

## 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](http://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](http://aidacare.com.au) or scan in the QR code below.



[aidacare.com.au](http://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.

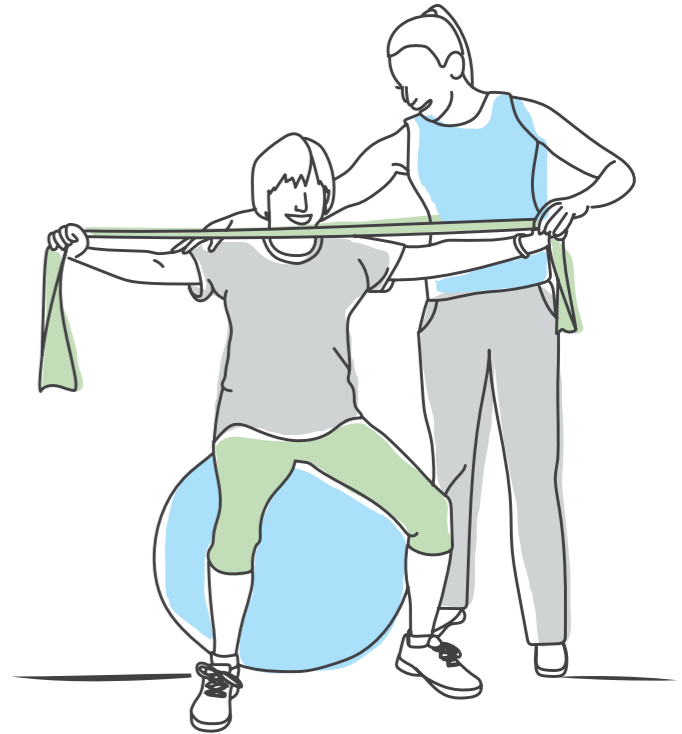
Visit our showrooms and our expert, friendly staff are there to assist with all your needs. To find your nearest showroom go to [aidacare.com.au](http://aidacare.com.au) or call **1300 133 120**.

## '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

SOLUTIONS FOR LIVING



LIVING WITH  
**THERAPY & EXERCISE**

ABR120-4 141123



1300 133 120 | [aidacare.com.au](http://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