



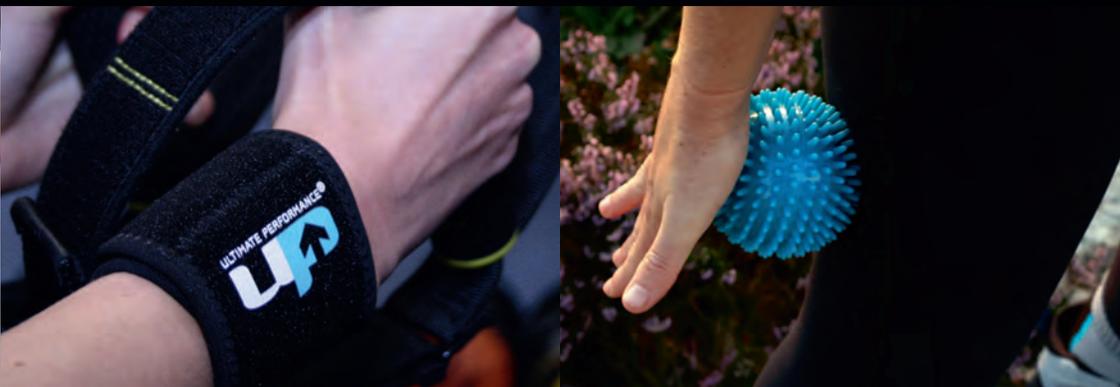
ULTIMATE PERFORMANCE[®]



SPORTS MEDICAL 2025

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	PAGE
INSOLES SHOCK ABSORPTION ...	06-11
BRACES & SUPPORTS:	
KNEE BRACES / SUPPORTS	12-21
SHIN/CALF SUPPORT	22-23
ANKLE BRACES / SUPPORTS	24-27
ARCH SUPPORTS	28
ACHILLES SUPPORTS.....	29-30
ELBOW SUPPORTS.....	31-34
WRIST/THUMB SUPPORTS	35-37
SHOULDER SUPPORTS	38
BACK SUPPORTS	39
THIGH/GROIN SUPPORTS	40

	PAGE
FOOTCARE TOES / BLISTERS	41
MASSAGE THERAPY	42-45
BALLS / ROLLERS / BANDS	
TAPES & TAPING ACCESSORIES.....	46-49
COLD/HOT THERAPY	50-51
GRIP	52
BLISTER/NOSEBLEED CONTROL	52
STORAGE	53
FIRST AID	54

Appendix A:

INJURY GUIDE

Appendix B:

KINESIOLOGY TAPING GUIDE

Applying the same technology and innovation to Sports Medical as we have to Performance Sports Accessories, was a natural transition and has been most successful over the past thirteen years. Initially we distributed leading sports medical brands from the UK, Europe and the USA. Having realised that the only way to ensure the product we sell is exactly what our European and UK sports participants and consumers need, we decided in 2011 to launch our own brand. Ultimate Performance (or UP) Medical was born.

The **Ultimate Performance Medical** range has been extensively expanded and is now probably the brand leader in the consumer retail market in the UK. Increasingly our tapes and supports have been taken up by professional, semi-professional and amateur sports clubs and medical professionals, and as exports advance throughout the world via distributors, the company and Ultimate Performance brand have become nationally and internationally renowned.

A brief word about sustainability: We have been working hard on improving our overall sustainability profile. This includes both the materials in our products and packaging: using more recycled, more ecological or just less materials, and shipping it as little as we can – as well as minimising the conversion process and energy inputs to arrive at finished product. While we recognise our whole industry is only at the beginning of the path, we want to continue this process in our brands' evolution throughout 2024 and beyond.

- Plastic clamshells are being replaced with card packs – 100% recyclable, and recycled where possible.
- All plastic bags eliminated where possible, or made of recycled/recyclable plastic where mandated by retail partners.



Designed with the dynamics of running and walking in mind, to provide injury preventing and healing-promoting biomechanical support and shock-dispersion, our Class I medical device **Advanced Insole** range make a sensible addition to anyone's footwear (see page 6).



Your one-stop shop for all
your sports medical needs:
www.upmedical.co.uk

Within the Ultimate Performance family of sports medical products you will find three main groups of products: PERFORMANCE products are made to reach a highly competitive price point, while still retaining strong functionality.

ULTIMATE products have been engineered to be the best solution in the category, regardless of competitor offering.

The **ADVANCED** range is largely based upon our highly technical **ULTIMATE COMPRESSION** knitted sleeves, but with targeted support straps to mimic bio-mechanical function. This is yet another step up in terms of technicality, fit, form and ultimately function. Yet we are constantly striving to take yet another step, in order to bring the best help for injury care, rehabilitation and long term prevention of recurrent injury we possibly can.

ULTIMATE COMPRESSION

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement with improved healing and pain relief. Graduated compression provides improved fit and support.

ULTIMATE COMPRESSION HINGED KNEE SUPPORT

UP5192 page 15



ULTIMATE COMPRESSION KNEE SUPPORT

UP5150 page 16



ULTIMATE COMPRESSION RUN AND RECOVERY SOCK

UP5810 page 22



Adjustable in all directions to target the exact location of the injured area, providing superior fit, compression and support.

ADVANCED THIGH SUPPORT

UP5744 page 40



ADVANCED SHOULDER SUPPORT

UP5743 page 38



ULTIMATE COMPRESSION

The best of both worlds. Graduated compression with total adjustability.

ADVANCED ULTIMATE COMPRESSION KNEE SUPPORT

UP5175 page 16



ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT + STRAP AND GEL

UP5188 page 29



**ULTIMATE
COMPRESSION
ELASTIC
CALF
SUPPORT**

UP5160 page 23



**ULTIMATE
COMPRESSION
SUPPORT
SOCK**

UP5190 page 26



**ULTIMATE
COMPRESSION
ANKLE
SUPPORT**

UP5155 page 22



**ULTIMATE COMPRESSION
ARCH SUPPORTS**

UP5165 page 28



**ULTIMATE
COMPRESSION
ELBOW
SUPPORT**

UP5172 page 31



**ADVANCED
SHIN/CALF
SUPPORT**

UP5733 page 23



**ADVANCED
ANKLE
BRACE**

UP5721 page 24



**ADVANCED
BACK
SUPPORT**

UP5746 page 39



**INNOVATION
FROM**

ULTIMATE PERFORMANCE[®]



**ADVANCED
ULTIMATE
COMPRESSION
ANKLE
SUPPORT**

UP5170 page 25



**ADVANCED
ULTIMATE
COMPRESSION
WRIST BRACE
+ SPLINT**

UP5186 page 36



**ADVANCED
ULTIMATE
COMPRESSION
WRIST
SUPPORT**

UP5177 page 35



**ADVANCED
ULTIMATE
COMPRESSION
TENNIS
ELBOW
SLEEVE +
STRAP AND GEL**

UP5185 page 33



UP[®]
active

AND

ULTIMATE PERFORMANCE[®]

UP
ADVANCED
INSOLES

WITH

F3D

Anti-shock stability
and support for
runners & walkers.

- **F3D Foam 3mm damper** is an advanced dampening foam insert which will dissipate up to **95% of the high frequency shockwave** in each foot strike, reducing the impact to your feet, knees and hips.

- **PU foam core** provides comfort and support to the whole foot.
- **TPU brace** provides support in a controlled, comfortable manner to aid gait and reduce injuries.

UP4567
UP
active **CUSHION**
INSOLE CLASS 1 MEDICAL DEVICE

SUPPORT LEVEL 1 SHOCK DISPERSION LEVEL 4



UP4568
ADVANCED
INSOLE CUSHION+ CLASS 1 MEDICAL DEVICE

SUPPORT LEVEL 1.5 SHOCK DISPERSION LEVEL 4



Full-length memory foam '+' layer adds superior form-fit, comfort and cushioning



- Brace and core are available in a range of densities to cater for **varying degrees of pronation**.
- Full-length **memory foam '+'** layers in CUSHION+ and SUPPORT+ insoles add superior arch-form fit, comfort and cushioning.

- **Full-length insole** – shock absorption in the key impact points of the heel and forefoot, mirroring where the body has naturally absorbent fatty pads and aiding natural gait.

