

ULTIMATE PERFORMANCE[®]



SPORTS MEDICINE 2022



ULTIMATE BLISTER PLASTERS
ACTIVE: SPORT

- Quick relief of pain
- Cushions against rubbing
- Promotes faster healing
- Stays in place longer

INDIVIDUALLY WRAPPED
- easier to carry on the move





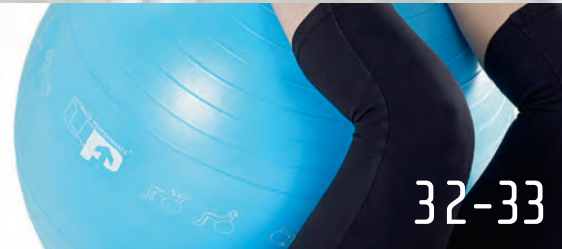

06-08



09-30



31



32-33



34-37



38-39



40



41



42

PAGE

INSOLES 06-08

SHOCK ABSORPTION

BRACES & SUPPORTS:

KNEE 09-15

BRACES / SUPPORTS

SHIN/CALF 16-17

SUPPORT

ANKLE 18-20

BRACES / SUPPORTS

ARCH 21

SUPPORTS

ACHILLES 22

SUPPORTS

ELBOW 23-25

SUPPORTS

WRIST/THUMB..... 26-27

SUPPORTS

SHOULDER 28

SUPPORTS

BACK 29

SUPPORTS

THIGH/GROIN..... 30

SUPPORTS

FOOTCARE 31

ARCH / HEEL / FOREFOOT / TOES / BLISTERS

MASSAGE THERAPY 32-33

BALLS / ROLLERS

TAPES 34-37

& TAPING ACCESSORIES

COLD/HOT 38-39

THERAPY

GRIP 40

BLISTER/NOSEBLEED.. 40

CONTROL

STORAGE 41

FIRST AID 42

**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 twelve 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.

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. Latterly we have launched the **Advanced** range, which 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.

Braces and supports are arranged by body part and indexed with the **level of support** given. From elastic through to neoprene, from one-size adjustable to Ultimate, there will be a product that will help you achieve your ultimate performance.

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 2022 and beyond.

- Plastic clamshells on UP medical products 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.

Your one-stop shop for all your sports medical needs:




www.ultimate-performance.co.uk



Ultimate Performance

Burton McCall Ltd · 163 Parker Drive · Leicester LE4 0JP

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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 10



