

## product resource guide 2010

Independent living and rehabilitation equipment

wheelchairs

pressure care products

kitchen gadgets



fitness accessories

walkers



asthma & allergy  
care



rehabilitation equipment hire and sales

arthritis aids for daily living



**P**eninsula Home Health Care began trading in early December 2009. Company Directors Mathew and Kristian Davis along with Tim Cohen have years of experience in the many and varying aspects of the home health care industry.

*We operate out of a centrally located 10,000 square feet complex that comprises of office, showroom, warehousing and service centre as well as 15 off street car parking spaces.*

*This catalogue represents a mix of local and imported products that have been designed to keep you healthy, safe and happy in your own home.*

*If you're a health professional, carer, key decision maker or responsible for your facility's procurement, you will find this catalogue a helpful resource.*

*Our customer service and dispatch teams are trained to understand the products we sell, and to approach each client, "as though they are the only person we will speak to during our day." Whatever your needs, be assured that our staff will attend to them in a courteous, patient and informed manner.*

*We at Peninsula strive to recommend the most suitable equipment whatever your requirements, and if necessary will refer you to health professionals for specialised advice. Our business expertise also extends to our hire, trials, mobile repairs and rail installation service. We offer a professionally managed Asset Management program, which combines administration, storage, reissue, preventative maintenance, and web-based tools for the cataloguing of medical equipment.*

*Peninsula Home Health Care offers complimentary delivery to hospitals that are a party to our service agreements. For a minimal charge, we offer same day delivery service that operates throughout the Mornington Peninsula Area.*

*Patients, family and carers are welcome to visit our modern showroom to experience first-hand our extensive range of Home Health Care products.*

*All of the products depicted in this catalogue meet all applicable international and Australian standards and the majority are readily available for your inspection in our showroom.*

*"At Peninsula Home Health Care, our aim is to provide clients on the Mornington Peninsula with the best possible service and products of the highest quality at the most competitive prices - time and time again."*

*Mathew Davis, Kristian Davis and Tim Cohen  
Directors, Peninsula Home Health Care.*

# Mobility

By continuing to mobilise independently, patients can stay physically and mentally active.

The Dynamic Range of wheeled walking frames provides increased support when walking. Unlike static frames, they allow the user to maintain a normal walking pattern and speed.

## Four Wheel A-Frame Plus

This versatile and lightweight four wheel walker has 7 inch castors, and a locking handle brake mechanism.



150304



150301

## Four Wheel A-Frame Walker

This lightweight walker has 7 inch puncture proof tyres and is very easy to manoeuvre. Downward pressure on the handles activates the rear brakes for safety.



150315

## Airgo Duo Rollator and Transport Chair

The Duo is the first Rollator with the ability to convert into an occasional use "Transport chair. (Simply Reverse the Backrest and flip down the footrest bar and your Rollator Transforms!) Standard with 8 Inch wheels.



150305

## Four Wheel A-Frame Plus Mini

Ideal for the smaller user this Four Wheel A frame Walker features a lower seat height, with the option of a basket at the front, or a pouch under the seat

## Accessories for the Four Wheel A Frame Walker

All the Walkers Fold Easily for Storage and Transport. They are all standard with 7 inch wheels that are approved to ISO 11199-2:2005 International Standards for indoor/outdoor use.

**ASK ABOUT OUR OBLIGATION FREE SEVEN DAY TRIAL**



Oxygen Holder

150506



Pouch

1505008



Basket

15053

Patients stay happy, safe, comfortable and independent.



### Rollator

Features an easy-to-operate ergonomic hand brake and a comfortable seat. This Walker offers great manoeuvrability and stability, and is height adjustment for custom fit. Basket and tray are standard.



### Three Wheel Walker

Light weight walker built for greater comfort and use. Folds in the middle. (Depicted here with accessory Basket)

#### Accessories

- Pouch 150500A
- Basket 150500B



### Easy Walker with Forearm Supports

Provides assistance for those who have difficulty walking. Strong and sturdy, the steel frame helps the user who requires extra bilateral stability.



### Dynamic Gutter Frame

Sturdy wheeled walking frame for mobility training and rehabilitation. Made from powder-coated steel and chrome. Available in folding and non-folding models. Two castors with forearm supports or pistol grips available. Rear glides can also be added to the rear of this frame for easier manoeuvrability.



### Heavy Duty Frame

Weight rated to 260kg



Alternative top with handlebar grips



### Ovation Walker

Features sturdy seat with soft, flexible backrest, ergonomic handbrakes, adjustable handle height, built-in handle to assist in folding and storage. Includes removable basket and clear plastic tray.



# walking frames

Mobility aids such as Frames are ideal for post-operative care by promoting independence

## COOPERS WALKING FRAMES



Folding

These Frames are height adjustable and lightweight construction. Available in Youth, Adult and Tall. Both Frames can be configured with wheels, and glides to suit your individual requirements.



Non-Folding



Walking Frame with glides & wheels

### 5150

This Walking Frame is an ideal configuration for safe indoor mobilising.

Configured with front castors and rear skis, the frame never leaves the ground.

Manufactured in powder coated steel, it is both strong and durable. The 5150 has been designed with angled side bracing to allow for support over the toilet. Beneficial for Slow Stream rehabilitation, and joint replacement patients.



150403



150402

### Deluxe Walking Frame

General purpose walking frame is lightweight, it is able to be folded for storage and is adjustable in height.

## WALKING FRAMES ACCESSORIES



150515

Rear Glides ST-ADLRG  
Rear Skis ST-GE20  
Front Wheels  
Walking Frame Bag



150510



150522

By adding wheels and glides you can easily change the functionality of your walking frame.

## walking sticks



- 1/ Aluminium Ajustable Coopers
- 2/ Crook Handle (Wooden)
- 3/ Crook Handle (Aluminium)
- 4/ Bronze Aluminium & Wooden Handle
- 5/ Wooden T Handle
- 6/ Floral Walking Stick (Folding Adjustable)
- 7/ Folding Adjustable

We stock over a dozen varieties of walking sticks



## quad sticks



- 1/ Three-Point Stick
- 2/ Offset Small Base
- 3/ Medium Base
- 4/ Offset Large Base Swan Neck, 4 Point Stick

Our three & four point walking aids are strong and durable. Designed for people who require more stability and security than a single stick.

## crutches

All our crutches are easy to adjust. There are no tricky nuts and bolts to contend with; simply press a button and you can easily adjust the height for maximum user comfort.

Size range from Child, Youth, Adult and Adult Tall.



### 1/ Dynamic Forearm Crutches

The Dynamic range of forearm crutches are made of lightweight aluminium tube with push button height adjustment. Its features include: Independent adjustment of hand grips and cuff, polypropylene cuffs, strength-welded steel handle with plastic handgrips.

### 2/ Coopers Forearm Crutches

These forearm crutches have handles that are specially designed to spread the pressure more evenly on the hand.

### 3/ Dynamic Under Arm Crutches (Axilla)

These crutches are standard with high-density rubber cushions and handgrips that provide long wear and greater comfort.

### 4/ Arthritic Handle Crutches

This crutch has a specially designed handle that allows greater pressure distribution than those of any conventional crutch.

### 5/ Gutter Crutches

This crutch has a lightweight aluminum stem and a padded vinyl-covered gutter that provides maximum comfort to arthritic users.

# Wheelchairs

Our range of Wheelchairs suit different needs and complement our range of accessories

## Wheelchair Deluxe

The chair comes equipped with swing away leg rests and armrests. Elevating leg rests may also be added.



150802

## Wheelchair Standard

This economic folding wheelchair has a chrome finished steel frame. It has fixed footplates and arm rests.

SWL 100kg



150801

## Wheelchair Shopper

The Shopper transit folding wheelchair is made of lightweight aluminium. The slung padded backrest folds down and the seat has carry handles on each side. The footrests are swing-away with separate footplates. Ideal for shopping centre and short outdoor trips. (Also available with 12.5 Inch rear wheels)

SWL 100kg



150805

## Wheelchair Transit

This compact, wheelchair allows a companion to lift and store the wheelchair with ease. Ideal weekender chair for family to own instead of having to regularly hire. This chair is standard with removable footplates and removable armrests.

SWL 100kg



150805

## Karma Lightweight Wheelchairs

The multi adjustable ECON 800 is a quality manual wheelchair. It's folding aluminium alloy frame is lightweight and functional. The swing-away and detachable footrests can be adjusted to fit your body perfectly. Combine that with its flip back armrest for easy side transfers and you will notice how convenient it is.



SWL 115kg



**Karma Transit Wheelchair**  
Transit wheelchair is Standard with attendant brakes.

SWL 115kg



**Karma Self Propel Wheelchair**  
The rear wheels are multi position and quick release.

# Special Purpose Wheelchairs

## Denyer Wheelchair

The Vector is a high-strength, extremely durable wheelchair specifically designed for high usage in Hospitals, Nursing Homes and other Institutions.



## Sunrise Medical Breezy Relax

The Sunrise Quickie Breezy Relax is a multi-functional chair that is available with a range of options. The chair has a reclining backrest and adjustable seat depth to provide comfort and a correct sitting position to the user. The chair has anti-tip bars for safety and a three piece head support to provide support to the head and neck. The Relax maintains ergonomically correct posture and movement. The result is the highest level of comfort, combined with the very best distribution of pressure and weight.



### Accessories:

- Drum Brakes
- Armtrough Fixed mount left/right or pair
- Armtrough swivel mount left/right or pair
- Vehicle ties downs
- Seat Belt
- Removable tray
- Crutch holder
- Standard Leg Rests
- Removable swing-away, lateral support
- Removable pommel



## Merriitts Power Chair

The Multi-Adjustable Power Wheelchair (MP2) has a 23" turning radius that allows the chair to be used in confined spaces. Adjustable seat angle 10 degrees and adjustable back angle 30 degrees. Aluminum alloy rear rims. Anti-tippers, and detachable swing-away footrests.