Support / Shock dispersion
 Level 1: Basic
 Level 2: Moderate
 Level 3: Pro
 Level 4: Maximum

Which one is best for you?
 See next pages...

UP4569
ADVANCED INSOLE NEUTRAL CLASS 1 MEDICAL DEVICE

SUPPORT LEVEL 2 SHOCK DISPERSION LEVEL 4



UP4571 **active SUPPORT INSOLE** CLASS 1 MEDICAL DEVICE

SUPPORT LEVEL 2.5 SHOCK DISPERSION LEVEL 4



UP4570 **ADVANCED INSOLE SUPPORT+** CLASS 1 MEDICAL DEVICE

SUPPORT LEVEL 3 SHOCK DISPERSION LEVEL 4



Ultimate Performance Active and Advanced Insoles are designed with the dynamics of running and walking in mind.

The full-length insoles are made from a unique mix of materials specifically engineered for running. Offering both biomechanical support and shock absorption, a cushioned arch support and an anatomical contour known as a 'Met Pad' help spread the load on the forefoot. Helping the body to achieve a more ideal gait, and damping harmful high-frequency shockwaves can help to reduce pain not only in your feet, but also in ankles, shins, knees, hips, back and neck. They will also help to aid recovery time and help to reduce the risk of injuries re-occurring. You should choose the insoles based upon either a professional gait assessment or the **wet foot test*** here.

The **Advanced** range of three insoles are designed to use in running and walking footwear, and will cope with any performance level by the user: ideal for running, all sports on hard surfaces, gym and hiking.

Our **Active** models give a slightly lesser degree of support than the cushion and support versions of the Advanced insoles, and make a perfect foil to place in your everyday footwear; thus ensuring both 24/7 protection whatever you wear on your feet, and also a slight improvement in gait to help prevent repetitive strain injuries.

Altogether the Active and Advanced insoles provide **five levels of support** to closely match the requirement of almost any user in any kind of footwear: standing, walking or running.

These insoles are full length and replace the insoles in neutral or supportive running shoes: simply remove your existing insole, place over the top of the Advanced or Active insole, align the heel and trim around the toe to match.

It is often advisable to wear them in gradually over the first couple of weeks to avoid muscle fatigue and to allow your body time to adapt to the improved gait and posture provided by the insole.

Model	Support level
UP4567	1
UP4568	1.5
UP4569	2
UP4571	2.5
UP4570	3

Size

UK shoe size	Euro
XS 2-4	[34-37]
S 4½-7	[37.5-40]
M 7½-9	[40.5-43]
L 9½-11	[43.5-46]
XL 11½-14	[46.5-49]

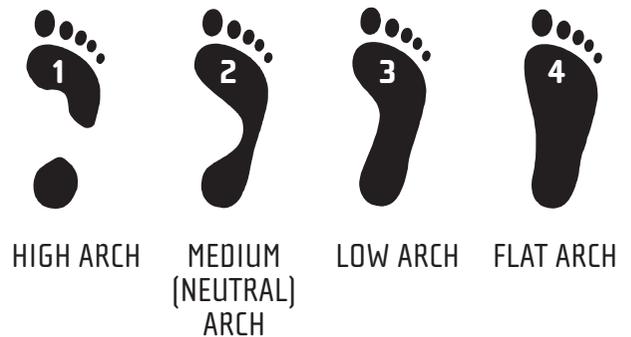
Which is best for you? Take the **wet foot test***

To establish your (loaded) resting arch type, you will need: a bowl of water, a dark piece of paper (a brown or manila envelope is ideal) and your bare feet.

What to do:

- Place the paper on a flat floor.
- Wet the sole of your foot using the water in the bowl, shake off excess (we want a damp foot).
- Stand as naturally as possible with the dry foot next to the paper, and the damp foot on the paper. Relax and stand naturally for a moment.
- Match the imprint left behind to the diagram below to find out what your resting arch type is.

You can usefully test both feet. Expect a lower arch on your bigger foot. You may wish to choose the support for your lower arch.



ACTIVE CUSHION / ADVANCED CUSHION+

*For feet with medium-high or high arch

Anti-shock stability and support for **under-pronating** runners and walkers, and those who need **extra cushioning**



UNDER-PRONATION
(SUPINATION)



Recommended for:

- under-pronating (supinating) to neutral runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- medium, medium to high or high arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear eg trainers, football or rugby boots
- all ages and body types

ADVANCED NEUTRAL

*for medium to medium-high arched feet

Anti-shock stability and support for **neutral** or **mildly over-pronating** runners and walkers



NEUTRAL



Recommended for:

- neutral to mildly over-pronating runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- medium or medium to high arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear eg trainers, football or rugby boots
- all ages and body types

ACTIVE SUPPORT / ADVANCED SUPPORT+

*for medium low to low arched or flat feet

Anti-shock stability and support for **over-pronating** runners and walkers, and those who need **extra support**



OVER-PRONATION



Recommended for:

- mildly, moderately, and severely over-pronating runners
- people wanting to reduce the chance of long-term injuries
- people wanting more comfort
- use in neutral or supportive trainers and footwear
- flat feet, low and low to medium arch height (see wet foot test)
- footwear that has a removable insole and/or excess space in the footwear – eg trainers, football or rugby boots
- all ages and body types



Help prevent and relieve injuries such as:

- OSTEOARTHRITIS
- PATELLA TENDONITIS
- ITB SYNDROME
- RUNNER'S KNEE
- SHIN SPLINTS / COMPARTMENT SYNDROME
- ACHILLES TENDONITIS
- PLANTAR FASCIITIS
- BUNIONS



F3D (Foam 3mm Damper) dissipates up to **95%** of high frequency shockwaves reducing impact on feet, knees and hips



UP4565
**PERFORMANCE
 GEL INSOLE**

Gel cushioned protection in the heel and forefoot for runners and walkers
 The Ultimate Performance Performance Gel Insole is the ideal way to improve the performance and comfort of your running and walking footwear. A contoured neutral arch design is suitable for all users. The gel inserts in the heel and forefoot target the areas where extra cushioning is needed – providing relief for aching and tired feet.
 S/M, L/XL Support level 1

CLASS 1 MEDICAL DEVICE
1



UP4534
**ULTIMATE
 GEL HEEL
 & ARCH
 3/4 INSOLE**

Gel cushioning for the heel, arch and plantar fascia.
 Deeply contoured heel cup and central TPE heel gel pad help stabilise the heel and foot while the contoured arch provides cushioning and support for the tendons. Cradles the heel for added stability. Thin edge provides ultimate comfort, fit and feel. Slip-resistant design helps keep insole in place. Wicking cloth lining helps keep feet cool and dry. Can be worn with all kinds of footwear, dress shoes, boots and athletic shoes.
 Perfect for: extra cushioning, soft support and pain relief. Ideal for plantar fasciitis, heel spurs and bruised heels.
 S/M, L/XL Support level 1

CLASS 1 MEDICAL DEVICE
1



Size guide
 UK shoe size: Euro

S/M	3-8	[36-42]
L/XL	8-13	[42-48]

UP4510
**ULTIMATE
 GEL HEEL PAD**

Gel cushioning for the heel.
 Cradles the heel for added stability. Thin edge provides ultimate comfort, fit and feel. Slip-resistant design helps keep heel pad in place. Can be worn with all kinds of footwear, dress shoes, boots and athletic shoes.
 Perfect for: extra cushioning, soft support and pain relief. Ideal for heel spurs, bruised heels and plantar fasciitis.
 S/M, L/XL Support level 1

CLASS 1 MEDICAL DEVICE
1



BRACES & SUPPORTS





UP5511
**HINGED ROM
 WRAPAROUND
 KNEE BRACE**

Wraparound design and locking hinge improve knee stability in all directions.

The design of this brace ensures compression and support in all directions whilst the soft neoprene blend provides firm even support and promotes improved healing.

The hinge is built with 30 ROM (range of motion) stop holes to give 16 flexion and 14 extension limits to customise the range of movement limits for both above and below the knee, offering extremely controlled knee immobilization and support. Cross-over strap system provides all round stability and support. Fully open fronted design enables quick and easy on-and-off.

Recommended for weak, arthritic or unstable knees during competition or all day use.

