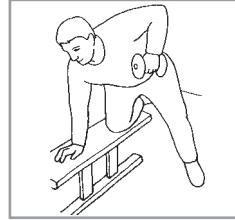
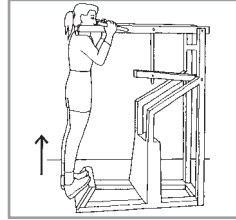


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NOTE: Not all languages are available with every module

The Sports and Fitness 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 sports and fitness specific content.

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

- General Exercises plus General Exercises Photo Edition
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- Weight Training
- Stretching
- The Knee
- Weightlifting for All
- Fitness and Sports Therapy
- Conditioning for Martial Arts
- Sports and Exercise Injuries
- Taping Techniques
- Saunders Exercises Xpress - Basic Exercises
- 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.

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

## 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)

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# Sports & Fitness Professional Collection

## **Fitness & Sports Therapy** by Peter Konrad (PX21)

Exercise and advice on stretching, muscle strength, co-ordination and cardiovascular training. Training using weights, cables, long barbell, dumbbell, exercise band, cardio/ergo meters, gym ball and body weight. Includes training programs. (464 items, 12 author protocols)

## **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)

## **Weight Training** by Christopher Norris (PX2)

Exercises to increase muscle strength and fitness using common free weights, fitness and weight training equipment plus training advice. (145 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*

## **Weightlifting for All** by The Finnish Weightlifting Federation (PX20)

Weightlifting exercises to strengthen the whole body. Information on correct weightlifting techniques. (198 items, 10 author protocols) *colour illustrations and video clips*

## **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)

## **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)

## **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)

## **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)

## **Conditioning for Martial Arts** by Greg M Benson (PX23)

Instructions in many techniques used in martial arts training including balance, breathing, stretching, jumping exercises, punches, blocks, kicks and combinations. (150 items, 148 video clips) *photographs and 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)

## **Hydrotherapy** (PT2)

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