### Features

#### Multiple Adjustments Include:

- Back angle, armrest height & width
- Seat base tilt angle and transit handle height
- Wide arm pad for better arm support
- Folding back for compact storage
- Quick release push bar
- Easy battery removal that requires no tools.
- Rear suspension provides smoother riding on rough terrain
- Quick release foot plate swing in or out as necessary
- Dual levers for engaging "free-wheel"
- Removable seat cushion
- 14" Rear wheels are ideal for indoor or outdoor use



## Dynamic Reclining Wheelchair

Achieve maximum comfort with padded armrests, adjustable elevating leg rests and a headrest extension. Castors adjust to 3 positions with rear anti-trippers as standard equipment. Chrome plated hand rims and carry pocket are also standard. This chair is a fully Reclining Wheelchair.

- Detachable headrest
- Detachable PVC padded armrests
- Swing-away, detachable elevating legrests
- Aluminum footplates with plastic anti-slip pads
- Stainless steel side panels
- Nylon upholstery, fire-retardant
- 8" solid front casters
- Rear 24" aluminium spoke pneumatic tires, steel handrim
- Attendant foot pedals and hand brake
- Reclining back 90-170 degrees
- Anti-tip device

## Wheelchair Accessories



Ramps



Leg Extensions



Oxygen Bottle Holder

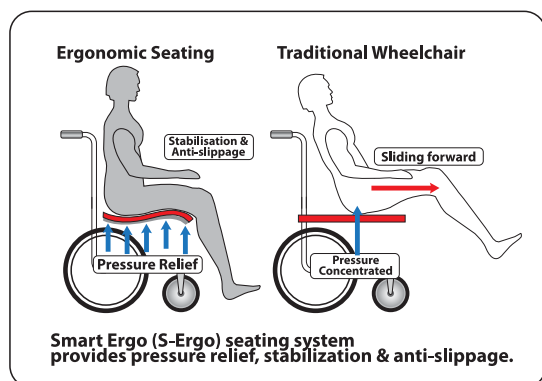
# Performance, Style & Comfort

**KARMA**  
mobility solutions

## *The S-ERGO series of Lightweight wheelchairs feature Karma's unique S-Ergo shaped seating system.*

The ergonomic 'S' shaped seat helps spread the load and prevents the user slipping down in the chair. The seat and backrest are made from a mesh upholstery that is great for keeping cool on summer days. The S-Ergo seat has been pressure-mapped for optimum shape.

In addition the seating system benefits from the unique anti-biotic technology built into the upholstery that provides protection against odour, staining and deterioration caused by bacteria, fungus and other microorganisms.



### S-ERGO 300 ►

- Patented 'S' Shaped ergonomic seating
- Detachable seat pads treated with Aegis Microbe Shield
- Patented footrest hanger design
- Slowing brakes
- Height adjustable armrests
- Stylish side panels protect you from the rear wheels.
- Supplied as standard with Magnesium Rims.
- Aircraft grade aluminium frame breaks down to just 9.8kgs



### ERGO LITE ▲

- The Ergo Lite is a lightweight aluminium transit wheelchair weighing just 18lbs (8.3kg) complete. The Ergo Lite is equipped with brakes at the pushing handles which can be locked on with a ratchet mechanism.
- Made from aircraft aluminium frame. Total weight is just 8.3 Kg.
  - The tyres and castors are puncture proof.



### S-ERGO 115 ▲

- Patented 'S' Shaped seating system
- Detachable pads treated with Aegis Microbe Shield
- Outrigged armrests to minimise overall width
- Wider ergonomic armrests
- Wide footplates with flatter angle
- Swing in/out detachable footrest hangers
- Made from aircraft aluminium frame, weighs just 8 Kg.

# ROHO Medical Products

It's only air, but what we do with it makes a world of difference. There are no greater defenses against wounds and disease than those contained in the human body. But often these defenses need an ally. A partner in the healing process. ROHO DRY FLOATATION technology is that partner. The soft, flexible, interconnected air cells that comprise ROHO DRY FLOATATION products are adjustable to provide a customized fit to a client's sitting or lying shape. As an individual's body shape changes, the cushion adjusts to facilitate blood flow.



## Quadtro Select Cushion

The QUADTRO SELECT Cushion allows every user to benefit from a customized fit through the simple push of a knob. The revolutionary ISOFLO® Memory Control offers shape fitting capabilities while the user is seated, allowing quick and easy on-demand adjustment to maximize function. With the built-in stability and simplicity of the QUADTRO SELECT Cushion, no longer will you have to sacrifice maximum skin protection to get stability, positioning or convenience.



## The Harmony Cushion

By combining a lightweight and comfortable ROHO® AIR FLOATATION Cushion Overlay with a pre-contoured foam base, encased within a moisture resistant cover, you can maximize abilities, independence and freedom without the worry of adding unnecessary weight to the mobility system.



## The LTV Seat Cushion

The LTV Cushion lets you customize the seat to your specific comfort level. The LTV is made of individual, interconnected air cells that allow air to slowly transfer from chamber to chamber and evenly distribute body weight pressure.



## The Mosaic Cushion

The MOSAIC cushion is especially suited for users who require a cushion for basic level skin protection, support and comfort. Using air flotation technology, the MOSAIC cushion is not only comfortable, but the use of interconnected air cells to distribute forces evenly across the cushion allows it to be used effectively for low risk skin protection.



## Mattress Overlay

Medical mattresses play a critical role in providing the patient with the appropriate comfort and support. Each of ROHO's medical mattresses offer unique features, options and benefits. Therefore, it's very important to consider all the details and relate them to each individual's needs.

# Mobility Scooters

Imagine feeling confident that you can keep up with your family and friends during daily routine tasks, fun-filled activities, or exciting travels.

Mobility scooters have helped active people stay active and regain their independence.

Elegant and effortless to manoeuvre, each scooter is nothing short of an engineering masterpiece... every detail carefully designed to provide the utmost in comfort and reliability.

Amongst all of the mobility products we offer, we're best known for our Rascal scooters. Stylish and dependable, our electric mobility scooters have several distinct features that move them ahead of the rest.

Mobility scooters offer you outstanding performance with value for money. The range is styled individually and each has a variety of advanced features to ensure you travel in complete comfort.



Rascal 600F

Experience the security of sure footed traction over rugged terrain.



Rascal 600T

Enjoy a super-comfortable ride both indoors and out.

Universal rear section with 2 different front sections.

“Just-one-hand” controls for easy starting, stopping and steering in both forward and reverse.

Smooth glide controller, mag-style sports rims and puncture-resistant, air-filled tires.

Convenient built-in battery charger for recharging at any standard household outlet.

Regenerative braking system for smooth stops and automatic parking brake for no rollback on inclines.

5” Electric Seat Lift.

Our mobility scooters have helped active people stay active and regain their independence.

Easily dismantled with no tools for storage or transportation. Simply fold and load.



### X-Press Deluxe

Easy to use controls with comfortable handgrips.

Adjustable tiller position.

Padded seat for extra comfort. Swivel seat for ease of access. Flip up arm rests.

Removable battery pack for ease of recharging.

Plenty of leg room.

Extra wide tyres for improved grip and comfort.

### Regal Four Wheel Scooter

Multi adjustable parallel tiller

Comfortable multi adjustable seat

Adjustable suspension for maximum comfort on rough terrain

Stylish new colour combinations

Full programmable dynamic controller

Off board 5amp charger



DermaSavers protect fragile skin from sustaining damage caused by friction, rubbing, abrasion and pressure that could lead to skin breakdown, tears and splits. DermaSavers can also help to heal existing skin tears, splits and lacerations without the restriction of bandages and dressings.

DermaSaver Skin Protectors are garment-like and can be worn at all times, when required. They can be worn in bed, in wheelchairs and whilst walking, and are available in a full range of pressure-relieving and skin-protecting products. They are fully compatible with topical creams and ointments, and because they are breathable and allow air circulation and constant ventilation, they will protect the skin without the drawbacks of bandages or dressings. The moisture wicking properties of the fabric ensure that the skin remains dry and cool at all times.



- 1/ Dermasver Full Arm
- 2/ Dermasver Elbow Tube
- 3/ Dermasver Forearm Tube
- 4/ Dermasver Full Leg Tube
- 5/ Dermasver Shin Tube
- 6/ Dermasver Knee Tube

- 7/ Dermasver Finger Separator
- 8/ Dermasver Knuckle Protector
- 9/ Dermasver Stay-Put™ Heel Protector
- 10/ Dermasver Shin-Knee Tube
- 11/ Dermasver Oxygen & Feeding Tube Covers

# Sheer Comfort

The Sheer Comfort Foot Care range has been designed to provide comfort, support, security and freedom to those at risk from damage to the skin of the feet or ankles. All products are available in a range of styles, shapes and sizes.



## Wrap-Around Boot

Easy to put on, adjust and take off, the wrap-around boot provides adaptive support and accommodating fit with a low-profile sole allowing outdoor wear.



## Pressure Care Boot

The Pressure Care Boot™ is designed to provide comfort, support and freedom to those at risk from skin ulcers of the foot or ankle. The open toe design allows toe separation and circulation inspection without the need to remove the shoe.



## Short Slipper Boot

The Short Slipper Boot™ is designed to provide full foot protection, and is ideal for use both indoors and in bed.



## Tall Slipper Boot

The Tall Slipper and Pressure Care Boots are designed to provide protection to the entire lower limb in as unencumbered a design as possible. (For use indoors, in bed, or in an inclined chair.)



## Sovereign Snugs

The Sovereign Snug is a low-profile moccasin-style slipper designed to provide exceptional comfort in a pleasing design



## Heel Protectors

Providing support and security to the delicate heel and ankle area, these flexible protectors can prove invaluable for prevention and rehabilitation of skin ulcers, tears and irritations.