Regular / Large / X Large Support level 4

Size guide

Measure around centre of knee:

Regular 12"-16" (30-40cm)

Large 16"-20" (40-50cm)

XLarge 20"-24" (50-60cm)

- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM



The brace's built-in ROM hinge provides easily adjustable extension control at 0°, 10°, 30°, 50°, 70°, 90°, 110° and 130° with flexion control of 0°, 10°, 30°, 50°, 70° and 90°.



UP5175
ADVANCED
 ULTIMATE COMPRESSION
KNEE SUPPORT

Advanced graduated compression provides ultimate fit and support

Lightweight, advanced flat-knit technology provides firm, even support whilst maintaining a full, natural range of movement. Steel springs provide moderate medial and lateral support whilst allowing a full range of movement. Padded open patella design – improved patella tracking and comfort. Cross-over strap system provides all-round stability and support. Recommended for: weak, stiff or aching knees.

S/M/L/XL Support level 3

Size guide

Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)



Cross-over strap system provides all-round stability and support

Steel springs provide stability without loss of movement



UP5192

ULTIMATE COMPRESSION HINGED KNEE SUPPORT

Wicking, breathable, comfortable and highly supportive: the ultimate hinged compression knee support

The ULTIMATE COMPRESSION hinged knee support is possibly the most comfortable on the market and yet still provides maximum support for weak and unstable knees.

The upper and lower straps improve the location and fit of the brace and fasten at the side to ensure comfort behind the knee.

The design of the bi-axial hinge ensures protection from hyper-extension without reducing mobility. The inner compression sleeve provides perfect location and comfort whilst the whole support is designed to prevent overheating and the build up of sweat, even when worn all day and pushed to the limit.

Recommended for: weak, arthritic or unstable knees during competition or all day use.

S/M/L/XL/XXL Support level 3

Size guide

Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)
XX Large	20"-22"	(50-55cm)

Choose a larger size if you have a muscular/large quad or calf.



Bi-axial hinges protect against hyper-extension

Tailored design helps prevent bunching behind the knee



- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM

UP5150
**ULTIMATE COMPRESSION
 ELASTIC KNEE SUPPORT**

Graduated compression provides improved fit and support.

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design helps prevent bunching behind the knee and ensures all-day comfort.

Recommended for: weak, stiff or aching knees.

S/M/L/XL Support level 2

Size guide

Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)



- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM



UP5515 HINGED KNEE BRACE

Tri-axial hinges track the knee joint.
Easy pull-on design and adjustable compression.

An ultimate level hinged knee brace that provides maximum support for weak and unstable knees, as well as protection after injury. A fully tailored design improves comfort and fit behind the knee while two adjustable straps ensure a firm, customised fit with accurate location of the hinges. The design of the tri-axial hinge ensures protection from hyper-extension without reducing mobility. Patella buttress improves patella tracking. Recommended for weak, arthritic or unstable knees, during competition or all day use.

5 - 4XL Support level 4

Size
Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)
XX Large	20"-22"	(50-55cm)
3X Large	22"-24"	(55-60cm)
4X Large	24"-26"	(60-65cm)



UP5510

WRAPAROUND KNEE BRACE



Wraparound design and steel springs improve knee stability in all directions.

The design of this brace ensures compression and support in all directions whilst the soft neoprene blend provides firm even support and promotes improved healing. Steel springs provide stability without loss of movement. Cross-over strap system provides all-round stability and support. Fully open fronted design enables quick and easy on-and-off. Recommended for weak, arthritic or unstable knees during competition or all day use.

Regular / Large / X Large Support level 3

Size guide
Measure around centre of knee:

Regular	12"-16"	(30-40cm)
Large	16"-20"	(40-50cm)
XLarge	20"-24"	(50-60cm)





UP5315
**ULTIMATE
 KNEE SUPPORT
 WITH STRAPS**

Adjustable straps allow targeted compression and support where you need it.

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing and knee joint flexibility. Open patella relieves pressure and improves patella tracking. Durable lock-stitched seams. Wraparound design easily adjusts to provide a custom fit.

Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis. Support level 2



UP5310
**ULTIMATE
 KNEE SUPPORT**



Wrap-around design provides a custom fit.

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing and knee joint flexibility. Open patella relieves pressure and improves patella tracking. Durable lock-stitched seams. Wraparound design easily adjusts to provide a custom fit.

Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis. Support level 2





← **UP5210**
NEOPRENE KNEE SUPPORT

Support and warmth for arthritic, stiff or aching knees.

Soft neoprene blend provides firm, even support and promotes improved healing and knee joint flexibility. Durable lock-stitched seams. Recommended for weak, stiff or aching knees, mild strains, arthritis and tendonitis.

S/M/L/XL Support level 2



Size guide

Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)

UP5115
ELASTIC KNEE STABILIZER WITH SPRINGS →

Stable all-day support for weak, stiff or aching knees.

Steel springs provide moderate medial and lateral support whilst allowing a full range of movement. Open patella design improves patella tracking and relieves pressure.

Regular/Large Support level 2



Size guide

Measure around centre of knee:

Regular	12"-16"	(30-40cm)
Large	16"-20"	(40-50cm)



- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM

UP5110 ELASTIC KNEE SUPPORT



Comfortable support for weak, stiff or aching knees.

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design helps prevent bunching behind the knee and ensures all-day comfort. Breathable elastic compression mesh.

S/M/L/XL Support level 1



Size guide

Measure around centre of knee:

Small	12"-14"	(30-35cm)
Medium	14"-16"	(35-40cm)
Large	16"-18"	(40-45cm)
X Large	18"-20"	(45-50cm)



UP5460 ULTIMATE RUNNER'S KNEE STRAP



Provides protection, relief and compression for chronic knee pain.

Three-way compression targets all around the knee to help relieve chronic knee pain. Adjustable straps ensure personalised fit and compression. Lightweight design does not compromise mobility. Upper strap and tube targets ITB and quad alignment; side compression helps with patella tracking; lower strap and tube targets patella tendon, relieving patella tendonitis.

Recommended for Jumpers knee, iliotibial band syndrome, runners knee, patella tendonitis, arthritis, Osgood-Shlatters disease and quad mis-alignment.

Fits 12"-18" (30-45cm) measured around centre of knee.

Support level 3



UP5450 ULTIMATE ITB STRAP



Helps relieve pain on the outside of the knee associated with iliotibial band syndrome (ITB).

Textured neoprene reduces slipping and improves moisture management and ventilation. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Fits 11"-19" (27-47cm) measured around centre of knee.

Support level 2





UP5441
ULTIMATE PATELLA STRAP ↑

Provides compression and support, helping relieve patella tendon pain.

Perfect for relief and prevention of patella pain associated with running and jumping. A compression tube places targeted pressure on the patella tendon to provide relief. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for patella tendonitis, Osgood-Shlatters disease and irritated kneecap (chondromalacia) during competition, training or all day use.

Available in black, royal, red, skin, purple and pink. Fits 10"-22" (25-55cm) measured around centre of knee. Support level 2



← **UP5724**
ADVANCED PATELLA STRAP v2.0

Wicking, breathable, comfortable and highly supportive.

The Advanced Patella Support is possibly the most comfortable and supportive patella strap on the market. Bi-lateral adjustment and contoured shape provides maximum support for the patella tendons – walking or running – while ensuring a full range of movement. The moisture wicking fabric prevents overheating and the build-up of sweat, even when worn all day and pushed to the limit. Adjustable for perfect fit and required compression. Fits 10"-22" (25-55cm) measured around centre of knee.

Support level 3





UP5810 ULTIMATE COMPRESSION REPREVE® RUN & RECOVERY SOCK

Graduated compression increases performance by supporting the muscle and delaying fatigue – improving recovery, so you can perform better for longer.

The UP Ultimate Compression Run & Recovery Sock minimises muscle fatigue and soreness by reducing the build up of lactic acid, accelerating blood circulation and preventing muscle oscillation – enabling faster muscle recovery after exercise or injury. Arch and ankle bracing offers extra support. An ultra flat toe seam and fitted heel give additional comfort. An abundance of REPREVE® recycled Nylon 6 in the fabric blend makes this an eco-friendly option.

S/M/L/XL Support level 1



Graduated compression accelerates blood circulation, aiding muscle recovery and reducing toxins.