ULTIMATE COMPRESSION KNEE SUPPORT

UP5150 page 11



ULTIMATE COMPRESSION RUN AND RECOVERY SOCK

UP5810 page 16



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



ADVANCED THIGH SUPPORT

UP5744 page 30



ADVANCED SHOULDER SUPPORT

UP5743 page 28



ULTIMATE COMPRESSION

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



ADVANCED ULTIMATE COMPRESSION KNEE SUPPORT

UP5175 page 09



ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT + STRAP AND GEL

UP5188 page 22



**ULTIMATE
COMPRESSION
ELASTIC CALF
SUPPORT**

UP5160 page 17

**ULTIMATE
COMPRESSION
SUPPORT
SOCK**

UP5190 page 19

**ULTIMATE
COMPRESSION
ANKLE
SUPPORT**

UP5155 page 20

**ULTIMATE
COMPRESSION
ARCH
SUPPORTS**

UP5165 page 21

**ULTIMATE
COMPRESSION
ELBOW
SUPPORT**

UP5172 page 20



**ADVANCED
SHIN/CALF SUPPORT**

UP5733 page 17

**ADVANCED
ANKLE BRACE**

UP5720 page 18

**ADVANCED
BACK SUPPORT**

UP5746 page 29



**ADVANCED
ULTIMATE
COMPRESSION
ANKLE
SUPPORT**

UP5170 page 19

**ADVANCED
ULTIMATE
COMPRESSION
WRIST BRACE
+ SPLINT**

UP5186 page 26

**ADVANCED
ULTIMATE
COMPRESSION
WRIST
SUPPORT**

UP5177 page 26

**ADVANCED
ULTIMATE
COMPRESSION
ELBOW SUPPORT
+ GEL**

UP5184 page 23

INNOVATION FROM **UP**

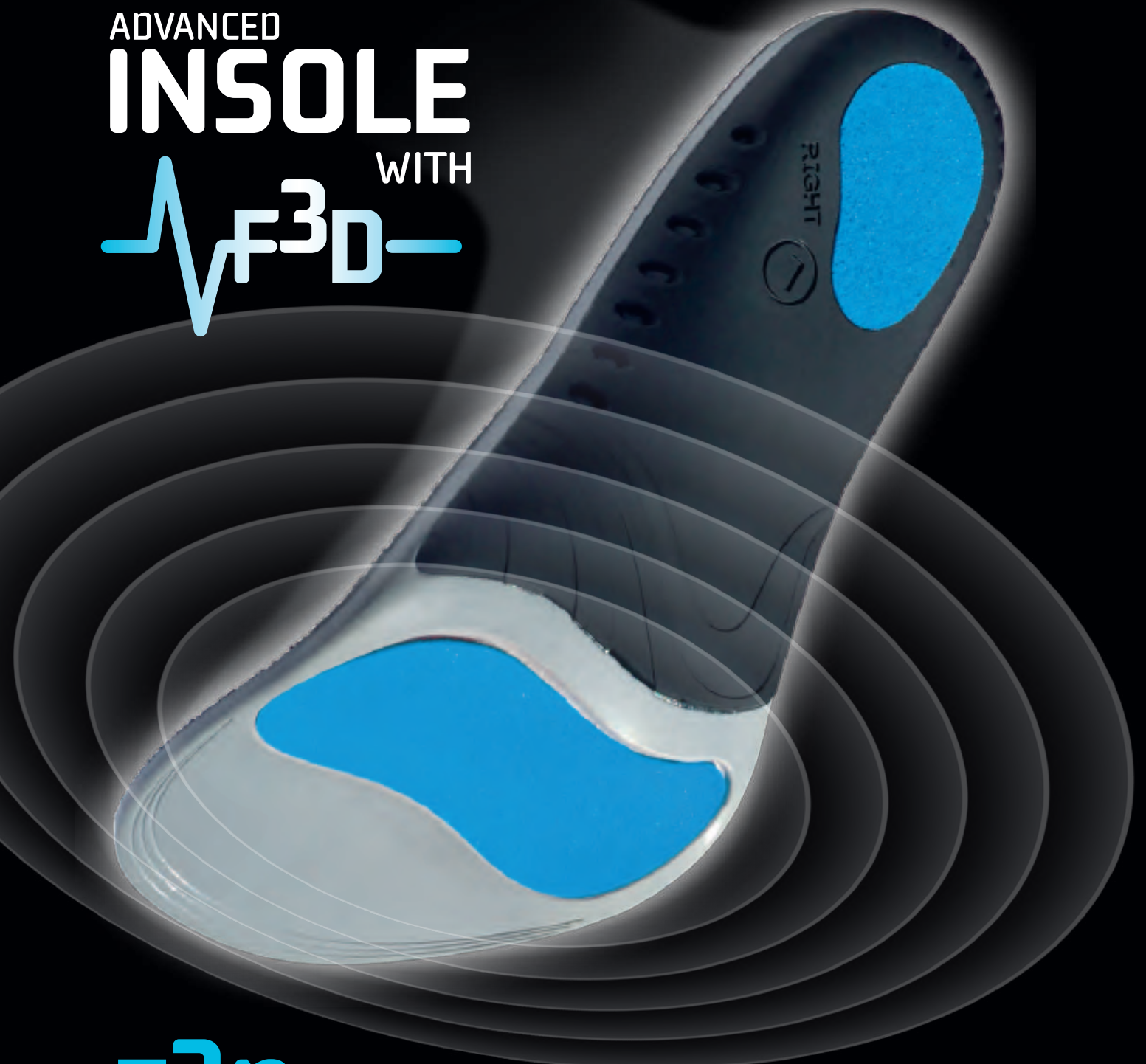
ULTIMATE PERFORMANCE[®]



ADVANCED

INSOLE

WITH



F3D (Foam 3mm Damper)
dissipates up to **95%** of
high frequency shockwaves

UP4569

ADVANCED INSOLE WITH F³D FOAM 3mm DAMPER

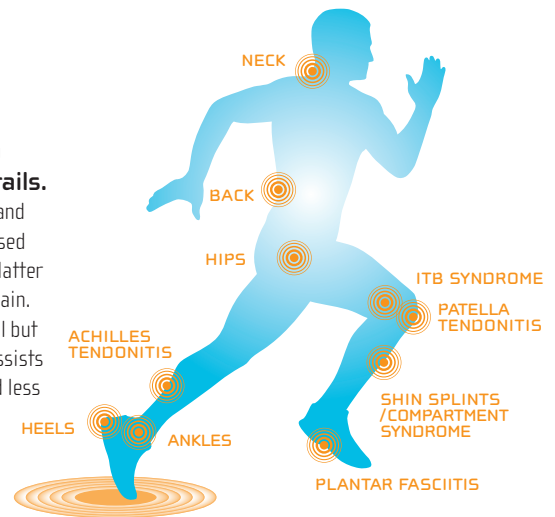
F³D, Foam 3mm Damper, is an advanced dampening foam insert, which dissipates up to 95% of the high frequency shockwaves generated with every step, especially on hard surfaces like road, pavement and hard trails.

