

THERABAND RANGE



TheraBand Retail Pack
Various strengths available



TheraBand Shoulder Pulley
Various strengths available



TheraBand Soft Weights
0.5kg - 3kg



TheraBand FlexBars
Various strengths available



TheraBand Hand Trainer
Various strengths available



Theraband Stability Trainer
Various strengths available

RENT IT TODAY

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!

Scan the QR code or visit aidacare.com.au/products/hire for more details.



MAKE IT YOURS

Alternatively, you can purchase the items you're after and make them yours today. See our website for more information or speak to your local showroom staff for assistance.

For a **list of all our branches** scan the QR code or use the find a store function on our website.



PRINT AND DIGITAL RESOURCES

Check out our resources at aidacare.com.au or scan in the QR code below.



aidacare.com.au



NATIONAL COVERAGE

Located across all states of Australia, Aidacare have showrooms in capital city and regional locations. We also have network partners covering other areas, so our products are easily accessible. Visit our showrooms and our expert, friendly staff are there to assist with all your needs. To find your nearest showroom go to aidacare.com.au or call **1300 133 120**.

'Solutions for Living' Collection

You may also be interested in Aidacare's other 'Solutions for Living' Guides giving product range information for the following areas:

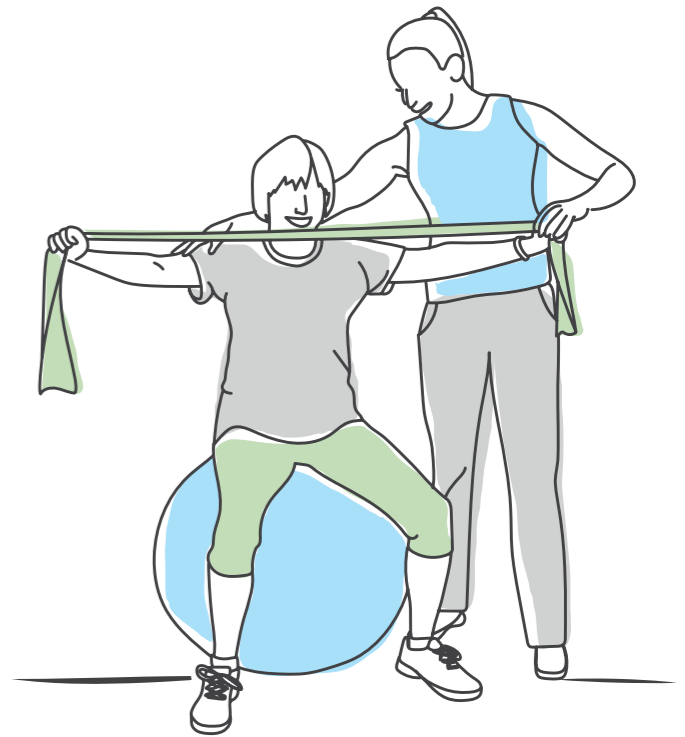
- Arthritis
- Back Conditions
- Bariatric Care
- Carer's Needs
- Dementia
- Effects Of Stroke
- Energy Conservation
- Falls Risks
- Hip And Knee Care
- Mobility And Access
- Neuro Conditions
- Paediatric Care
- Positioning Needs
- Pressure Care
- Therapy And Exercise
- Travel

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SUPPORTING THERAPY AND EXERCISE

SOLUTIONS FOR LIVING



1300 133 120 | aidacare.com.au



HOME BASED PROGRAMS

These programs will include a home-based component, which play a crucial role in maintaining optimal abilities or aiding the recovery process, and can help you resume or to continue to enjoy your favourite activities.

EQUIPMENT SELECTION

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.

REHABILITATION EQUIPMENT

Aidacare's therapy and exercise range provides you with the equipment you need to manage and maintain your physical rehabilitation needs in the home. Discuss with your relevant health professional for the most appropriate items for your needs.

DID YOU KNOW?

Following a deconditioning illness, injury or health event, or to maintain strength, flexibility and endurance with a chronic health condition, it is important to engage in a rehabilitation program designed by your Physiotherapist, Exercise Physiologist, occupational therapist or other health professional. Aidacare stock a great range of Assistive Technology (AT) for those needing Therapy & Exercise across our Balance & Exercise, Braces & Supports, and Resistance Training categories.

For a full range of assistive equipment that may help a patient with their therapy and exercise, scan the QR code.



BALANCE & EXERCISE



Fitness Ball
Various strengths available



Balance Wobble Board
FPP304000



Dura Disc
FPP305000 - 33cm



Aspire Exy Pedal
FPP292800 - Manual
FPP292810 - Digital



Resistance Level Exercise Bike
FPF290610



Motomed Range

RESISTANCE TRAINING



Exercise Putty
Various strengths available



Hand Grips
Various strengths available



Soft Ankle/Wrist Weights
Various weights available



PVC Dipped Dumbbells
Various weights available

PAIN MANAGEMENT



Lupin Hot/Cold Packs



TENS Unit - Digital with Electrodes & Leads
FPP315210

BRACES & SUPPORTS



Air Walker Boot
Various sizes available



Body Assist - Sports Thermal
Various sizes available



Rolyan Hand Splints
Various sizes available



Soft Thumb Splint
Various sizes available



Elastic Ankle Strap
Various sizes available



Ankle Foot Orthosis
Various sizes available