[Measurement protocol MST 2014]



Size	UK Shoe size:	
Small	3-5½	[35.5-38.5]
Medium	6-8½	[39-42.5]
Large	9-11½	[43-46.5]
X Large	12-14	[47-49]

REPREVE®
50% RECYCLED CONTENT

50% REPREVE® Nylon 6
43% nylon
7% elastane

REPREVE® fabrics are certified by SGS Global Services (SGS) for recycled content claims. REPREVE® is a trademark of Unifi, Inc.



UP5430 ULTIMATE SHIN SPLINT/ CALF SUPPORT

Provides compression and support, helping relieve shin splint pain.

Adjustable straps ensure personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for shin splint pain (compartment syndrome), in conjunction with other therapies such as cold therapy, impact shock reduction and stretching. Ideal during competition, training or all day use.

Regular 8"-16" (20-40cm) Large 11"-20" (27-50cm). Measure around mid calf. Support level 2





UP5733

← ADVANCED SHIN/CALF SUPPORT

Advanced wraparound design provides ultimate custom fit.

Soft neoprene blend provides firm, even support and promotes improved healing. A four way extra support strap system targets the exact location of the injury. Provides compression and support to help relieve shin splint pain, or targeted compression for calf muscle injuries. Adjustable for perfect fit.

Regular/Large Support level 3

Size guide

Measure around mid calf:

Regular 11"-16" (28-40cm)

Large 14"-19" (35-48cm)



UP5160

→ ULTIMATE COMPRESSION ELASTIC CALF SUPPORT

Provides compression and support, helping to relieve shin splint pain.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Seam-free circular knit ensures comfortable fit and targeted compression.

S/M/L/XL Support level 2

Size guide

Measure around mid calf:

Small 12"-14" (30-35cm)

Medium 14"-16" (35-40cm)

Large 16"-18" (40-45cm)

X Large 18"-20" (45-50cm)



- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM





UP5721
ADVANCED ANKLE BRACE WITH STRAPS

Wicking, breathable: maximum support with maximum comfort.

Lightweight and pliable, this advanced ankle brace offers the best combination of comfort and performance with superior support and protection. Recommended for: football, cricket, running, racket sports and boxing, for sprained, weak, stiff or aching ankles.

S/Reg/XL Support level 4

Size guide

Measure around the ankle
 5cm/2" above ankle bone.

Size	cm	inches
Small	21-23	[8¼ - 9]
Regular	23-25	[9 - 9¾]
XLarge	25-27	[9¾ - 10¾]



UP5520
FOOTBALL ANKLE BRACE

Full mobility - maximum support.

Specially cut to fit with the boot without restricting movement. The brace allows players to run, turn and jump without restriction, yet provides maximum support to help prevent excessive inversion or eversion. High heel cutout to work with boots/athletic footwear. Thin side panel to work with pads. Steel springs for maximum inversion/eversion support. High achilles cutout retains maximum range of movement. Recommended for football, cricket, running, racket sports and boxing for sprained, weak, stiff or aching ankles.

Available in black or white.

XXS/XS/S/M/L/XL Support level 3

Size guide

UK shoe size:	Euro
XX Small	3-5 [36-38]
X Small	5-6 [38-39]
Small	6-8 [39-42]
Medium	8-10 [42-44.5]
Large	10-12 [44.5-47]
X Large	12-14 [47-49]



UP5225

NEOPRENE ANKLE SUPPORT WITH STRAPS



Adjustable strap suits all stages of recovery.

Soft neoprene blend provides therapeutic heat and firm, even support, promoting improved healing and ankle joint flexibility. Durable lock-stitched seams. Reinforced adjustable elastic strap provides support during all stages of recovery. Flat edges offer all day comfort within footwear. Heel pocket provides a comfortable fit. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis. Fits UK shoe sizes 6-12 [39-47] Support level 3



UP5170

ADVANCED ULTIMATE COMPRESSION ANKLE SUPPORT



Advanced graduated compression provides ultimate fit and support

Lightweight, advanced flat-knit technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored cross-over strap design ensures all-day comfort. Adjustable straps provide additional support and compression. Compression zones give increased support and comfort. Recommended for: weak, stiff or aching ankles, mild sprains, strains and tendonitis.

S/M/L/XL Support level 3



Size guide

UK shoe size:	Euro	
X Small	2-5	[34-38]
Small	5-8	[38-42]
Medium	8-10	[42-44.5]
Large	10-12	[44.5-47]
X Large	12-14	[47-49]

- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM

UP5190
ULTIMATE COMPRESSION SUPPORT SOCK



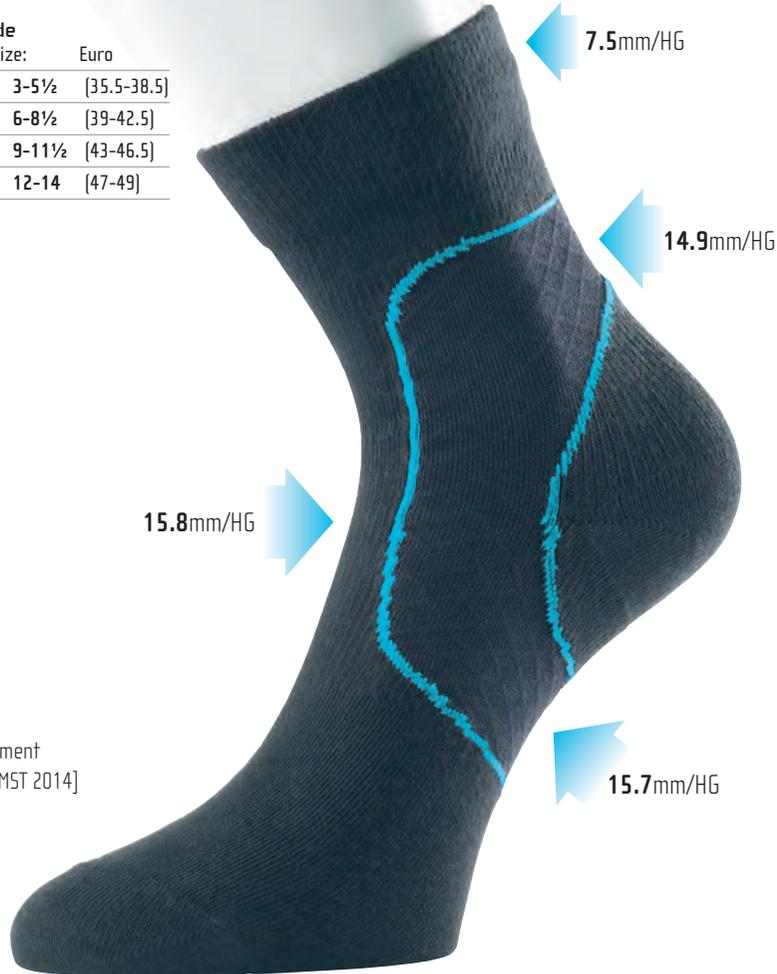
Provides firm support and targeted compression for stiff, weak or sore ankles.

Assists in the prevention, treatment and rehabilitation of ankle and rear foot injuries such as sprains, Achilles tendonitis, plantar fasciitis, etc. A targeted compression zone covers the ankle, arch and achilles tendon. A flat toe seam ensures maximum comfort. Recommended for: late stage recovery, injury prevention and all-day wear.

S/M/L/XL Support level 1

Size guide

UK shoe size:	Euro	
Small	3-5½	[35.5-38.5]
Medium	6-8½	[39-42.5]
Large	9-11½	[43-46.5]
X Large	12-14	[47-49]



[Measurement protocol MST 2014]



UP5155
ULTIMATE COMPRESSION ELASTIC ANKLE SUPPORT

Stable all-day support for weak, stiff or aching ankles.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Knitted heel-fit zone. Recommended for: weak, stiff or aching ankles.

XS/S/M/L/XL Support level 2



Size guide

UK shoe size:	Euro	
X Small	4-6	[37-39]
Small	6-8	[39-42]
Medium	8-10	[42-44.5]
Large	10-12	[44.5-47]
X Large	12-14	[47-49]

UP5220

NEOPRENE ANKLE SUPPORT



Support and warmth for arthritic, stiff or sprained ankles.

Soft neoprene blend provides firm, even support and promotes improved healing and ankle joint flexibility. Durable lock-stitched seams. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis.