These harmful vibrations are associated with micro-traumas of the soft tissue in the lower limbs, and are a contributory factor to pain caused by common running injuries such as plantar fasciitis, bruised heel pad, achilles tendonitis, compartment syndrome, shin splints, patella tendonitis (Osgood-Schlatter disease) and ITB syndrome. Shockwave reverberation up the spine can also lead to back and neck pain.

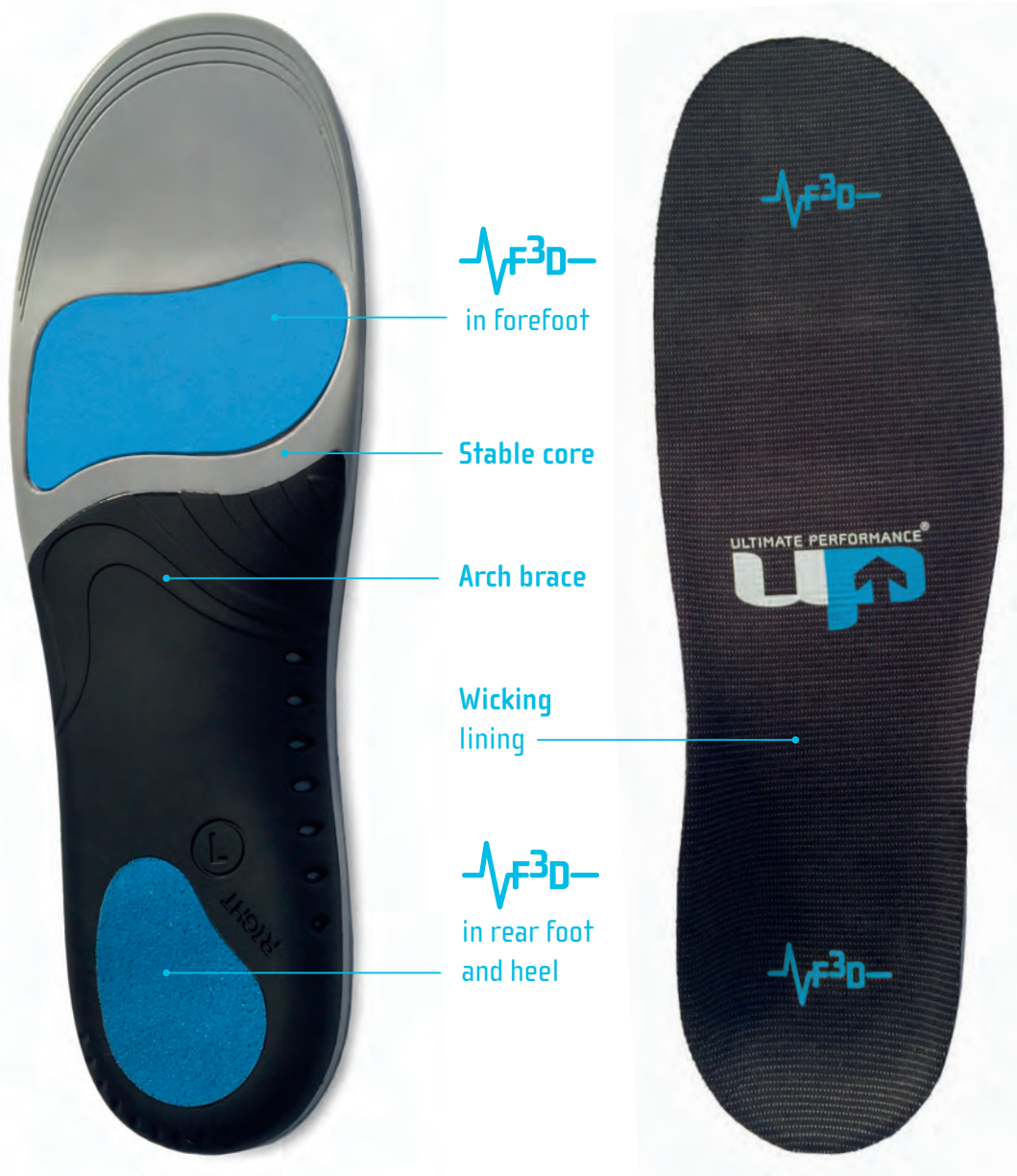
A PU foam core with an advanced design TPU arch brace create stability and support that assists all but most high- and low-arched foot types. Holding the foot in a more biomechanically ideal position assists both propulsion and correct alignment – making running and walking easier, more comfortable and less likely to lead to injury. Can be worn with all kinds of footwear, boots and athletic shoes.

Ideal for: all types of running and walking, in all conditions, hockey, football, rugby, basketball, racket sports etc. Use these insoles when participating in your sport, at work or play – they will help protect your joints and soft tissue with every step you take.