## Elbow Protector

The Sheer Comfort Elbow Protector redistributes pressure and thus eases blood flow over the bony joint. It encourages skin maintenance and repair over this problem area.



Hip injuries, resulting from falls, are the leading cause of injury and the main cause of non-fatal injuries that limit independent living among people 65 years and older.

HipSaver products restore confidence of motion to the elderly, both preserving physical health and increasing senior mobility.

HipSaver products are incredibly soft and comfortable to wear, whilst offering the most effective superior protection. HipSaver is available in a variety of designs to suit all types of wearer needs, ranging from the elderly in nursing homes to those who daily participate in exercise programs and even robust activities such as jogging.



90HSNH

#### Nursing Home *Style*\*

Designed for the mobility and comfort of residents as well as convenience and peace of mind for caregivers.



90HSSF

#### Slim Fit *Style*\*

Designed for optimum style and comfort, HipSaver SlimFit looks good, feels good and pulls on just like regular underwear.



#### Tailbone *Style*

Protection for both hips plus tailbone protection for backwards falls.



90HSQC

#### Quick Change Male\*

The convenience of a snap-down crotch panel allows quick and easy changing of incontinence pads and diapers.



90HSCB

#### Open Bottom

Perfect for those with urge incontinence or challenges in getting clothing on and off.

Hip Measurement	Size
70cm to 81cm (28" to 31")	XS
82cm to 92cm (32" to 35")	S
93cm to 102cm (36" to 39")	M
103cm to 114cm (40" to 44")	L
115cm to 127cm (45" to 50")	XL
128cm to 146cm (51" to 57")	XXL

\*Nursing Home, Slim Fit & Quick Change are all available as high compliance (Pads sewn in) with tail bone protection.

# Pressure Care Mattresses

When choosing a mattress, it is important to consider its effect on skin protection. Pressure care mattresses may be either static or dynamic. In general, a static mattress refers to a mattress that doesn't move when a person lays on it.

A dynamic mattress is powered by a control unit to regularly change the surface beneath a body.

A pressure relief mattress is essential equipment for anyone at high risk of developing pressure ulcers or who have existing pressure ulcers.

All our pressure-relieving mattresses use alternating pressure. This means that air is pumped into cylinders that are placed parallel to each other inside the mattress. As one set of cylinders inflates, the other set deflates. This way the pressure under any part of the body is relieved on a regular basis. Achieving an exceptionally high standard in pressure management, they operate by a sequence of air cells gently inflating and deflating in accordance with established alternating principles.

## Dynamic Air Alternating Overlay

This is a recommended and affordable alternating pressure relief system for patients at moderate to high-risk of pressure ulcers. Featuring static head cells, CPR release and secure mattress bonding straps, this mattress overlay is easy to install and maintain. The Dynamic 5 features an ultra quiet control unit with static switch, low-profile control knob and brighter LED lights.

- Dimensions (mm) W 880 x H 175 x L 2000
- Top cover: PU multi-stretch water proof, vapour permeable top cover with taped seams & side flaps for infection control
- Supporting up to 150kgs



## Dynamic Air Alternating Mattress (Replacement)

The Dynamic Air Alternating replacement system is designed for moderate to high-risk patients requiring an optimum pressure relief system in place of their existing mattress.

The static function provides stable support for patient handling and transfer. Adjustable straps and non slip mats securely bond the system to the bed base. Three strong nylon cell support straps are sewn into the base with three base section dividers.

- Dimensions (mm) W 880 x H 203 x L 2000
- Top cover: PU multi-stretch water proof, vapour permeable top cover with infection control side flaps, tape over top seams & quick release zipper
- Supporting up to 180kgs



The Digital Range features the ultra quiet premium digital pump with auto adjustment, adjustable alternation and static modes with high capacity compressor.

Also includes a full suite of audio and visual alarm modes with mute function.

## Bedside Safety Crash Mat

Three sections of safety foam covered by a hinged nylon cover are designed to be placed on the ground beside the bed to assist in preventing injuries to patients rolling out of bed. Especially useful with hi-lo beds where nursing protocols prohibit the use of side rails. The Mat can fold up with ties for easy storage when not required.

- Dimensions (mm) W 600 x L 1740 x H 50



# Conni Products



1

25CCD085095



2

2599060090

## 1/ Conni Bed Pad

Conni Bed Pads guarantee you a restful night with absorbent, soft and comfortable protection.

Available in two sizes and colours to suit any application.

## 2/ Conni Absorbent Floor Mat

The Conni Absorbent Floor Mat eliminates the use of towels on the floor, which can create potential fall risks for people at home with reduced mobility.

## 3/ Conni Kids Bed Pad

Conni has a fun range of products specially designed for kids who are toilet training or bed wetting.



3

25CKCD100100



4

25CCD051061

## 4/ Conni Chair Pad

Conni Chair Pads are placed discreetly on top of the chair, car seat or other furniture.

## Conni Undergarments

Conni washable undergarments are designed to look and feel like regular underwear - fashionable and discreet. Made from soft cotton elastane with a breathable layer of waterproof polyurethane. The thin but highly absorbent core is soft and quiet. We guarantee consistent sizing. You will feel secure and comfortable.



255702

### Conni Mens Oscar

This style is a standard fit front-opening undergarment popular for all ages.



255602

### Conni Ladies Classic

The simple but feminine design is a popular choice for all ages.



255601

### Conni Ladies Chantilly

This Conni Chantilly features pretty stretch lace in front of the leg opening.

# Falls Prevention

Maintaining your duty of care is a lot easier with the Dynamic Falls Prevention suite of products.

This is a state-of-the-art Alarm system designed to alert staff and caregivers when someone falls or simply gets out of a bed when they are not supposed to.



910102

## Monitor

The Monitor features: simple operation, low maintenance, alarm memory, auto rearm and adjustable alarm volume



910103

## Nurse Call

The system can be battery operated in a domestic environment and it can be connected to a nurse call system.



910112

## Early Warning Seat Belt

Activates an alarm if the buckle is released.



910113

## Pull String Alert Monitor

- Alarm sounds when the magnet pulls off the monitor.
- Mounts easily to a bed or chair.
- Portable and lightweight stand-alone system.



910114

## Pager System Independence for busy carers

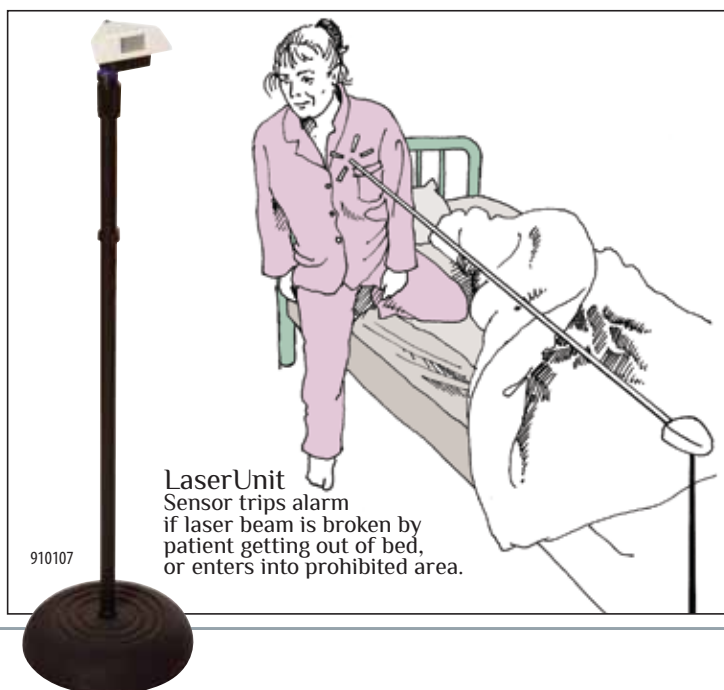
Paging transmitters worn as a pendant around the neck or wall mounted. Carers belt pager emits a sound when the button on either unit is pressed.



910101

## Premium Floor Mat Alarm System

The Floor Mat is made from heavy duty non slip material that is ideal in both domestic and nursing home environments.



910107

## LaserUnit

Sensor trips alarm if laser beam is broken by patient getting out of bed, or enters into prohibited area.

## bed cradle

1/ Adjustable Bed Cradle

2/ Bed Cradle

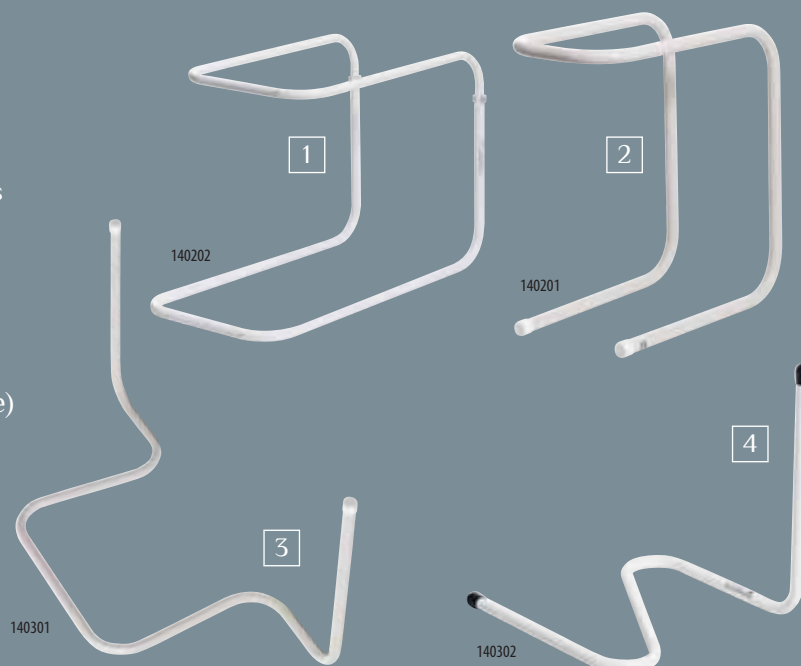
Designed to support the bedclothes, thus keeping pressure off your legs and feet.