S/M/L/XL Support level 2



Size guide

UK shoe size:	Euro
Small 6-8	[39-42]
Medium 8-10	[42-44.5]
Large 10-12	[44.5-47]
X Large 12-14	[47-49]



- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM



UP5120

ELASTIC ANKLE SUPPORT

Comfortable support for sprained, stiff or aching ankles.

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort. Breathable elastic compression mesh. Recommended for weak, stiff or aching ankles, mild sprains, strains and tendonitis.

S/M/L/XL Support level 1





UP5165

ULTIMATE COMPRESSION ELASTIC ARCH SUPPORTS

Provides compression and support, helping relieve plantar fasciitis pain.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Soft yet firm, even support promotes improved healing and pain relief. Latest edge trim technology helps prevent slippage and reduces wear. Circular knit sleeve places targeted pressure on the plantar fascia to provide relief.

Recommended for plantar fasciitis, tendonitis and medial arch pain, during competition or all day use. Perfect for later stage recovery after using the UP5411 Ultimate Arch Support (see right).

Pack contains one pair of supports.

Regular/Large Support level 2



UP5411

ULTIMATE ARCH SUPPORT



Memory-foam pad places targeted pressure on the plantar fascia to provide relief from pain.

Interchangeable firm/medium/soft foam inserts offer variable compression as recovery process continues: Medium is installed on purchase – start with this. As you recover you may wish to use Soft. Firm provides extra compression if needed. A soft neoprene blend provides even support and promotes improved healing, with an adjustable strap for personalised fit and compression.

Recommended for: plantar fasciitis, tendonitis and medial arch pain. Suitable for competition or all day use. Support level 3





ADVANCED
UP5188
**ADVANCED
ULTIMATE
COMPRESSION
ACHILLES SUPPORT
+STRAP AND GEL**

Advanced graduated compression provides ultimate fit and support.

Lightweight, advanced circular knit technology provides firm, even support whilst maintaining a full, natural range of movement. Lasteft edge trim technology helps prevent slippage and reduces wear. Advanced removable velcro strap system targets the injured area providing superior compression and support. Recommended for achilles tendonitis during training, competition or all day use.

Size: S/M, L/XL, XXL Support level 3



Size
UK Shoe size:

Small/Medium	5-8	(38-42)
Large/X Large	8-11	(42-46)
XX Large	11-14	(46-49)

- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM



UP5420
**ULTIMATE
ACHILLES SUPPORT**

Provides compression and support, helping relieve achilles tendon pain.

Soft tube reduces pressure on the most stressed part of the tendon. Adjustable strap ensures personalised fit and compression. Design promotes an early heel rise to further reduce stress on the tendon. Recommended for achilles tendonitis during training, competition or all day use.

Regular 10½"-11½" (27-29cm) **Large** 11½"-12½" (29-32cm). Measure around widest part of ankle. Support level 2





UP5800

ULTIMATE PLANTAR FASCIA SOCK

Overnight improved healing for plantar fascia injury. Comfortable stocking with adjustable strap to hold the foot in a dorsiflexed position. Adjustable strap provides a gentle lift to the toe-end of the foot, gently stretching the plantar fascia. Recommended for: night-time wear to help relieve the symptoms of plantar fasciitis. Support level 3



Size

UK Shoe size:

X Small	3-5½	[36-38]
Small	6-8	[39-42]
Regular	8½-11½	[42.5-46.5]
X Large	12-14	[47-49]

- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM



UP5172
**ULTIMATE
 COMPRESSION
 ELBOW SUPPORT**

Improved support for sprained, stiff or aching elbows.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort.

Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis.

S/M/L/XL Support level 1



Size

Measure around centre of elbow:

Small: 7"-10" (18-25cm)

Medium: 10"-12" (25-30cm)

Large: 12"-13" (30-33cm)

X Large: 13"-15" (33-38cm)



Compression zones give increased support and comfort





ADVANCED

UP5184

ADVANCED ULTIMATE COMPRESSION ELBOW SUPPORT + STRAP AND GEL

Provides protection, relief and compression for tennis elbow.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Adjustable Advanced Strap ensures a perfect fit and required compression. Latest edge trim technology helps prevent slippage and reduces wear. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis. S/M/L/XL Support level 3

Gel pad provides additional tendon support and comfort



UP5765

ALL-DAY AIR TENNIS ELBOW SUPPORT

Air Cushion gives all-day relief, protection and compression.

The Air Cushion places targeted but comfortable pressure on the elbow tendons and muscles to provide relief, right where you need it. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for: tennis or golfer's elbow (epicondylitis), tendonitis and swelling. Suitable for competition or all day use.

Support level 2



Adjustable strap for personalised fit and compression.



Spare Air Cushion included



UP5185
ADVANCED
 ULTIMATE COMPRESSION
TENNIS ELBOW SLEEVE
+STRAP AND GEL

Provides Advanced comfort, relief, protection and compression for tennis elbow.

Graduated compression provides improved fit and support. Lightweight, advanced knitting technology in an extended sleeve provides firm, even support whilst maintaining a full, natural range of movement. The adjustable Advanced Strap ensures a perfect fit and required compression, using a gel pad to target the area of the tendons needing support and relief of symptoms. Latest edge trim technology helps prevent slippage and reduces wear. Recommended for weak, stiff or aching elbows, moderate to severe strains and tendonitis.
 S/M/L /XL Support level 4





UP5371 ULTIMATE TENNIS ELBOW SUPPORT

Provides protection, relief and compression for tennis elbow.

Compression tube places targeted pressure on elbow tendons and muscles to provide relief. Adjustable strap ensures personalised fit and compression. Soft neoprene blend provides firm, even support and promotes improved healing. Recommended for tennis or golfer's elbow (epicondylitis), tendonitis and swelling; during competition or all day use. Available in black, royal, red, purple and pink. Support level 2



UP5130 ELASTIC ELBOW SUPPORT



Comfortable support for sprained, stiff or aching elbows.

Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Tailored design ensures all-day comfort. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis. S/M/L/XL Support level 1



UP5330 ULTIMATE ELBOW SUPPORT

Adjustable for perfect fit and compression.

Soft neoprene blend provides firm, even support and promotes improved healing and elbow joint flexibility. Adjustable straps ensure correct fit and minimal bunching or slipping. Recommended for weak, stiff or aching elbows, mild sprains, strains and tendonitis. Support level 2



Size guide
Measure around centre of elbow:

Small	7"-10"	(18-25cm)
Medium	10"-12"	(25-30cm)
Large	12"-13"	(30-33cm)
X Large	13"-15"	(33-38cm)

- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM



ADVANCED

UP5177

ADVANCED ULTIMATE COMPRESSION WRIST SUPPORT+STRAP

Compression, support and protection for stiff or aching wrists.

Wraparound design offers the ultimate custom fit, with graduated compression for improved support. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Adjustable Advanced Strap ensures a perfect fit and required compression. Recommended for stiff or weak wrists. Suitable during pre-competition warm-up or all day use.

S/M/L/XL Support level 2



ADVANCED

UP5186

ADVANCED ULTIMATE COMPRESSION WRIST BRACE WITH SPLINT

Provides compression, protection and can help stabilise the wrist with three levels of support.

Wraparound design offers the ultimate custom fit. Lightweight, advanced knitting technology provides firm, even support whilst maintaining a full, natural range of movement. Latest edge trim technology helps prevent slippage and reduces wear. Advanced removable velcro strap system targets the injured area providing superior compression and support. Rigid aluminium stay to hold the wrist in a neutral position. Reversible to fit either hand and adjustable for perfect fit and required compression. Soft latex-free belt provides firm, even support.

Offers three levels of support:
sleeve alone, sleeve with wrist wrap
or sleeve, wrist wrap and splint.

Recommended for:
weak, stiff or aching wrists.

S/M/L/XL Support level 3



Size guide

Measure around wrist:

Small	5¼"-6"	(13-15cm)
Medium	6"-6¾"	(15-17cm)
Large	6¾"-7½"	(17-19cm)
X Large	7½"-8¼"	(19-21cm)



UP5366
ULTIMATE CARPAL TUNNEL WRIST BRACE

Support for carpal tunnel syndrome, stiff, weak or aching wrists.