Support level 2



Anti-shock stability and support for runners and walkers



Size guide

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]

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**



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**



UP4510

ULTIMATE GEL HEEL PAD

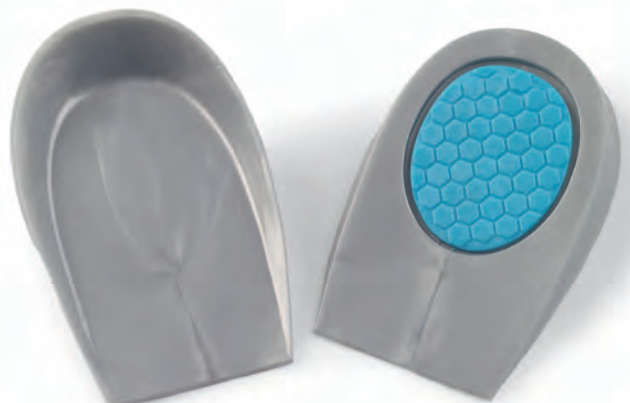


Gel cushioning for the heel.

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**

Size guide

UK shoe size:	Euro	
S/M	3-8	[36-42]
L/XL	8-13	[42-48]





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

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)





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)



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
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.

S/M/L/XL Support level 1



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)





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"-15" (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)



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





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	3-4 (39-37)
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)



UP5720

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.

XXS/XS/S/M/L/XL Support level 4

Size guide

UK shoe size:	Euro
XX Small	3-4 (36-37)
X Small	5-6 (38-39)
Small	6-8 (39-42)
Medium	8-10 (42-45)
Large	10-12 (45-47)
X Large	12-14 (47-49)



Heel straps lock the heel in place



Crossover straps add tension for increased support and more secure fit.

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	
Small	6-8	[39-42]
Medium	8-10	[42-44.5]
Large	10-12	[44.5-47]
X Large	12-14	[47-49]



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]



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)



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 below). 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**





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. Lastest 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.

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)



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)



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



Compression zones give increased support and comfort

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)



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



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



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



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



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)



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



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)



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





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



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



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





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 under arm pit and over shoulder:

Small	11"-13"	(28-33cm)
Medium	13"-14"	(33-35cm)
Large	14"-15"	(35-38cm)
X Large	15"-17"	(38-42cm)



UP5235

NEOPRENE SHOULDER SUPPORT

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

Size guide

Measure under arm pit and over shoulder:

Small	11"-13"	(28-33cm)
Medium	13"-14"	(33-35cm)
Large	14"-15"	(35-38cm)
X Large	15"-17"	(38-42cm)
XX Large	17"-18"	(42-45cm)





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.

5-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)



← 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. 5-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]

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.

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)

CLASS 1
MEDICAL DEVICE



UP3151



UP3155



UP3152



← UP3010 TOE PROTECTORS

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.

CLASS 1
MEDICAL DEVICE



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.

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.





UP3032

PERFORMANCE GYM BALL WITH PUMP

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

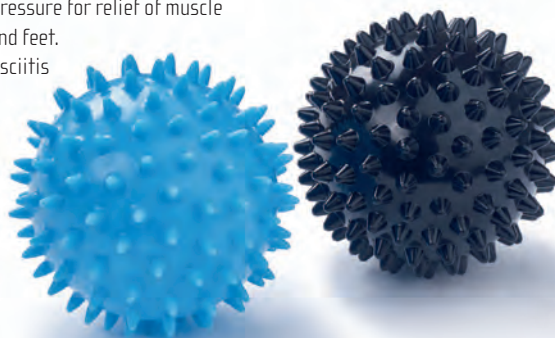
Tightens abdominals. Strengthens arms and back. Tones legs. Stretches upper and lower body. Maximises workout. Cushions your body. Targets all the major muscle groups, including glutes, obliques, abs and quads. The Performance Gym Ball supports and cushions your body, and maximises your workout to help 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.

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.





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.

- | | | | | | |
|------------------------|-----------------------|----------------------|-----------------------------|-----------------------|-------------------------|
| UP7001
black | UP7002
pink | UP7003
red | UP7004
light blue | UP7005
skin | UP7006
orange |
|------------------------|-----------------------|----------------------|-----------------------------|-----------------------|-------------------------|



- | | | | | | |
|-----------------------------------|----------------------------------|---------------------------------|--|----------------------------------|------------------------------------|
| UP7021
black
pre-cut | UP7022
pink
pre-cut | UP7023
red
pre-cut | UP7024
light blue
pre-cut | UP7025
skin
pre-cut | UP7026
orange
pre-cut |
|-----------------------------------|----------------------------------|---------------------------------|--|----------------------------------|------------------------------------|

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.