## bed poles

3/ Original Bed Stick (Single / Double)

4/ Universal Bed Stick

The bed pole is designed to fit under the mattress and provide a firm handle to assist positioning, and getting in and out of the bed. Also available in double bed size.



## bed rails

5/ Dropside Bed Rail

The removable Drop side bed rail is ideal for a domestic bed. It fits under the mattress and is easily locked up or dropped down when required.

Rail length is 900mm



## overhead monkey bar

Free-standing, powder-coated, steel monkey bar has a triangular hand grip on an adjustable chain. This will assist with positioning in bed.



## over bed table

The over bed table is lightweight, robust and easy to clean. Its height adjustment makes it helpful to eat meals from a comfortable seat or bed. Its tilting function is helpful for reading the newspaper.

6/ Economy Over Bed Table

7/ Over Bed Table



## bed raiser

8/ Bedraisers 2 Inch ST-BR2

9/ Bedraisers 4 Inch ST-BR4

Designed to lift the bed or chair. Available in 2" or 4" varieties.



## over chair table

The Over Chair table is designed to sit over the top of a chair, and wide enough to accommodate a recliner.

# Pressure Care



Chair Pad

Spenco® Chair Pad makes any chair, seat or car sitting surface more comfortable.



Chair Pad

Spenco® Full Wheelchair Pad protects arms, torso and entire sitting surface.



Sheepskin

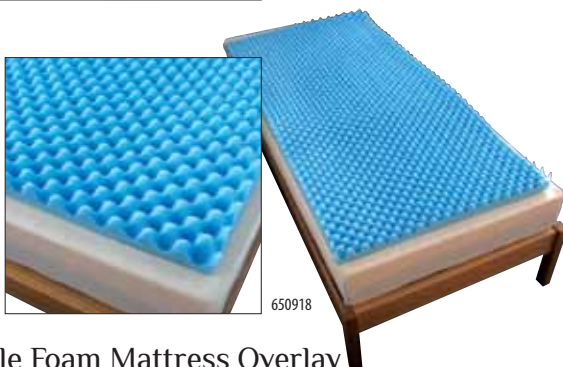
Medical Sheepskins and sheepskin underlays encourage good health and can help improve quality of life by:

- providing a natural solution for problem sleepers
- encouraging good circulation, helping muscle relaxation and avoiding chills
- soothing pain experienced by sufferers of rheumatism, sciatica and backache
- giving added comfort to those confined to one position for long periods of time



Memory Foam Overlay

Memory Mattress Topper disperses pressure and cradles the body in perfect harmony for near-weightless comfort and pressure-free support. Temperature-sensitive Memory Foam conforms to your shape, cushioning load, reducing pressure. Available in all bed sizes.



Dimple Foam Mattress Overlay

Dimples correctly align your sleeping posture and reduce pressure points. Therapeutic foam overlay stimulates and aids circulation while you sleep. Available in all bed sizes.

## Bed Overlay

Spenco® Bed Pad with Silicore Padding helps to make the bed more comfortable by reducing pressure. Ideal for hospital and domestic use.



## Foot Pillow

Spenco® foot pillows provide relief of pressure for the feet, heels and ankles whether in bed or wheelchair. One size fits all with a Velcro closure. Sold by the pair.



## Lambswool Heel and Elbow Protectors (Pair)

Sheepskin will relieve pressure, friction and moisture. Wool will provide cushioning as well as air circulation. Ideal for the prevention of pressure sores.



## Lambswool Padded Sleeves for Heel or Elbow (Pair)

Slip on. Medical Sheepskin helps to reduce pressure in heels and elbows to reduce incidences of vulnerable area skin breakdown.



## Elbow/Heel Protectors

Comfortable, stretchable stocking is proportionately knitted for a close fit. The shock absorbing Akton pads included with the protectors will not bottom out. Pad is removable for washing. Available in Small, Medium & Large. Sold as a pair.



# Height Adjustable Seating



110107

## The Kaufman

This fully upholstered support chair is designed with a sculptured backrest for maximum support and comfort.

Seat Height	49-62cm	Width between Arms	46cm
Seat Depth	46cm	Overall Width	63cm
Weight	15kgs		



110107

## The Kingston

A low-back bridge chair with a curved back which is positioned to provide excellent posture and control.

Seat Height	49-62cm	Width between Arms	46cm
Seat Depth	46cm	Overall Width	63cm
Weight	15kgs		



110107

## The Revolution Chair

The Revolution chair incorporates a unique, patented "swivel-slide" technology, allowing easy access to the chair and to a table edge WITHOUT MOVING ITS LEGS.

Seat Height	39-51cm	Width between Arms	48.5cm
Seat Depth	48cm	Overall Width	50.5cm
Weight	16kgs		



110113

## The Panama

This fully upholstered support chair is designed to include a built-in lower-lumbar support for maximum comfort.

Seat Height	49-62cm	Width between Arms	46cm
Seat Depth	46cm	Overall Width	63cm
Weight	15kgs		



110117

## The President

This high-back chair gives outstanding back and neck support.

Seat Height	49-62cm	Width between Arms	55cm
Seat Depth	46cm	Overall Width	74cm
Weight	18kgs		



110127

## The Skandia Health Chair

Designed with air cushioned seat for pressure care comfort, the backrest is sculptured for full lumbar and neck support. Covered in easy-to-clean PU covering with powder-coated steel frame, this chair is height adjustable and is recommended for both domestic and Institutional use. (Meal tray available as an accessory).

Seat Height	39-51cm	Width between Arms	51cm
Seat Depth	48cm	Overall Width	73cm
Weight	16kgs		



## Leg Rest

This height-adjustable leg rest comes in a variety of colours to match your existing furniture.

REHABILITATION EQUIPMENT

# HIRE & SALES SPECIALISTS

"At Peninsula Home Health Care, our aim is to provide our clients on the Mornington Peninsula with the best possible service, coupled with the highest quality products at the most competitive price - time and time again."

- All Rehabilitation Equipment is available for Hire or Purchase.
- There is ample parking available right outside our showroom.
- Our experienced and friendly staff are always on hand to discuss your needs.
- We have free trials available for all our medical equipment.
- Delivery available throughout the Mornington Peninsula (and Melbourne metro area).
- All equipment provided for hire has been cleaned and sanitised to Hospital standards.



Proudly Supporting  
Australian Made Products



[www.phhc.com.au](http://www.phhc.com.au)

**Peninsula**  
Home Health Care

PHONE : (03) 9786 7004

# Topform Recliner

Hartz Power Lift Recline Chair

Topform recliners, lift chairs and sofas are fully Australian made. They are constructed with a Tasmanian Oak hardwood frame, have fully steel-sprung seats and use Dunlop Enduro Foam. They have a 10-year warranty on frame, springing, seat foam padding and mechanism.



## Options Available

- Castors
- Meal Table
- Wooden Arm Fronts
- Rear Handle
- Arm & Head Covers
- Backrest can be built higher or lower
- Seat can be made deeper or shorter
- Height of chair can be raised
- Width of chair can be increased
- Angle of seat back can be adjusted
- Cushions are individually padded and zipped and can be adjusted at any time

Sizes are taken on using 1 Motor Lift action. Some sizes will vary when using 2 Motor Lift Action. (Petite, Mini, & Medium seat width will be 20mm wider on 2 Motor chairs.

SIZE	PETITE	MINI	MEDIUM	MAXI	TALL
Recommended	5' or under 153cm or under	5'0 to 5'3 153cm to 160cm	5'4 to 5'10 163cm to 178cm	5'11 to 6'2 180cm to 188cm	6'3 to 6'8 191cm to 198cm
Chair Width	78cm	78cm	78cm	83cm	83cm
Chair Height	99cm	102cm	107cm	117cm	123cm
Seat Width (back of seat)	44cm	48cm	48cm	53cm	54cm
Seat Height	48cm	49cm	50cm	53cm	56cm
Seat Depth	44cm	47cm	50cm	55cm	57cm
Seat to top of Back	58cm	60cm	66cm	72cm	74cm

Sizes may vary depending on fabric, filling material and upholstery. Custom made furniture allows tolerances up to 20mm. MAX WEIGHT: 140kg

# Bedroom

## The Dynamic Hospital Bed

The Dynamic Hi Lo Hospital Bed is a solid, thoroughly tested construction. Its design satisfies the user's physical requirements without compromising on style.

Its features include:

- Simple hand Control
- Timber Frame bed head and base
- Hospital Locking Castors

Accessories:

- Bed Pole
- Side Rails
- Over Head Monkey Bar

### Specifications

- Safe working load: 180 kg including mattress and bedding.

#### Height Mattress Base

- Low range: 340 - 740mm
- High range: 400 - 800mm
- Width: 850mm (without rails)  
1000mm (with rails)
- Length: 2220mm
- Tilt angle: Maximum 11 degrees
- Backrest angle: Elevated maximum 70 degrees
- Footplate: Elevated maximum 18 degrees

Various Mattresses available



Independent Head Support

Knee Elevation

Trendelenberg Tilt (Forward and reverse)

Hi Lo Function

## Hoists



A lightweight, compact mobile patient-lifting hoist with innovative and ergonomic design, the Sonata 150 is an easy to use every day lifter. Designed for domestic or lightweight institutional use, the Sonata's safe working load of 150kgs, offers an outstanding fit capacity in a small patient hoist.