Rigid aluminium stay to hold the wrist in a neutral position. Reversible to fit either hand. Soft neoprene blend provides firm, even support and promotes improved healing. Adjustable for perfect fit and required compression. Recommended for carpal tunnel syndrome, sprained, stiff or weak wrists. Suitable for all day use. Support level 2



UP5369
ULTIMATE THUMB STABILISER

Adjustable, comfortable and highly supportive.

Possibly the most comfortable and supportive thumb brace on the market which permits use of the fingers for everyday comfort. Neoprene keeps the damaged thumb joint warm. Dual splints, gentle yet firm, ensure the lower thumb joint is immobilised for comfort and speedy healing of sprained thumbs. Adjustable for perfect fit and required compression. Recommended for: injured, swollen or arthritic thumbs. Support level 3



- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM



UP5365
ULTIMATE WRIST WRAP



Support and warmth for stiff or aching wrists.

Soft neoprene blend provides firm, even support and therapeutic heat, and promotes improved healing. Wrap-around design provides a custom fit. Adjustable for perfect fit and required compression. Ensures a full range of movement. Recommended for sprained, stiff or weak wrists. Suitable for all day use. Support level 2

- BILATERAL LEFT OR RIGHT FITS
- ONE SIZE LUCKY FITS
- LATEX FREE LATEX FREE LATEX FREE
- CLASS 1 MEDICAL DEVICE



UP5360
ULTIMATE WRIST SUPPORT

Secure adjustable support for stiff, weak or aching wrists.

Soft neoprene blend provides firm, even support and promotes improved healing. Ensures a full range of movement. Recommended for sprained, stiff or weak wrists. Suitable for use during competition or all day use. Support level 2

- BILATERAL LEFT OR RIGHT FITS
- ONE SIZE LUCKY FITS
- LATEX FREE LATEX FREE LATEX FREE
- CLASS 1 MEDICAL DEVICE



UP5743

ADVANCED SHOULDER SUPPORT

Stability and comfort for arthritis, tendonitis and previously dislocated shoulders

Lower chest-wrap strap provides a wide range of fit and ensures correct position on shoulder. Chest-wrap strap retention loop ensures proper location of the strap during wear. Anatomically designed for left and right shoulder use. Multi-position cross-brace compression support system. Extra-long location points provide a wide range of adjustment and secure fitting even during play. An arm retainer loop provides upper arm location and isolation for increased comfort over a sling; perfect for sleeping. Wicking mesh expansion zone provides tailored fit and comfort.

S/M/L/XL Support level 3

Size guide

Measure around chest, then over top of shoulder/under armpit

Small 24"-32" chest / 12" arm

Medium 30"-38" chest / 15" arm

Large 36"-44" chest / 18" arm

XLarge 42"-50" chest / 21" arm



- SUPPORT LEVEL 1** BASIC
- SUPPORT LEVEL 2** MODERATE
- SUPPORT LEVEL 3** PRO
- SUPPORT LEVEL 4** MAXIMUM

UP5235

NEOPRENE SHOULDER SUPPORT

Size guide

Measure around chest, then over top of shoulder/under armpit

Small 24"-32" chest / 12" arm

Medium 30"-38" chest / 15" arm

Large 36"-44" chest / 18" arm

XLarge 42"-50" chest / 21" arm

XXL 48"-56" chest / 24" arm

Stability and warmth for arthritis, tendonitis and previously dislocated shoulders.

Soft neoprene blend provides firm, even support and promotes improved healing and shoulder joint flexibility. Durable lock-stitched seams. Anatomically designed brace for optimal function. Recommended for rotator cuff tendonitis and shoulder instability.

S/M/L/XL Support level 2





UP5746
ADVANCED
BACK SUPPORT WITH
ADJUSTABLE TENSION

Advanced wraparound design provides ultimate custom fit.

Soft latex-free belt provides firm, even support. Advanced 4-way lace tension system targets the injured area providing superior compression and support, helping relieve back pain. Adjustable for perfect fit.

S-M/L-XL Support level 3



Size guide
 Measure around waist:

S-M	24" - 33"	(61-84cm)
L-XL	33" - 42"	(84-106cm)
XXL	42" - 50"	(106-127cm)



UP5350
ULTIMATE
BACK SUPPORT



Lumbar support and warmth to help relieve back pain.

Soft neoprene blend, elastic straps and eight supportive steel springs encased in a comfortable pad provide firm, even support. Tailored cut for all-day comfort for both men and women. Adjustable straps ensure correct fit and minimal bunching or slipping. Recommended for sciatica, muscle spasms, sacroiliac pain and general back pain. Fits waist 28"-40" (70-102cm). Support level 3



Size guide
 Measure around waist:

Regular	28" - 40"	(70-102cm)
XL	40" - 50"	(102-128cm)

UP5252
NEOPRENE
BACK SUPPORT



Soft neoprene provides therapeutic heat and protection.

Provides adjustable light support and compression to the lower back region, which can help relieve lower back pressure and sciatica. Excellent back support from 1/8" thick neoprene with double knit nylon lamination. Low profile – may be worn undetected under everyday clothing. Suitable for wear during sporting activities.

S-M/L-XL Support level 2



Size guide
 Measure around waist:

S-M	24" - 33"	(61-84cm)
L-XL	33" - 43"	(84-109cm)





UP5744

ADVANCED THIGH SUPPORT

Advanced support with warmth for groin, hamstrings or quads

Soft neoprene blend provides firm, even support and promotes improved healing. Advanced removable six way velcro strap system targets the exact location of the injured area, providing superior compression and support. Adjustable for perfect fit. Recommended for injuries to groin, hamstrings or quads. Suitable for use during pre-competition warm-up or all day use. Support level 3



UP5340

ULTIMATE THIGH SUPPORT

Support and warmth for groin, hamstrings or quads.

Soft neoprene blend provides therapeutic heat and firm, even support, and promotes improved healing. Adjustable for perfect fit and required compression. Recommended for injuries to groin, hamstrings or quads. Suitable for use during pre-competition warm-up or all day use. Support level 2



UP5610

PERFORMANCE ATHLETIC SUPPORT

Comfortable, breathable support.

3" waistband retains its shape even after repeated washings for superb comfort. Tailored pre-shrunk knitted mesh pouch and elastic leg straps for great fit and support. S/M/L/XL Support level 1



Size guide
Measure around waist:

Small	26"-32"	[66-82cm]
Medium	32"-38"	[82-96cm]
Large	38"-44"	[96-110cm]
X Large	44"-50"	[110-128cm]

- SUPPORT LEVEL 1 BASIC
- SUPPORT LEVEL 2 MODERATE
- SUPPORT LEVEL 3 PRO
- SUPPORT LEVEL 4 MAXIMUM

ULTIMATE BLISTER PLASTERS

Quick relief and faster healing of blisters.

UP Ultimate Blister Plasters give quick relief of pain, cushion against rubbing, promote faster healing and stay in place for longer. They are individually wrapped, so easier to carry when you're on the move.

CLASS 1 MEDICAL DEVICE

UP3151 Pack of 5 in mixed sizes:

3 medium (44mm x 69mm) / 2 small (20mm x 60mm)

UP3152 Pack of 6 small (20mm x 60mm)

UP3155 Pack of 5 medium (44mm x 69mm)



UP3151



UP3010

TOE PROTECTORS

CLASS 1 MEDICAL DEVICE

Surround and cushion the toe, alleviating the pain caused by corns and blisters.

Help prevent blisters from friction between toes, also help to reduce rubbing caused by footwear. Less risk of toenail loss. Made from a high-grade soft silicon which will stretch to fit any size toe.

UP3155



UP3152





UP3040

PERFORMANCE FOAM ROLLER

Soothe aching muscles, improve flexibility and core strength.

A hard-wearing solid foam roller for myofascial massage: use your body weight to choose how much pressure to apply. Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders. Good for warm-ups, to relax muscles after sports or as a training aid for fitness exercises at home.





UP3038
ULTIMATE MASSAGE THERAPY ROLLER



Get relief from muscular pain, reduce muscle trigger points and improve circulation.

The UP Ultimate Massage Therapy Roller delivers deep-penetrating, pain-relieving myofascial massage: the specially designed contours target difficult to reach places, while you use your body weight to choose how much pressure to apply.