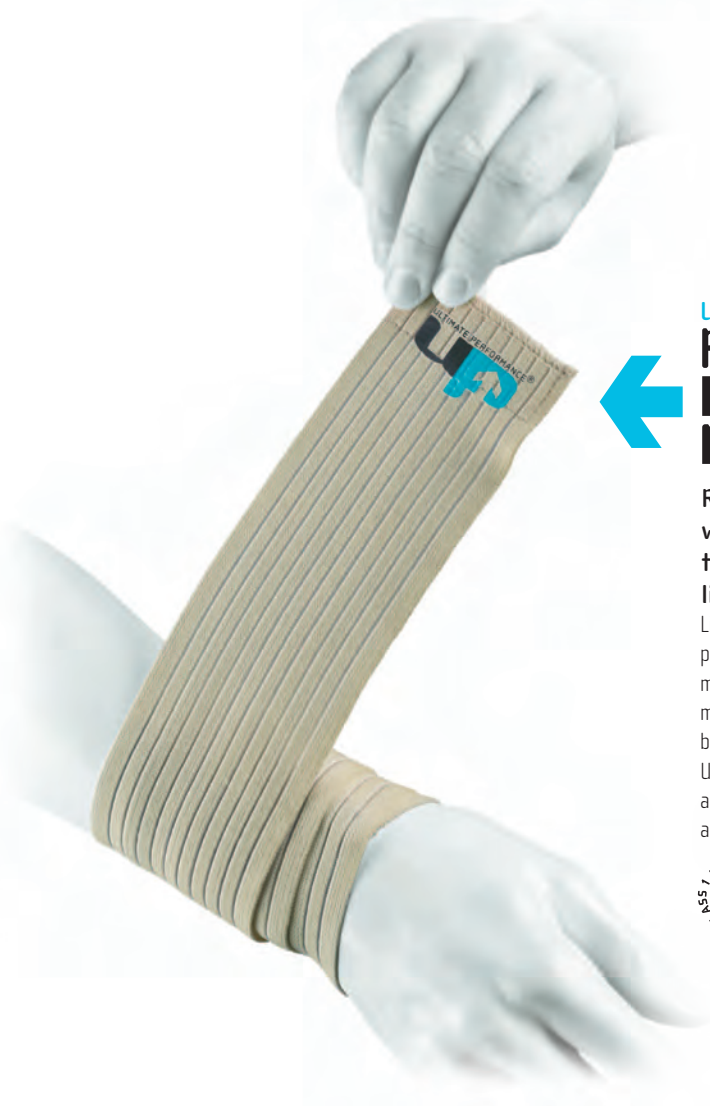
Available as 50mm x 5m rolls in continuous form.

UP7041 UP7044 UP7045
black light blue skin

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



POWERED BY
Kintape®



← 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



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



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 x 13.7m)
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

UP7776



RIP LITE TAPE II

Stretch lightweight easy-tear tape

UP7775

3" x 7 1/2 yds (75mm x 6.85m)
Box of 24 rolls

UP7075

1 1/2" x 10 yds (38mm x 9m)
Retail single roll box

UP7776

2" x 7 1/2 yds (50mm x 6.85m)
Box of 16 rolls



UP7075



UP7794



LIGHT FIX TAPE

Non-woven adhesive dressing roll

UP7792

2" x 11 yds (50mm x 10m)
Box of 24 rolls

UP7794

4" x 11 yds (100mm x 10m)
Box of 12 rolls



EAB TAPE

Heavy stretch cotton tape

High quality elastic adhesive bandage.

Air permeable, flexible, breathable and non-marking.

Easily removable.

UP7741

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

UP7743

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

UP7742

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



UP7741

UP7742



LOCKER TAPE

Rayon zinc oxide tape

Latex free.

UP7765

1/2" x 15 yds (38mm x 13.7m)
Box of 32 rolls

UP7766

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



UP7765



UP7701

ANGLED
SCISSORS



UP7700

TAPING
SCISSORS



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 page 20).



UP4412

MEDIUM COLD/HOT PACK

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 PACK

As above, 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.

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.



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.



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.



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



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



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



BS58599-1 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).