All hoists comply with the following international standards: ASA ISO 10535-2002 & ISO 10535:1

## Slings

Slings sold separately



## Dynamic Air Chair

Air Cushion seating for pressure care management

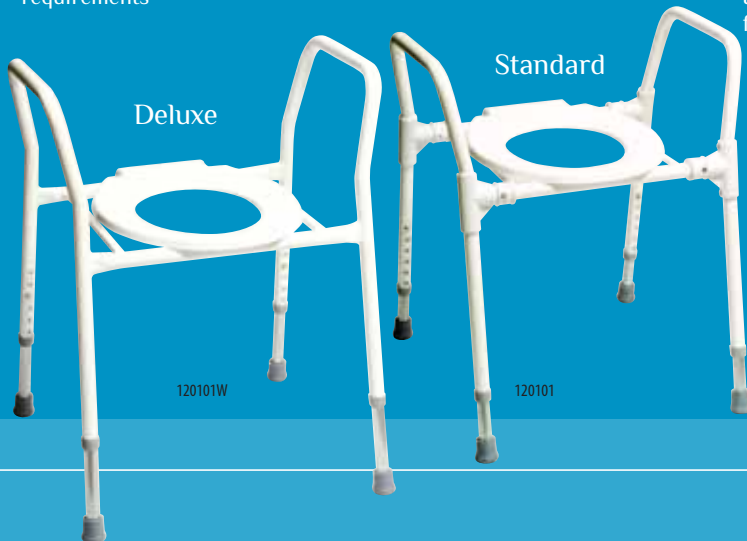
- Adjustable and removable footrest
- Adjustable backrest (90° - 170°) and calf rest
- Reclinable seat
- Three lockable castors and one steering castor
- Fire retardant foam and cover
- Unique four-way stretch material
- Breathable, replaceable, easy-to-clean polyurethane cover
- Four folding wings
- Non marking castors
- Standard tray table, pillow and footrest included
- Magazine pocket



# Toileting Solutions

## Over Toilet Seats

Over Toilet Seats provide a safe and stable raised seat to assist in toilet transfers. Ideal for those who require greater seat height. Frame is height adjustable to suit individual user requirements



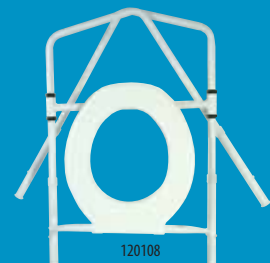
## Toilet Surround Bar

Sturdy Steel Frame surrounds the toilet to assist in transferring. An alternative to a permanent fixture in the bathroom.



## Folding Over Toilet Seat

Designed for travellers and for convenient storage.



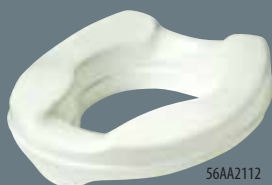
## accessories

Splash Guard Pan



## Savannah raised toilet seat

Lightweight, all plastic construction, for strength and durability. Secured to the toilet bowl with two L-shaped moulded plastic brackets, and a front lip, it is easy to fit and remove. Available with a lid.



Savannah 2"



Savannah 4"



Savannah 6"



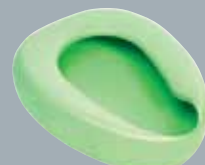
Savannah with Lid



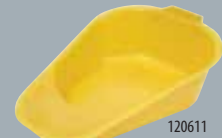
**Spill proof Urinal**  
This urinal has a specially designed spout that prevents spilling and leaking.



**Economy Urinal with Lid**  
Comes with Lid, easy grip handle, and graduations for liquid measurements.



**Bed Pan Auto Plas**  
This general purpose bed pan is made from plastic and has moulded indents for easy transportation. It is easy to clean using steam, water or chemicals.



**Bed Pan Slipper**  
High quality Bed pan with low profile make it easy and comfortable to use.



**Female Urinal**  
The sculpted opening helps to ensure a close fit against the body and eliminate leaks.



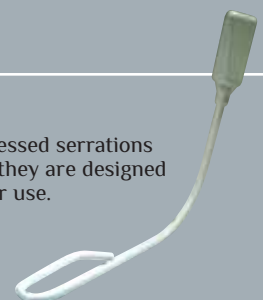
**Bottom Wiper** Folding 2652  
Folds into three for easier storage.

## bottom wipers

These bottom wipers have a moulded plastic head with recessed serrations to grip the paper. Mounted on a lightweight curved handle they are designed to be used from the front. The paper is easily removed after use.



**Buckingham Easy Wipe**  
Research led ergonomic shape helps those with limited manual dexterity.



**Bottom Wiper** Standard 2650

# Commodes

These chairs are height adjustable and come complete with Pan. This fully upholstered adjustable commode is designed to be discreet and stylish.

Dynamic Commode Chair -**Standard**



120201

Dynamic Commode Chair -**Deluxe**



120202

## Transporter Commode Chair

This versatile range of Transporter Commode chairs are designed to reduce transferring and ensure patient safety. They combine durability and practicality, enabling the range to be integrated into caring and domestic environments.

- Stainless Steel Frame
- Removable and adjustable seat with 70mm travel.
- The safety swing back armrests are fully rotational and removable
- Stainless steel pan rack guides.
- 125mm stainless steel braking castors.
- Sliding one piece Platform or swing away footplates
- Attendant or Self Propelled models available in 460mm or 600mm seat widths
- Australian Standards (150kg) approved.



120343



120342



120347

**Otto Bock®**

QUALITY FOR LIFE

Attendant propelled Platform

Attendant Footplate

Self propelled Footplate



120374

Tilt-in-Space Commode

- Backrest recline angle of 15, 20 and 25 degrees.
- Backrest folds down to reduce storage space.
- Adjustable swing away pivoting footplates.
- Australian Standards(150kg) approved.



120352

Seat Cushion \*

PU seamless seats offer excellent durability and easy cleaning. (46cm)



120305

Seat Cushion \*

Soft Seat feature softer foam inners, and are a great solution for those requiring additional pressure relief and comfort.

\*Available in Open or Closed front, and in dimensions to suit all chairs



120305

K-Care Economy Attendant Propelled

### accessories



120370

Oxygen Bottle Carrier



120369

Adjustable IV Pole



120612

Pan Auto Plas



120359

Pan Carrier



120364

Leg Rest

# Bathroom

## shower chairs ➤ shower stools

It is important to have a stable seat during personal care activities to avoid injuries or falls. The design of our range assists with patient transfer, ensuring safety and confidence



### Dynamic Shower Chair

Shower chairs ensure safety while showering. They have plastic moulded seats.



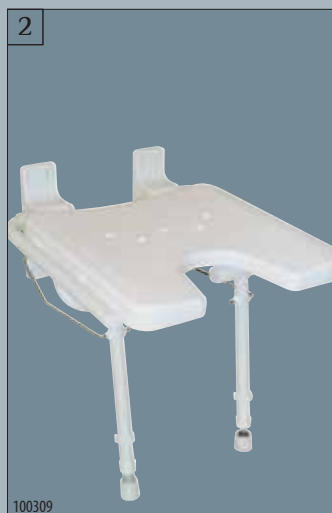
### Dynamic Shower Stool

The Dynamic Shower stool is available with two different seats: Padded waterproof or moulded plastic. Both are easily removable for cleaning.



#### 1/ Dynamic Shower Chair no Arms

This shower chair is helpful for sideways transferring.



#### 2/ Folding Bath Seat

Height adjustable shower seat attaches to the wall and is designed to save space.



#### 3/ Shower Stool no Arms

The stool provides a rest for the user and is particularly useful in smaller shower areas.



#### 4/ Shower Stool with Arms

The stool fitted with arms provides the user assistance on and off the seat.

The Dynamic range of Shower Chairs and Shower Stools is made using powder-coated corrosion resistant GALVANISED tubing, and features adjustable legs.

\* Made from zinc-treated and epoxy-coated mild steel, with plastic seat.

# bathboards >> hand held showers >> bathroom accessories



## bathboards

- 1/ Bath Board
- 2/ Raised Bath Board
- 3/ Plastic Bath Board
- 4/ Bath Tub Grab Rail
- 5/ Transfer Bench
- 6/ Myco Swivel Bather

The Bath board sits on the bath tub, the bath tub grab rail clamps onto the bath. Strong and sturdy support for bathing and to hold onto while getting in and out of the bath.

## hand-held showers



- 7/ Economy Hand-Held Shower (Double / Single)
- 8/ Deluxe Hand-Held Shower (Double / Single)
- 9/ Chrome Hand Shower and Switchcock  
Designed for the shower as a permanent fixture.

Hand held showers let you shower comfortably even while seated

## bathroom accessories

### 10/ Bath and Shower Mats

The rubber mat is non-slippery and mildew-resistant for the shower and bath.

### 11/ Seal Tight

Seal Tight offers a revolution in independence and flexibility to those who have a plaster cast or require a continuous dressing to be applied to a limb. Available for the leg or arm.

### 12/ Nail Brush with Suction Cup Base

Designed to be used for cleaning fingernails by people with only one functional hand.

### 13/ Avivo Shower Sandal

The Shower Sandal is designed to clean the entire foot without any bending or stretching.

### 14/ Portable Suction Grab Rail

Suction cup grab rail, various models to suit most bathroom configurations.

### 15/ White Powdercoated Grab Rail

25ml Stainless Steel rail that is powder-coated, with a flange (Available in 300mm, 450mm, 600mm, 750mm, 900mm)

### 16/ Stainless Steel Grab Rail

25ml Highly polished stainless steel with a flange (Available in 300mm, 450mm, 600mm, 750mm, 900mm)



### 17/ LONG HANDLED TOE WASHER

White towelling pad for washing between the toes.

### LONG HANDLED SPONGES

Long handled sponges allow you to reach the legs, feet and back.

### 18/ Standard

### 19/ Flexible

# Bariatric Products

SWL 280 kg



150307

## Cougar Heavy Duty

Solid wheels provide security and support. Will fit through doorways and folds easily for storage and transport.

