus General Exercises Photo Edition
- Hydrotherapy
- Thera-Band Exercises
- MediHelp
- Stretching
- The Knee
- Contracture Prevention
- Hand and Upper Extremity
- Sports and Exercise Injuries
- Back Care
- Taping Techniques
- Saunders Exercises Xpress - Basic Exercises
- Posture, Body Mechanics and Ergonomics
- Therapeutic Ball Exercises
- Thera-Band Exercises 1

If you would like to access PhysioTools on your networked computers, simply purchase a network licence which will enable the networking feature. For more than one concurrent user on your network, additional copies of the collections are required - available at a 30% discount.

Visit our website [www.physiotools.com](http://www.physiotools.com) for detailed descriptions of the individual modules, including author profiles.

**PhysioTools Ltd** has been designing, perfecting and supporting exercise prescription software since 1987. The program is sold worldwide; on all continents. The company works with world renowned authors to bring you professional and up-to-date clinical content.

## Technical Requirements

Windows 98, ME, 2000, XP and Server 2003 (32 bit versions), 64 MB RAM, 2 GB disk space, Windows Media Player 9 (for video)

Network licence available

## Contact Information

[www.physiotools.com](http://www.physiotools.com)

*Work with the Best*

PhysioTools is the global market leader in exercise prescription software

To order or request a personalised quotation please contact your local reseller

# Physiotherapy Professional Collection

## **General Exercises** (PT1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *includes video clips*

## **General Exercises - Photo Edition** (PE1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *photographs and video clips*

## **Saunders Exercises Xpress - Basic Exercises** by H. Duane Saunders (XP1)

H Duane Saunders personal selection of exercises includes mobilising, stabilising, strengthening and stretching exercises for the whole body. (947 items)

## **Hydrotherapy** (PT2)

Buoyancy assisted, supported and resisted exercises for all parts of the body. (126 items)

## **Thera-Band® System of Progressive Resistance™** by The Hygenic Corporation (PX3)

Strengthening exercises for the whole body using Thera-Band®. (78 items)

## **Thera-Band® Exercises 1** (PR1)

Thera-Band® products are used as tools for rehabilitating and restoring muscle and joint functions and for improving conditioning balance and building strength. (255 items)

## **MediHelp Musculoskeletal System** by The Centre for Orthopaedic Manual Therapy (PX13)

Musculo-skeletal diagnosis clearly explained e.g. tennis elbow, frozen shoulder. Information about the condition, its symptoms, tests, treatment, self-care and prognosis. (62 items) *colour illustrations*

## **Stretching** by Christopher Norris (PX14)

Stretching exercises for the trunk, upper and lower limb plus training advice on stretching, warm-up, breathing and massage. (124 items) *includes video clips*

## **The Knee** by Jenny McConnell (PX16)

Advice notes, taping instructions, stretching exercises and training for gluteus medius and quads. Developed for professionals working with chronic knee pain e.g. sports injuries and osteoarthritis. (75 items)

## **Contracture Prevention** by Leif Birath (PX25)

Assisted movements (exercises) to maintain and gain mobility for upper and lower extremities. (67 items)

## **Hand and Upper Extremity** by Lee Ann Higginbotham (PX26)

AROM, PROM and strengthening exercises for hand and upper extremities. Patient education including carpal tunnel syndrome, sensation, scar massage, splint instructions, arthritis, tennis elbow and joint protection. (174 items)

## **Sports and Exercise Injuries** by Torsten Larsson and Bertil Nordström (PX37)

Information describing the relevant anatomy (shoulder, hand, hip, knee and foot), injuries as well as mechanisms of injury, tests and surgical procedures, specific conditions and advice notes. (122 items, 40 pdf posters) *colour illustrations*

## **Back Care** by Jean Oliver (BH1)

Explains how the spine functions, advice on lying, sitting, standing, lifting and activities. Neck and back exercises (152 items)

## **Taping Techniques (Principles and Practice)** by Rose Macdonald (BH2)

Techniques on how to apply tape, bandage, padding and slings for the shoulder, elbow, wrist, hand, fingers, thumb, knee, patella, ankle, foot and toes. (97 items, 26 author protocols)

## **Posture, Body Mechanics & Ergonomics for the Spine & Upper Extremities** by H Duane Saunders (XP2)

Information on the spine and extremities, anatomical structure, posture/work habits, ergonomics, lifting and handling. (159 items)

## **Therapeutic Ball Exercises** by Joanne Posner-Mayer (XP3)

Mobilising, stretching, strengthening, stabilising, cardiovascular exercises for the spine, lower and upper extremities plus training advice. (168 items)