Contents:

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



UP5010
DUGOUT
FIRST AID KIT
 SMALL



UP5012
TREATMENT ROOM
FIRST AID KIT
 SMALL

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



UP5015
CLUBHOUSE
FIRST AID KIT
 MEDIUM



UP5016
RECEPTION
FIRST AID KIT
 MEDIUM

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



UP5020
STADIUM
FIRST AID KIT
 LARGE

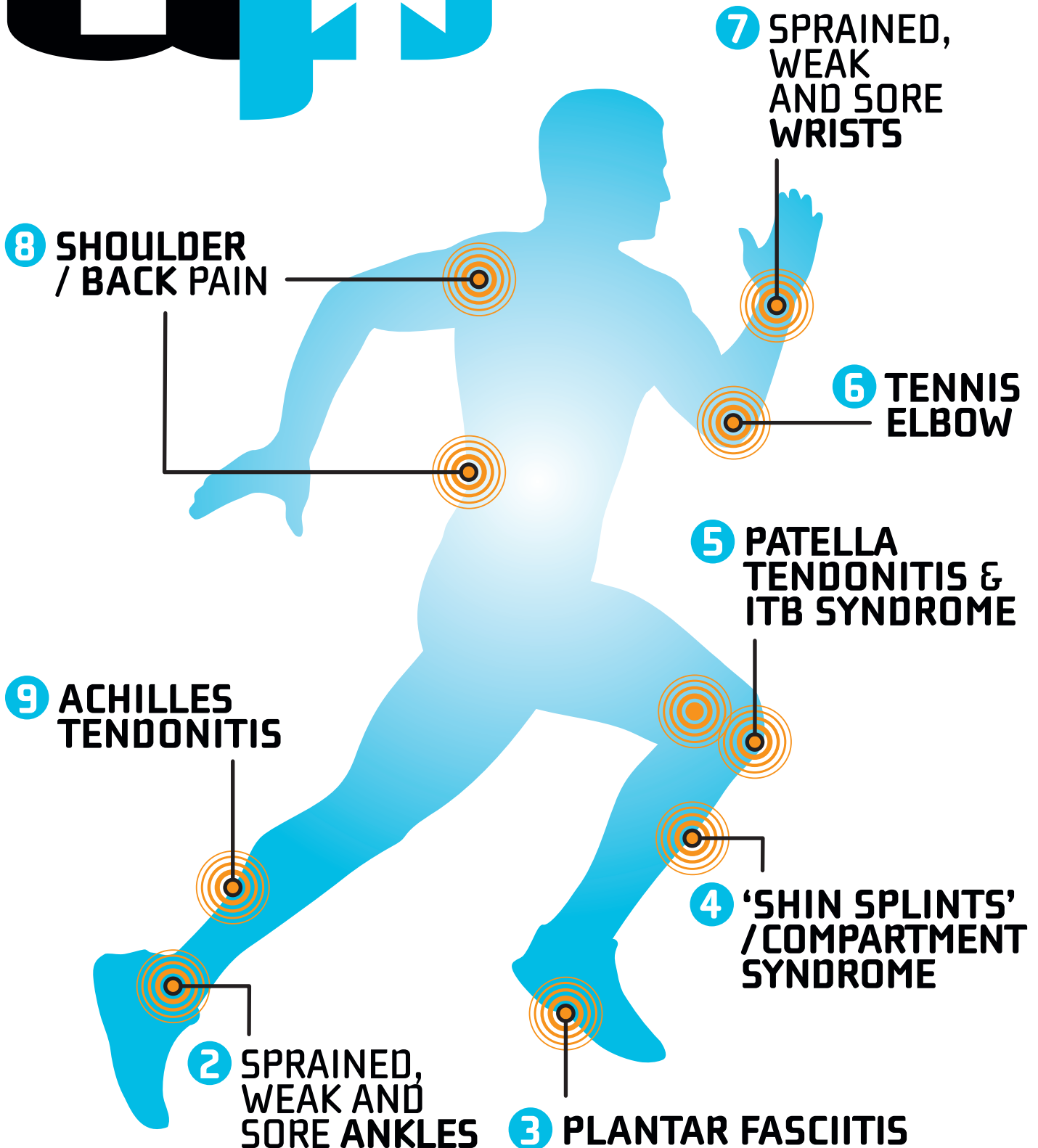


UP5023
CLINIC
FIRST AID KIT
 LARGE

SOME COMMON SPORTS INJURIES

1

TREATMENT AND SUPPORT FROM
ULTIMATE PERFORMANCE[®]



SPRAINED, WEAK AND SORE ANKLES

2

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the ankle is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the ankle has stopped being painful/only painful during activity (to help the injury recover)
- **PREVENTION**, once symptoms have gone (helps support the ankle during activity and minimise the chance of recurrence)



UP5520
FOOTBALL ANKLE BRACE
Full mobility - maximum support.
Support level 3 ●●●

UP5225
NEOPRENE ANKLE SUPPORT WITH STRAPS
Adjustable strap suits all stages of recovery.
Support level 3 ●●●



UP5720
ADVANCED ANKLE BRACE WITH STRAPS
Wicking, breathable: maximum support with maximum comfort.
Support level 4 ●●●●



UP5170
ADVANCED ULTIMATE COMPRESSION ANKLE SUPPORT
Advanced graduated compression provides ultimate fit and support. Support level 3 ●●●●