Attack sore trigger points, aches and pains all over your body with pinpoint accuracy.

Use before workouts to release muscle toxins and enable you to train harder. Accelerate recovery post-workout: soothe aching muscles, roll out niggles and speed up injury rehab. Improve core strength, enhance stability, encourage better posture and restore muscle flexibility.

Works on quads, hamstrings, ITB, calves, hips, lower/upper back, neck, deltoids and shoulders.



UP3036
PERFORMANCE MASSAGE BALL

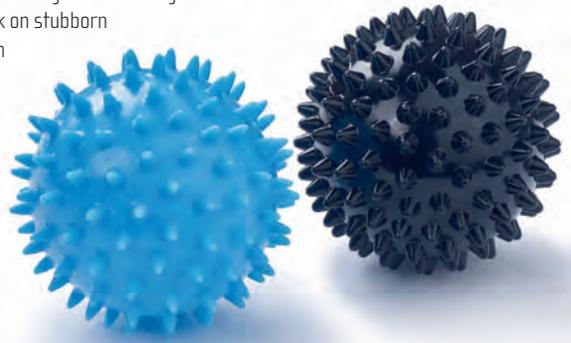


Reduce pain and relieve tension in muscles, ligaments and tendons.

Pack of two: the FIRM (blue) ball gives a gentle massage to loosen tight muscles. Use the SOLID (black) ball for a deeper massage to work on stubborn knots. Use to reduce pain and relieve tension in muscles, ligaments and tendons. Increases flexibility and improves posture.

You control the depth of massage with applied pressure for relief of muscle soreness in lower/upper back, neck, legs, hips and feet. Ideal to help relieve the symptoms of plantar fasciitis – use your body weight to control the pressure.

Help speed recovery in muscles after exercise.



UP3032

PERFORMANCE GYM BALL WITH PUMP

Get your whole body in shape with the burst-resistant Performance Gym Ball from UP.

Tightens abdominals. Strengthens arms and back. Tones legs. Stretches upper and lower body. Maximises workout. Cushions your body. Targets all the major muscle groups, including glutes, obliques, abs and quads. The Performance Gym Ball supports and cushions your body, and maximises your workout to help you achieve a firmer, fitter and more defined lower body and torso. Balancing on the ball provides resistance for progressive results. Will support a maximum weight of 123kg/270lb. Available in 55, 65 & 75cm diameter sizes.



UP5650

ADVANCED PROGRESSIVE RESISTANCE BAND SET

Five colour-coded bands in this pack provide graduated extra-light to extra-heavy resistance and are designed for progressive strengthening exercises during rehab and sports training.

The resistance provided is ideal for targeting and working specific muscle groups and tendons. Start with the lightest level of resistance and build sets and repetitions gradually. Once the exercises become too easy, move on to the next level of resistance.

Recommended for targeted workouts and as part of supervised rehabilitation for injuries such as: tennis elbow, ankle sprains, dislocated shoulders, tibialis posterior tendon problems.

Latex free, 100% non-allergenic TPE.



●○○○○	XLIGHT	GREEN	0.35mm
●●○○○	LIGHT	BLUE	0.5mm
●●●○○	MEDIUM	YELLOW	0.7mm
●●●●○	HEAVY	RED	0.9mm
●●●●●	XHEAVY	BLACK	1.1mm





KINESIOLOGY TAPE

A rehabilitative taping technique applied over muscles to reduce pain and inflammation, relax overused tired muscles and support muscles in movement.

Kinesiology taping is designed to improve the body's natural healing process by helping to increase natural blood flow around the muscle. It is non-restrictive, allowing for a full range of motion; the wave pattern adhesive backing moves with the skin and muscles.



UP Kinesiology Tape is available as 50mm x 5m rolls in a range of colours, either in continuous form or pre-cut into 250mm sections.



2" x 5½yds (50mm x 5m) retail pack.
Counter top display box of 12 packs.

Also **UP7704** 4" x 5½yds [100mm x 5m] light blue uncut only. Box of 6 rolls.



Now also available in longer rolls:
UP7011 2" x 34½yds [50mm x 31.5m] black uncut
UP7014 2" x 34½yds [50mm x 31.5m] light blue uncut
UP7015 2" x 34½yds [50mm x 31.5m] skin uncut





ADVANCED KINESIOLOGY TAPE

- is lighter
 - is faster drying
 - stays on longer
- ...making it the ultimate kinesiology tape.

Available as 50mm x 5m rolls in continuous form.

UP7041 black **UP7044** light blue **UP7045** skin



2" x 5 1/2 yds (50mm x 5m) retail pack.
Counter top display box of 12 packs.

POWERED BY
Kintape[®]

TAN TAPE

High tensile zinc oxide tape

UP7780

1" x 15yds (25mm x 13.7m)
Box of 24 rolls

UP7781

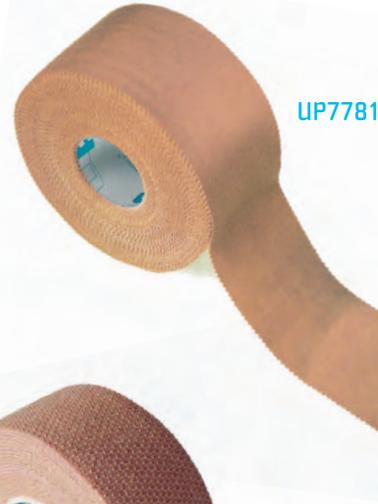
1½" x 15yds (38mm x 13.7m)
Box of 18 rolls

UP7782

2" x 15yds (50mm x 13.7m)
Box of 12 rolls

UP7082

1½" x 15yds (38mm x 13.7m)
Retail single roll box



UP7781

TAN TAPE II

100% viscose zinc oxide tape

Latex free.

UP7785

1½" x 15yds (38mm x 13.7m)
Box of 18 rolls

UP7786

2" x 15yds (50mm)
Box of 12 rolls



UP7710

ELASTO TAPE

Elastic adhesive tan tape

UP7710

1" x 5yds (25mm x 4.5m)
Box of 24 rolls



COHESIVE TAPE

Cohesive stretch tape

Easy tear. Self adhering: no sticky residue.

UP7752

2" x 5yds (50mm x 4.5m)
Box of 24 rolls, white

UP7753

3" x 5yds (75mm x 4.5m)
Box of 12 rolls, white

UP7052

white
2" x 10yds (50mm x 9m)
Retail single roll box

UP7054

blue
2" x 10yds (50mm x 9m)
Retail single roll box



UP7752

UP7054

UNDERWRAP

Latex-free barrier wrap

UP7795

2¾" x 30yds (70mm x 27m)
Box of 24 rolls



UP7795

SPORTS TAPE II

Serrated edge zinc oxide trainer's tape

High quality 100% cotton fabric tape.

Latex free, hypoallergenic.

UP7734

1" x 15yds (25mm x 13.7m)
Box of 48 rolls

UP7735

1½" x 15yds (38mm x 13.7m)
Box of 32 rolls



UP7736

2" x 15yds (50mm x 13.7m)
Box of 24 rolls



UP7735

SPORTS TAPE

Zinc oxide trainer's tape

High quality 100% cotton fabric tape.

Latex free, hypoallergenic.

UP7031

1½" x 10yds (38mm x 9m)
Retail single roll box



ZINC OXIDE TAPE

UP08030

½" x 5½yds (12.5mm x 5m)
Box of 24 rolls



LOCKER TAPE

Rayon zinc oxide tape

Latex free.

UP7765

½" x 15yds (38mm x 13.7m)
Box of 32 rolls

UP7766

2" x 15yds (50mm x 13.7m)
Box of 24 rolls



UP7765

UP7776



RIP LITE TAPE II

Stretch lightweight easy-tear tape



UP7775

3" x 7½yds (75mm x 6.85m)

Box of 24 rolls

UP7075

1½" x 10yds (38mm x 9m)

Retail single roll box

UP7776

2" x 7½yds (50mm x 6.85m)

Box of 16 rolls

UP7075



UP7794



LIGHT FIX TAPE

Non-woven adhesive dressing roll



UP7792

2" x 11yds (50mm x 10m)

Box of 24 rolls

UP7092

2" x 11yds (50mm x 10m)

Retail single roll box

UP7794

4" x 11yds (100mm x 10m)

Box of 12 rolls

UP7094

4" x 11yds (100mm x 10m)

Retail single roll box

EAB TAPE

Heavy stretch cotton tape



High quality elastic adhesive bandage.