SWL 400 kg



120346

## 60 cm Platform Commode

This heavy duty commode features a reinforced frame and drop down arm rests. It is available in an attendant propelled version only.



150839

## Wheelchair

Available between SWL 145kg to 240kg

SWL 227kg



150406

## Bariatric Walking Frame

SWL 300kg



120104

## Bariatric Over Toilet Seat

SWL 300kg



100111

## Bariatric Shower Stool

SWL 300kg



100204

## Bariatric Shower Chair

SWL 227kg



150117

150707

## Bariatric Crutches & Quad Stick

SWL 250kg



110126

## Bariatric President High Back Chair

SWL 200kg



110104

## Bariatric Kingston Chair

# General Aids

## safe transferring

### 1/ Rota Seat

This cushioned seat glides you in and out of cars smoothly. Placed on any seat, it will swivel in both directions.

### 2/ Swivel Cushion

The Swivel Cushion Easy Turn can help to reduce back strain when entering the vehicle. When entering the vehicle the user sits on the Easy Turn, feet still on the ground, then turns easily or is assisted to turn, into the vehicle. The process is reversed when leaving the car.

### 3/ Mayfield Transfer Belt

The Mayfield Belt is designed to facilitate correct transfer techniques and thereby reduce the risk of injury to carers and clients.

### 4/ Leg Lifter & Double Leg Lifter

The leg lifter helps people to lift their legs onto or off a bed.

### 5/ Handy Bar

The Handybar™ offers support to help you out of the car safely and securely.

### 6/ Key Turner

The Key Turner has a curved, heavy duty plastic handle that provides extra leverage to turn keys.

### 7/ Easy Reader Book Stand



1

200302



2

200301



200201

3

Available in three lengths (S, M & L)



4

232

2327



5

200701



6

56AAG242

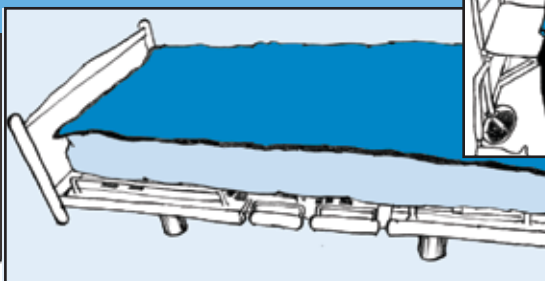


7

55071

## Slide Assist

The Slide Assist Range encourages "zero lift" or "minimal lift" policies, in domestic and institutional environments. It aims to enable carers to move people with minimal effort, without the risk of injury and discomfort to those being assisted, therefore enabling safe patient handling with comfort and dignity.



Slide Assist products are useful in the correct positioning of people on pressure care cushions, seating the elderly at dining tables, repositioning disabled patients on their wheelchairs after bathing or toileting, or sliding patients in the correct position on their beds.



# Kitchen

## Kitchen Trolley

Ideal for use around the house at meal times. Sturdy powder coated steel frame complete with two removable plastic trays and mounted on four 75mm swivel castors. This product offers everything that is needed in an easy to use mobile tray.



130101



130203

## Kitchen Stool Deluxe

Kitchen stools are an ideal "energy saver" for use in the kitchen or similar work area where a standard chair is not suitable or the user has difficulty standing or sitting



130202

## Kitchen Stool Deluxe with arms



150312

## Trustcare Walker

A light and flexible roller for indoor use. It has a removable tray for carrying a plate, a cup of coffee, a watering-can or other utensils. A textile basket can be placed under the tray for storing small items.

Accessory basket that is fixed under the tray with a Velcro band. Max weight in basket 3kgs.



150312A

## dining

We have an extensive range of eating and drinking aids. Providing practical solutions for eating and drinking including a variety of cutlery, cups and accessories. Depicted are just some products in our range.



56AA5510

## Kings Modular Cutlery



56AA5550

## Lightweight Cutlery



57A703200

## Lightweight Cutlery



56AASJ70

## Caring Cutlery



56AA5500

## Queens Cutlery



56AA5710

## Caring Mug



56AA5700

## Clear Polycarbonate Mug



50AA5550

## Lightweight Cutlery



57C1425

## Inner Lip Plate



56AA5662

## Incurve Plate Surround



56AA6810

## Dycem Non Slip Mats

Available in a number of shapes and sizes

# Kitchen Gadgets

No-nonsense kitchen and household aids to assist with daily living, including cooking baskets, peelers, preparatory workstations, openers, tippers, scissors, turners, non-slip materials and more.



56AA5010

Undo-it Jar & Bottle Opener



56AA5570

Kettle Tipper



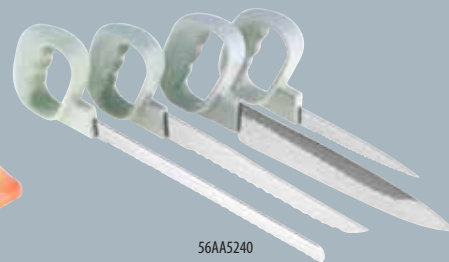
56AA5194

Can Pull



56AA5070

Bottle Opener & Knob Turner



56AA5240

Reflex Knife Set



56AA5274

Bread Board Hardwood with Lid



56AA5272

Kitchen Working Station



56AA5284

Plastic Spread Board



56AA5090

Belly Clamp



56AA5208

Bench Peeler



550301

OXO Good Grips

Winner of the Tylenol/Arthritis Foundation Design Award

## reaching aids

Perfect to retrieve and reach a variety of items in the home or garden. Available with a range of features and various operating triggers to suit different levels of hand function.



Handi-Reacher™  
(24 inch) (30 inch)  
56AA8054 (24) 56AA8056 (30)



Pick-up Reacher  
(24 inch) (30 inch)  
56AA8060 56AA8063



Economy Reacher  
(26.5 inch) (32 inch)  
550501 550502

# Dressing & Grooming

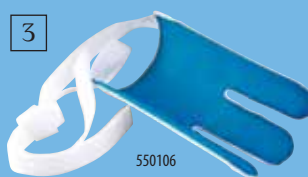
Our huge range is designed to provide greater independence while performing simple tasks



56AA4650



57A754300



550106



56AA4654

- 1/ Stocking Aid
- 2/ Sock Notch
- 3/ Terry Cloth Sock Aid
- 4/ Tights Aid
- 5/ Button Hook
- 6/ Coiler Elastic Laces
- 7/ Elastic Laces
- 8/ Toe Nail Scissors
- 9/ Dressing Stick
- 10/ Plastic shoe Horn
- 11/ Long Handled Comb
- 12/ Long Handled Brush



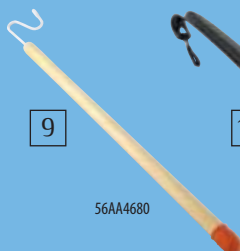
57A4617



550109



55AA6766



56AA4680



550108



55AA4712



55AA4714

## tap turners



Crystal  
56AA6210



Giles  
550402



Homecraft  
56AA6200



Multi Turner  
550401

## lamb skin products

100% pure wool. Premium Products for luxury comfort.



Lamb Skin Crutch Grips

600327



Lamb Skin Gutter Cover

600332



Lamb Skin Footrest Cover

600340

Lamb Skin Scooter Seat Cover



600337

Lamb Skin Walker Seat  
& Back Rest Cover



600335

600336

Lamb Skin Wheelchair Cover  
& Armrest Cover



600338

600339

# Therapeutic Pillows

We stock an extensive range of therapeutic pillows. Drop in, try the back support in your car, or the sleeping pillows on our range of mattresses.

## BACK SUPPORTS



650233

### Back Eze MK2

The Back-Eze Moulded support cushion is lightweight, portable and retains its shape to last for years.



650203

### Back Eze Standard



650201

### Back Hugger

Versatile Lower back support that features inbuilt spinal support column to snugly fit into the back.

### Lumbar Rolls

Compact for car, bus, office, plane. Available in traditional or memory foam.



Four shapes to choose from:  
Round, Egg, D or Oval.



650217

### Total Spinal Support

Full-length back support featuring flanks for added lateral support. Ideal for car or lounge.



650215

## SLEEPING PILLOWS

### Complete Sleeprrr™

Therapeutically designed with two easily removable/re-workable inserts allowing you to change the shape and height to suit your comfort and postural needs.



650101

### Tranquillow

Carved from non-allergenic quality foams in different densities and softness. Specifically designed to support the neck and cradle the head.



650119

## PILLOWS FOR THE BED

### Pyramid Pillow

The only relaxation support pillow featuring the patented Lumbar Bulb for additional lower back support.



650501

### Bed Wedge

Ideal for those suffering medical conditions requiring an angled sleeping position. Designed to help those with asthma, bronchial or breathing constraints, and other medical problems.



650401

## SITTING CUSHIONS

### Diffuser Cushion (left)

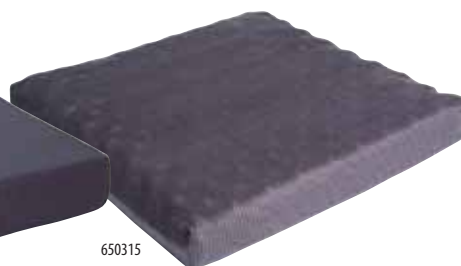
The Diffuser Cushion memory foam with traditional foam for maximum pressure diffusion.



650303

### Multi Purpose Cushion (right)

The Multi Purpose Cushion uses premium convoluted traditional high density foam to disperse pressure.



650315

# Fitness Accessories



9506

## Squize Ball

Squize balls build strength in fingers, hands, arms and shoulders. They help to achieve stronger grip and improve wrist strength. Ergonomically designed to the shape of a squash ball, they fit perfectly in the palm of smaller hands or between fingers. Choose from 3 strengths; soft, medium or hard.