UP4569
ADVANCED INSOLE WITH F3D FOAM 3mm DAMPER
Dissipates up to 95% of high frequency shockwaves.
Support level 2 ●●●●



UP5220
NEOPRENE ANKLE SUPPORT
Support and warmth for arthritic, stiff or sprained ankles.
Support level 2 ●●●●

UP5120
ELASTIC ANKLE SUPPORT
Lightweight comfort and support for sprained, stiff or aching ankles.
Support level 1 ●●●●



UP5155
ULTIMATE COMPRESSION ELASTIC ANKLE SUPPORT
Stable all-day support for weak, stiff or aching ankles.
Support level 2 ●●●●



UP5190
ULTIMATE COMPRESSION SUPPORT SOCK
Provides firm support and targeted compression for stiff, weak or sore ankles.
Support level 1 ●



UP4412
MEDIUM COLD/HOT PACK
Provides hands-free compression for a cold or hot pack ●●

UP5690
REUSABLE ELASTIC BANDAGE
Reusable and flexible, this wrap can provide support to a wide range of muscles, ligaments, tendons and joints.
Support level 2 ●●●

UP700x
KINESIOLOGY TAPE
Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement. ●●



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We recommend that any persistent aches, pains, strains and injuries should be assessed by a suitably qualified healthcare professional

PLANTAR FASCIITIS

3

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the PF is still painful (ideal for use during a plantar fasciitis flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the PF has stopped being painful/only painful during activity (to help the plantar fascia recover)
- **PREVENTION**, once symptoms have gone (helps support the plantar fascia during activity and minimise the chance of recurrence)

UP5800

ULTIMATE PLANTAR FASCIA SOCK

Overnight improved healing for plantar fascia injury.
Support level 3 ●



UP5411

ULTIMATE ARCH SUPPORT

Memory-foam pad places targeted pressure on the plantar fascia to provide relief from pain.
Support level 3 ●



UP5165

ULTIMATE COMPRESSION ELASTIC ARCH SUPPORTS

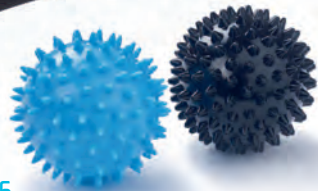
Compression and support, helping relieve plantar fasciitis pain. Perfect for later stage recovery after using the UP5411 Ultimate Arch Support (above).
Support level 2 ●●



UP3036

PERFORMANCE MASSAGE BALL

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



UP700x

KINESIOLOGY TAPE

Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement.
●●



UP4569

ADVANCED INSOLE WITH F3D FOAM 3mm DAMPER

Dissipates up to 95% of high frequency shockwaves.
Support level 2 ●●●



UP4405

REUSABLE COLD/HOT PACK

For both cold and hot therapy relief. ●●



UP4534

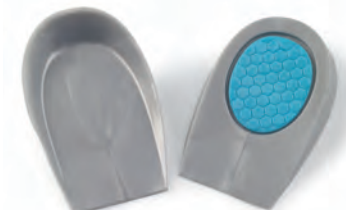
ULTIMATE GEL HEEL & ARCH 3/4 INSOLE

Gel cushioning for the heel, arch and plantar fascia.
Support level 1 ●●●

UP4510

ULTIMATE GEL HEEL PAD

Gel cushioning for the heel.
Support level 1 ●



UP5190

ULTIMATE COMPRESSION SUPPORT SOCK

Firm support and targeted compression for stiff, weak or sore ankles.
Support level 1 ●●



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'SHIN SPLINTS'/ COMPARTMENT SYNDROME

4

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the shin is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the shin has stopped being painful/only painful during activity (to help the injury recover)
- **PREVENTION**, once symptoms have gone (helps support the shin during activity and minimise the chance of recurrence)

UP5733 ADVANCED SHIN/CALF SUPPORT

Advanced wraparound design provides ultimate custom fit. Support level 3 ●●●



UP5160 ULTIMATE COMPRESSION ELASTIC CALF SUPPORT

Provides compression and support, helping to relieve shin splint pain. Support level 2 ●●●



UP5430 ULTIMATE SHIN SPLINT/ CALF SUPPORT

Provides compression and support, helping relieve shin splint pain. Support level 2 ●●●

UP5690 REUSABLE ELASTIC BANDAGE

Reusable and flexible, this wrap can provide support in a wide range of situations. Support level 2 ●●



UP5810 ULTIMATE COMPRESSION RUN & RECOVERY SOCK

Graduated compression minimises muscle fatigue and soreness, enabling faster muscle recovery after exercise or injury. Support level 1 ●●



