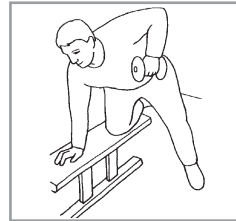
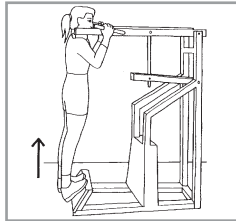


Software to produce personalised exercise and information handouts

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, Slovenian, Estonian, Farsi, Czech, Polish, Greek, Afrikaans, Japanese, Arabic

NOTE: Not all languages are available with every module

## Technical Requirements

Windows 2000, XP  
32-bit: Vista, Windows 7,  
Server 2003/2008

Online Service:  
Internet Explorer 6 or later,  
Broadband internet access

## Contact Information

www.physiotools.com  
info@physiotools.com

The Sports and Fitness Professional Collection is a cost effective way to use a pre-selected range of PhysioTools modules. This collection enables professionals to choose exercises from modules with sports and fitness specific content.

- ◆ **save up to 65% on purchasing modules individually**
- ◆ **contains 13 modules with over 4,300 exercises**
- ◆ **networking included**
- ◆ **install from CD or use the Online Service which enables you to use the program from any computer with internet access**

The collection can be used with individual modules or combined with other professional collections

### Benefits

- ✓ exercises have descriptive instructions and clear images displayed as line drawings, colour illustrations, photographs and videos
- ✓ edit exercises and instructions or add your own
- ✓ customise handouts with your contact details, logo, client's name and personalised instructions
- ✓ create templates of favourite exercises for specific routines, conditions and injuries

### Online Service benefits

- ✓ use from any computer with internet access - no installation required
- ✓ print or email handouts for clients to view high quality videos
- ✓ new advanced search enables you to find exercises easily
- ✓ add keywords to enhance your search
- ✓ add modules to your favourites list for quick and easy reference
- ✓ format text and use the built-in picture editor

Please see reverse for a complete list of modules included in the Sports and Fitness Professional Collection.

To order or request a FREE demo

**Please contact your local reseller**

*Work with the Best*

PhysioTools is the global market leader  
in exercise prescription software

# 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) *with 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) *with 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) *with colour illustrations and video clips*

## **General Exercises 2nd Edition** (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. (1244 items) *with line drawings, photos and videos*

## **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) *with 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)