950210

## Vinyl Dumbbells

Vinyl Dumbbells are perfect for a variety of individual and group workouts, including jogging and power walking, aerobics, general exercise, physical therapy and even yoga routines. These easy to grip, easy to clean Vinyl Dumbbells are colour coordinated and available in 0.5 incremental weights ranging from 0.5kgs to 10kgs.



## Exercise Mat

Manufactured from a closed cell material that is resistant to moisture. The exercise mat is a great accessory for any user who gets a sore back when performing floor exercises. Ideal for use in aerobic, yoga and pilates classes.

Available in: 1800 x 1200 x 20mm 950703  
1800 x 600 x 10mm 950704



9506

## Yoga Mat

Used during Yoga or any other exercise, Yoga Mats are used to improve balance and can also aid in the prevention of injuries that can be caused by otherwise slippery surfaces.

Available in: 1720 x 610 x 4mm 950701  
1820 x 610 x 6mm 950702



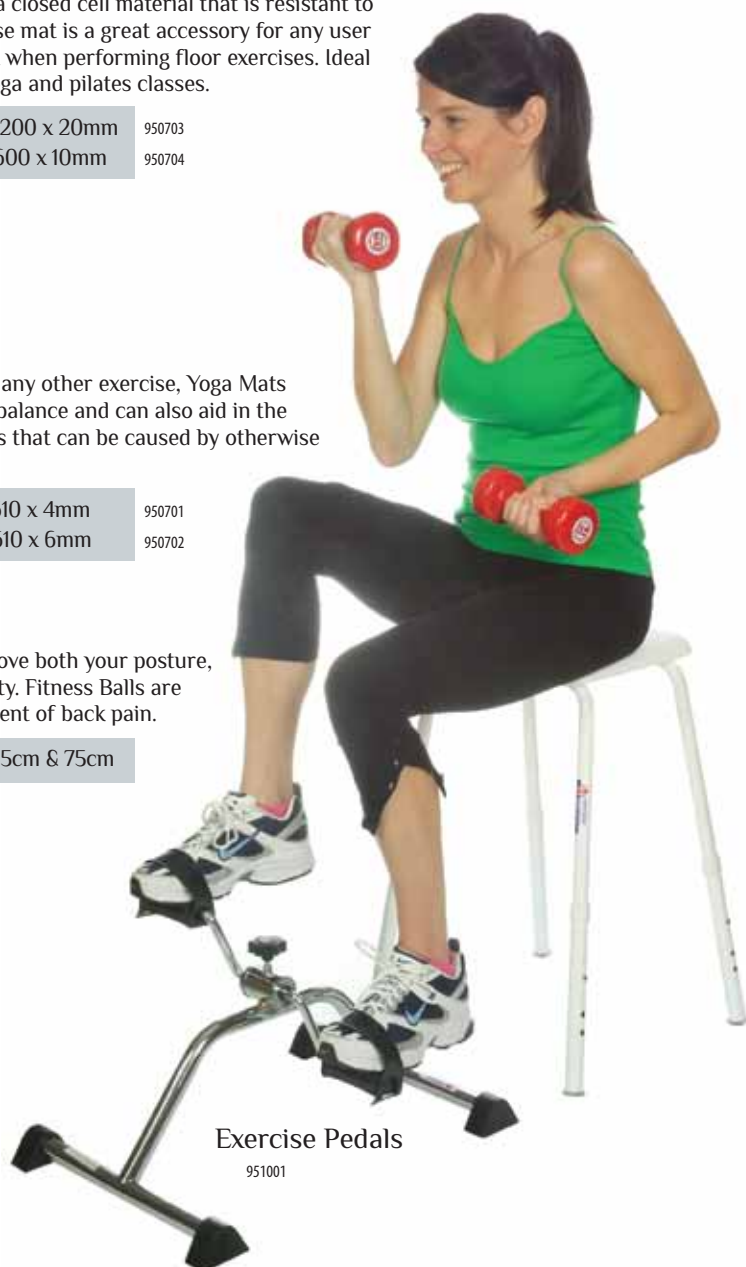
## Fitness Ball

Fitness ball has been scientifically proven to improve both your posture, core strength and your overall balance and stability. Fitness Balls are also often used in rehabilitation and in the treatment of back pain.

Available in: 55cm, 65cm & 75cm



9501



## Exercise Pedals

951001



96T4085

### Thera-Band® Door Anchor

Simply insert this anchor into the pull side of a door, completely close and latch the door, and your TheraBand is ready for action.



96T408A

### Therahandles (pair)

Comfortable, good quality handles to assist exercising with resistive bands and tubing. Foam covered handle for a better feel.



96T7785

### Thera-Band® Exercise Bands

Thera-Band® latex Exercise Bands are used for resistive exercise. They provide both positive and negative force on the muscles, improving strength, range of motion and cooperation of muscle groups. Colour-coded progressive resistance gives at-a-glance documentation of progress from one level to the next.



950501

### Resistance Stretch Band

By using a resistance band or tube, you can deepen your stretch and increase your flexibility. But, the resistance band allows you to change your positioning in multiple ways. This changes how your body works and how an exercise feels.



950228

### Footsure® Vinyl and Leather Ankle Weights

Footsure ankle weights are less bulky, making them extremely comfortable during use. Velcro fastening allows you to wrap one weight over another or use as wrist weights.



950218

### Adjustable Ankle Cuffs

By being able to increase the weight of the cuff from 0.5kg all the way up to 10kg you are allowed great flexibility in what you can achieve. (0.5 kg weights sold separately in packs of 10)

## massage

### Index Knobber

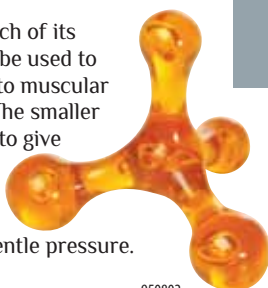
Developed as a device to be used by practising, hands-on therapists. Therapists who use The Original Index Knobber II to treat patients find it extremely helpful in applying precise pressure to soft tissue trigger points.



950803

### Jacknobber

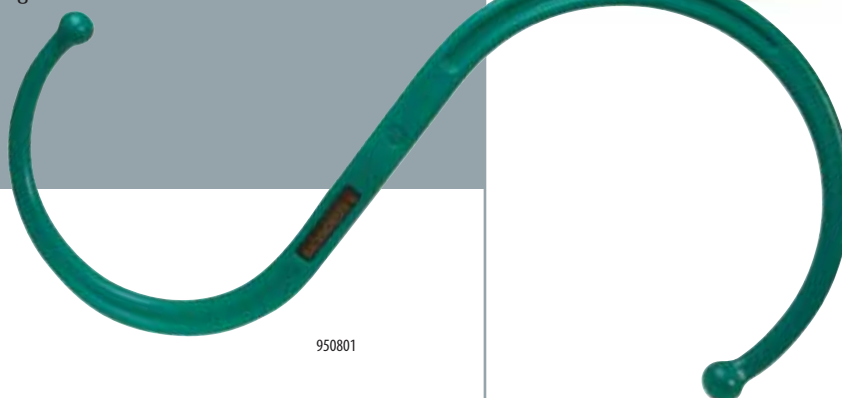
The knobs at each of its four points can be used to apply pressure to muscular trigger points. The smaller knobs are used to give deep pressure while the larger knobs are used to apply gentle pressure.



950802

## Backnobber

The Original Backnobber® II tool is used by hooking the device over a shoulder or under an arm and using its leverage to apply deep pressure to trigger points in the muscles of the neck, shoulders, upper and lower back and virtually any other location on the body where trigger points may occur. This pressure can significantly reduce tension and pain in soft tissue and increase the range of motion and overall function.



950801

## wobble board

Improve your balance and co-ordination and increase your range of motion with the Wooden Wobble Board. The base allows 360° of movement. The board features non-slip traction to help you keep your grip.



950301



Decreasing pain and enhancing human performance through extraordinary innovation, education and service.

Premium Bracing is the result of combining innovative designs and a firm understanding of biomechanics, with materials that have been designed specifically for sports medicine applications.

Bioskin® is your choice for premium compression bracing.

### Bio Skin® Thumb Spica

This ultra low-profile brace protects the thumb from unwanted motion while allowing full range of motion in the other digits.



30B54502



30B54231

### Bio Skin® Cock up Wrist Skin

The DP2™/DP3™ Cock-up wrist brace was designed to be the most comfortable and functional wrist-brace ever. The dorsal and palmar stays are removable and can be reshaped by hand to customize the shape of the brace.

The low-profile brace allows full use of your fingers while limiting motion in the wrist to ease the pain from carpal tunnel syndrome, arthritis, sprains, and bursitis.

### Bio Skin® Boomerang™

The Boomerang comfortably provides compression and support for minor wrist problems. The wrap is easy to apply and fits onto either hand.



### Bio Skin® Wrist/Thumb Spica

The brace protects the thumb and wrist against painful movement by controlling the motion of the CMC and Mp joints, while allowing full use of the fingers.



30B54521



30B51330

### Bio Skin® Hinged Knee Skin™

The Skin®Hinged Knee Skin™ Is the lightest hinged knee brace available. The offset, bicentric hinges conform to the shape of the leg and provide extra support to knees with ligament damage. Constructed from Bio Skin's® unique, breathable materials, the Hinged Knee Skin™ also provides excellent compression to control swelling and pain and to speed healing in a damaged joint. Wrap-around design allows for easy application.

- Front Closure application
- Offset hinge reduces pressure at the knee joint
- Unique strapping system minimizes migration
- Donut and horseshoe buttresses can change position to allow custom patellar support

### Bio Skin® Standard Knee Skin™

Bio Skin's™ Standard Knee Skin™ gives optimal compression for pain reduction, swelling control, and increased proprioception.