Air permeable, flexible, breathable and non-marking.

Easily removable.

UP7741

1" x 5yds (25mm x 4.5m)

Box of 24 rolls

UP7743

3" x 5yds (75mm x 4.5m)

Box of 12 rolls

UP7742

2" x 5yds (50mm x 4.5m)

Box of 24 rolls

UP7062

2" x 5yds (50mm x 4.5m)

Retail single roll box

UP7741

UP7742



UP7701

ANGLED SCISSORS



UP7700

TAPING SCISSORS



UP5690

REUSABLE ELASTIC BANDAGE

Reusable and flexible, this wrap can provide support to a wide range of muscles, ligaments, tendons and joints.

Lightweight and comfortable, this wrap provides firm, even support whilst maintaining a full, natural range of movement. Can also act as a frost barrier and hold a cold pack in place. Use in a similar way to traditional tape applications - but then use it again and again!

Support level 2



UP4481

TAPE FIX

Spray adherent helps keep tapes and wraps firmly in place.

200ml aerosol can.





**UP4405
REUSABLE
COLD/HOT PACK**



For both cold and hot therapy relief.

Two colour-coded soft nylon packs, suitable for both cold and hot therapies, retain heat or coldness for at least one hour. Easy to apply wherever needed.

For cold, place pack in a freezer for at least 10 minutes before use. For heat, place pack in hot water (maximum 80°C) for at least 10 minutes, or microwave at low power for 30 seconds. Recommended for minor sports injuries, bruises, muscle aches and sprains, and headaches. Hold in place with UP4412/4418 wraps (below) or UP5690 reusable elastic bandage (available separately – see previous page).



**UP5690
REUSABLE
ELASTIC
BANDAGE**

See page 45



**UP4412
MEDIUM
COLD/HOT WRAP**

Provides hands-free compression for a cold or hot pack.

Reusable and flexible, the wrap comes with two UP4405 cold/hot therapy packs included (see opposite). Insert a pack in the mesh pocket on the wrap then apply where needed, securing in place with the upper and lower loops. Makes cold/hot therapy simple, as the wrap holds the pack securely in place. Suitable for elbows, ankles etc.



**UP4418
LARGE
COLD/HOT WRAP**

As UP4412, but double mesh pocket holds two packs (included). Suitable for knees, thighs etc.





UP4461
ICE BAG

Fill with ice to apply cold therapy relief. Use again and again. Re-usable 9" bag with wide screw-top opening holds ice cubes, crushed ice or cold water. Easy to apply to wherever it is needed. Recommended for: cold therapy in treating minor grazes, bruises, muscle aches and sprains, and headaches.

CLASS 1 MEDICAL DEVICE

UP4451
EXTRA STRONG SPORT BALM

Warming therapy for sore muscles and joints. A combination of herbal ingredients and carefully blended natural oils, UP Sport Balm is easy to apply and offers fast, effective relief from muscle and joint pain. 25ml jars.



UP4466
COLD GEL

Cooling relief for sports injuries. UP Cold Gel may be used during and after physical exercise. It is designed for the efficient relief of joint and muscular pain, and to aid in recovery from injury. It has a soothing effect and helps reduce swelling. Apply as and when needed. Rub well into the affected area for instant cold relief. 100ml tube.



UP4476
FREEZE SPRAY

For muscular pain, sprains and strains. A convenient spray, beneficial in soothing muscular discomfort and joint aches by cooling the skin over the area. Ideal for use after sport or exercise. 150ml can.



UP4464
HEAT RUB

Balm for warming pain relief. UP Heat Rub eases pain from sore muscles, bruises, minor aches, sprains and strains. 100ml tube.



UP4493

ULTIMATE NASAL PLUG

Stop nosebleeds quickly and effectively.

Soft PVA sponge plugs compressed and vacuum packed. When inserted into bleeding nostrils they absorb blood and expand, applying pressure to stop blood flow and assist the clotting process. Latex free. Lint free.

Box of ten plugs in individual sterile packs.

Sizes S/M and L/XL.



UP4460

GRIP POWDER



Adhesive powder helps keep hands dry and improves your grip.

Useful for tennis, squash, badminton, basketball, golf, netball, gymnastics, bowls... any activity that requires improved grip. Also suitable for handles of sports equipment. Non-tack.

50g bottle.



UP4478

SKIN SHIELD



A blister-preventing roll-on barrier between the skin and shoes, equipment, pads, etc.

UP Skin Shield is waterproof, non-staining, non-toxic, grease-free and contains no animal products.

Apply directly to the skin on any areas that will be exposed to rubbing, prior to activity. When running, apply to heel and ball of foot.

45ml roll-on.





UP5002

MEDICAL RUN-ON BAG

- Shoulder and hand carry straps
- Fold down side pocket with organiser
- Velcro adjustable organisers in main pocket – perfect for tapes and sprays
- Side mesh pocket for spray or water bottle



UP5000

MEDICAL BAG

- Shoulder and hand carry straps
- End pocket zips off to become waist essentials bag
- Velcro adjustable organisers in main and zip-off bag – perfect for tapes and sprays
- Front organiser pocket keeps all your smaller essentials easy to find.
- L56cm x W32cm x H30cm



UPB1000

HYGIENE SPORTS BOTTLE

- 1 litre capacity squeeze bottle, designed to eliminate mouth contact with the nozzle and thereby reducing the risk of cross contamination. Perfect for team use.
- No need to tip the bottle up to drink from it – rest your chin on the bottle cap (in front of the nozzle) and squeeze.
- BPA free

UPB1008

BOTTLE CARRIER

- Holds eight bottles
- Available in white or black



B58599-1 compliant first aid kits for your team, clinic, treatment room etc.
 Available in **SMALL** (for up to 25 persons), **MEDIUM** (25-100 persons) and **LARGE** (100+ persons).



UP5010
DUGOUT
FIRST AID KIT
 SMALL



UP5015
CLUBHOUSE
FIRST AID KIT
 MEDIUM



UP5020
STADIUM
FIRST AID KIT
 LARGE



UP5012
TREATMENT
ROOM
FIRST AID KIT
 SMALL



UP5016
RECEPTION
FIRST AID KIT
 MEDIUM



UP5023
CLINIC
FIRST AID KIT
 LARGE

SMALL

- Burnshield dressing x1
- Eyepad dressing (sterile) x2
- Finger dressing (sterile) x2
- Foil blanket x1
- Blue Nitrile gloves x6 pairs
- Large dressing (sterile) x1
- Medium dressing (sterile) x4
- Microporous tape x1
- Adhesive plasters (boxed) x40
- Saline sterile wipes (boxed) x20
- Safety pins x6
- Triangular bandage x2
- Tuffcut scissors x1
- Resus device x1

MEDIUM

- Burnshield dressing x2
- Conforming bandage x1
- Eyepad dressing (sterile) x3
- Finger dressing (sterile) x3
- Foil blanket x2
- Blue Nitrile gloves x9 pairs
- Large dressing (sterile) x 2
- Medium dressing (sterile) x 6
- Microporous tape x 1
- Adhesive plasters (boxed) x 60
- Safety pins x 12
- Saline sterile wipes (boxed) x 30
- Triangular bandage x 3
- Tuffcut scissors x 1
- Resus device x 1

LARGE

- Burnshield dressing x2
- Conforming bandage x1
- Eyepad dressing (sterile) x4
- Finger dressing (sterile) x4
- Foil blanket x3
- Blue Nitrile gloves x12 pairs
- Large dressing (sterile) x2
- Medium dressing (sterile) x8
- Microporous tape x 1
- Adhesive plasters (boxed) x100
- Safety pins x24
- Saline sterile wipes (boxed) x40
- Triangular bandage x4
- Tuffcut scissors x1
- Resus device x2



All the product photography featured in this catalogue, together with lifestyle images, logos and diagrams, can be found in Dropbox – ask your sales manager for details. Point of sale materials are also available.

Hopefully, we will be seeing you all at trade shows in 2025/6.





Ultimate Performance

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