30B41100



30B41700

### Bio Skin's® Visco Knee Skin™

Bio Skin's® Visco Knee Skin™ is an excellent all-purpose knee brace. The Visco gel ring around the patella provides passive massage to remove swelling and decrease pain.



30B41610

### Bio Skin® Q Brace™

The Q Brace™ has a unique design which allows multidirectional traction of the patella. The "T" strap prevents dislocation and may be attached in various positions to control the direction of traction on the patella. The design of the braces causes the force of traction to increase as the knee goes through a range of motion.

Bioskin® is a unique, patented material designed to provide high level compression without creating discomfort. Bioskin® is thin and gives radial compression so it conforms nicely to the curves of the body. Bioskin® is also breathable, so perspiration evaporates right through it, it is hypo-allergenic so you don't have to worry about skin reactions. These characteristics make wearing Bioskin products a surprisingly satisfying experience.

## Bio Skin® is:

- Breathable
- Hypo-allergenic
- Durable
- Odourless
- Strong
- Light
- Latex Free
- Thin
- Machine washable
- Neoprene Free

### Bio Skin® Tennis Elbow Band

The Tennis Elbow Band fits comfortably below the crease of the elbow and includes a silicon pad and an elastic strap that may be positioned to provide extra compression and pain relief.



30B42500

### Bio Skin® Standard Elbow Skin

the Standard Elbow Skin™ it keeps you cool and dry while providing outstanding compression for pain management.



30B42100

### Bio Skin® The Q Baby™

The Q Baby™ wraps comfortably around the knee, just below the patella, and includes a uniquely shaped silicon pad that fits over the patellar tendon to give pain relieving compression for patellar tendonitis and to increase surface contact area in the joint.



30B51650



30B53500

### Bio Skin® Standard Ankle Skin™

Bio Skin's® Standard Ankle Skin™ is an economical way to control swelling and support ankles with minor instability.

### Bio Skin® Calf Skins™

Bio Skin's® Calf Skins™ give excellent compression to ease the pain in injured calves or shins. The unique SkinLok™ feature of the Bio Skin® material mean the sleeve won't slide down the leg, even during vigorous activity.



30B46300

### Bio Skin® Trilok

Whether you're looking for a brace to protect an ankle you've already injured or you're hoping to prevent an ankle injury, Bio Skin's® TriLok™ is the most effective brace for controlling inversion, eversion, and plantar flexion inversion. No other brace offers more stability, comfort, and safety.



30B53601

### Bio Skin® Flexible support

Provides multi-directional support. Choose one of two placement options:



### Bio Skin® Backskin Lumbar Pad

Offers a broad variety of pad positions to fit directly over the pain.

### Bio Skin® Backskin™ system

Treat lumbar sprains, pain from overuse, muscle strains, and develop better back posture. We've designed our back brace with a narrow cut in the front and flexible stays on the sides so when sitting or bending the brace remains pliable and doesn't impinge on the groin area or into the rib cage.

Customize your treatment with these lumbar support options:



30B47200

# Heat Wheat

The grain used in the manufacture of Heat Wheat® products is treated with our exclusive Ultrashield™ process to be free from weevils, mould, allergenic dust and moisture induced growth. This unique seven-stage treatment process gives the wheat superior temperature retention properties and makes it durable enough to go from freezer to microwave for years.

The products mould comfortably to the body and provide penetrating warmth (or cold) to injuries or chronic conditions such as arthritis, migraine, muscle tension, spasm and joint pain. The products also induce relaxation and give comfort with the warmth.



**Physio Pad**

Available in small and large  
500207

**Joint Wrap**



500213

**Shoulder Cuff**

500220



500202

**Oval Cushion**

**Neck Warmer**

500205



**Back Support**

500217



500206

**Neck & Back Therapy Wrap**



500221

**Slippers**



500222

**Upper Body Wrap**

## Post Operative Shoes

To protect foot and bandages post operatively and provide secure non-slip footing.



3011082

## Cast Boots

To protect plaster cast from soil and moisture and provide secure, non slip footing.



3011079



## Medi-Ice

Medi-Ice packs can be used both hot and cold and can be conveniently stored in the freezer for immediate use. For heat applications microwave the pack which will be ready for use in minutes.

They are useful for the treatment of a wide range of conditions from:

- Soft tissue injuries
- Chronic back & joint pain
- Headaches and fever
- Minor stings and bites
- Bruising

# sports medicine range

1



315900

2



317501

3



401006

4



401001

## 3/ Silicone Gel Heel Cushions

Silicone Gel Heel cushions provide exceptional heel support, protection and comfort. Designed to support & comfort the heel and/or associated heel spurs conditions. Damaging stress forces normally absorbed by the body's musculo-skeletal system are now absorbed by the pad and away from the body.

## 4/ Silicone Gel Footbeds

Silicone Gel Footbeds are designed to relieve pressure on muscles, tendons and joints, and help to prevent early fatigue and relieve pain. The coloured striking areas are softer than surrounding transparent material giving flexible pressure relief. Its soft line silicone construction offers dynamic adaptation to the feet for greater patient comfort.

## 5/ Tuli's Standard Heel Cups

Lightweight protection for the everyday pain of heel strike.

Tuli's Heel Cups relieve:

- Painful heel conditions and heel spurs.
- Sore, tired, burning, aching feet.
- Painful legs and knees.
- Arthritic joints and shin splints.
- Painful feet and legs due to overweight and/or pregnancy.

Sizes: Regular (under 80kg), Large (over 80kg).



401101

## 1/ Inguinal Hernia Belt

Comfortable & effective in cases of left or right side inguinal Hernia & operative recuperation.

## 2/ The Posture Improver

The brace improves posture, allows unrestricted movement, delivers all day comfort and is totally washable and hygienic.



## Omron Products Blood Pressure Monitors

Omron blood pressure monitors consistently provide accurate results. Our range includes manual and auto inflate units.



## Asthma Care

Our range provides a comprehensive selection of Nebulisers, Peak flow Meters, and Space Chambers.

A comprehensive selection of Thermic and Elastic orthopedic supports for sprains, strains, arthritic conditions and soft tissue damage.



# ORTHAHEEL



Orthaheel is a unique, patented 'orthotic' invented by a podiatrist to re-align your feet to their natural position and to improve your body posture, relieving many chronic complaints such as heel, knee and back pain. The range comprises of inserts for your existing footwear. The sandals, thongs and shoes are specially designed with a built-in orthotic.

# The Ezy-As™ Stocking Aid

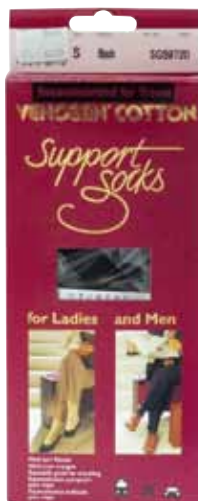


Ezy-As™ Handle Attachment Accessory  
To aid solo fitting Ezy-As™ also supply a handle attachment (sold separately). (The handle attachment, clips onto the base of the applicator, and once loaded is used to help pull the garment up a leg.)

Winner of the ABC new inventors program

The Ezy-As reduces the effort when applying compression garments to both arms and legs. It is designed to be used by people on their own or by caregivers of patients who are unable to apply their own stockings. This Garment Applicator is compatible with open and closed toe and knee high and full leg stockings, tubular bandages, anti-embolism stockings, arm sleeves and gauntlets. The Ezy-As doesn't disturb dressings or pull on fragile skin and takes only seconds to apply. Comes in 3 sizes: Large, Medium & Small.

## Graduated Compression Stockings



Healthy legs are essential for good quality of life. Whether your vascular care is for a pre-existing condition or to help prevent vascular problems, we stock an extensive range of graduated compression stockings. Graduated compression stockings improve circulation by applying measured pressure on the leg muscles. These muscles compress the veins, improving the flow of the blood back to the heart so there is less swelling, tiredness and aching in the legs.

Our Range includes:

**Light Compression** (15-20 mmHg): Minor foot, ankle and leg swelling, leg heaviness and fatigue due to varices, mild varicosities without oedema, Helps prevent thrombosis (inc. Travel-related DVT), help prevent varicosities during pregnancy.

**Moderate Compression** (20-30 mmHg):

Moderate to severe varicosities including pregnancy, leg heaviness and fatigue due to varices, varicose veins during and after pregnancy, post sclerotherapy, helps prevent thrombosis, helps prevent recurrence of venous ulceration, oedema and Superficial thrombophlebitis.



# Peninsula

## Home Health Care

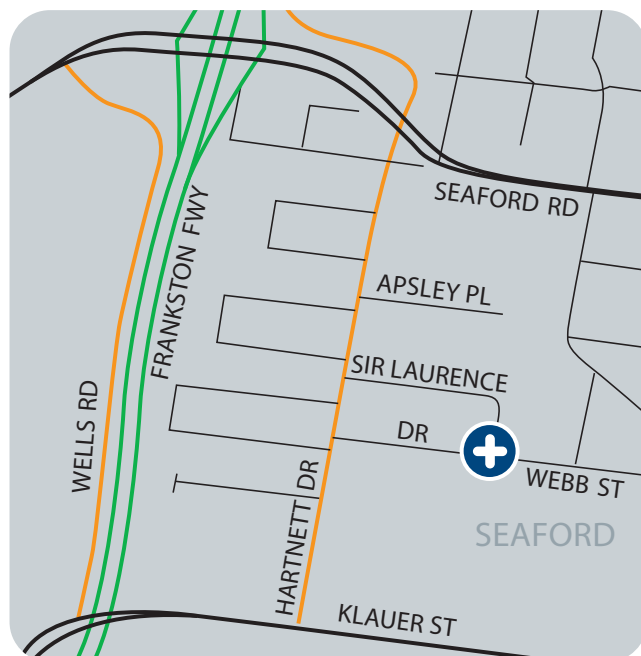
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# STATEWIDE

## Home Health Care

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