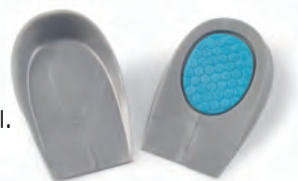
UP4461 ICE BAG

Fill with ice to apply cold therapy relief. Use again and again. ●●●



UP4510 ULTIMATE GEL HEEL PAD

Gel cushioning for the heel. Support level 1 ●●



UP4569 ADVANCED INSOLE WITH F3D FOAM 3mm DAMPER

Dissipates up to 95% of high frequency shockwaves. Support level 2 ●●●●



UP4412 MEDIUM COLD/HOT PACK

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

UP4466 COLD GEL

Cooling relief for sports injuries. ●●●



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PATELLA TENDONITIS & ITB SYNDROME

5

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the knee is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the knee has stopped being painful/only painful during activity (to help the injury recover)
- **PREVENTION**, once symptoms have gone (helps support the knee during activity and minimise the chance of recurrence)



UP5441 ULTIMATE PATELLA STRAP

Provides compression and support, helping relieve patella tendon pain.
Support level 2 ●●●

UP5450 ULTIMATE ITB STRAP

Helps relieve pain on the outside of the knee associated with iliotibial band syndrome (ITB).
Support level 2 ●●●



UP5460 ULTIMATE RUNNER'S KNEE STRAP

Provides protection, relief and compression for chronic knee pain.
Support level 3 ●●●



UP5724 ADVANCED PATELLA STRAP v2.0

Wicking, breathable, comfortable and highly supportive.
Support level 3 ●●●



UP700x KINESIOLOGY TAPE

Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement.
●●



UP4418 LARGE COLD/HOT PACK

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



UP3036 PERFORMANCE MASSAGE BALL

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



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TENNIS ELBOW

6

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the elbow is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the elbow has stopped being painful/only painful during activity (to help the elbow recover)
- **PREVENTION**, once symptoms have gone (helps support the elbow during activity and minimise the chance of recurrence)



UP5184 ADVANCED ULTIMATE COMPRESSION ELBOW SUPPORT +STRAP AND GEL

Provides protection, relief and compression for tennis elbow.

Support level 3 ●●●



UP5765 ALL-DAY AIR TENNIS ELBOW SUPPORT

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

Support level 2 ●●●

UP5371 ULTIMATE TENNIS ELBOW SUPPORT

Provides protection, relief and compression for tennis elbow.

Support level 2 ●●●



UP5172 ULTIMATE COMPRESSION ELBOW SUPPORT

Improved support for sprained, stiff or aching elbows.

Support level 1 ●●●

UP700x KINESIOLOGY TAPE

Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement. ●●



UP4461 ICE BAG

Fill with ice to apply cold therapy relief. Use again and again. ●●



UP4412 MEDIUM COLD/HOT PACK

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



UP4466 COLD GEL

Cooling relief for sports injuries. ●●



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SPRAINED, WEAK AND SORE WRISTS

7

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the wrist is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the wrist has stopped being painful/only painful during activity (to help the injury recover)
- **PREVENTION**, once symptoms have gone (helps support the wrist during activity and minimise the chance of recurrence)



UP5186 ADVANCED ULTIMATE COMPRESSION WRIST BRACE WITH SPLINT

Provides compression, protection and can help stabilise the wrist with three levels of support.
Support level 3 ●●●



UP5177 ADVANCED ULTIMATE COMPRESSION WRIST SUPPORT +STRAP

Compression, support and protection for stiff or aching wrists.
Support level 2 ●●●



UP5360 ULTIMATE WRIST SUPPORT

Secure adjustable support for stiff, weak or aching wrists.
Support level 2 ●●●



UP5366 ULTIMATE CARPAL TUNNEL WRIST BRACE

Support for carpal tunnel syndrome, stiff, weak or aching wrists.
Support level 2 ●●●



UP5690 REUSABLE ELASTIC BANDAGE

Reusable and flexible, this wrap can provide support to a wide range of muscles, ligaments, tendons and joints.
Support level 2 ●●



UP7054 COHESIVE TAPE

Cohesive stretch tape: easy tear, self adhering, no sticky residue.
●●



UP5365 ULTIMATE WRIST WRAP

Support and warmth for stiff or aching wrists.
Support level 2 ●●●

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SHOULDER & BACK PAIN 8

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the area is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the area has stopped being painful/only painful during activity (to help recovery)
- **PREVENTION**, once symptoms have gone (gives support during activity and minimises the chance of recurrence)



UP5743 ADVANCED SHOULDER SUPPORT

Stability and comfort for arthritis, tendonitis and previously dislocated shoulders

Support level 3 ●●●



UP5235 NEOPRENE SHOULDER SUPPORT

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

Support level 2 ●●●

UP5350 ULTIMATE BACK SUPPORT

Lumbar support and warmth to help relieve back pain.

Support level 3 ●●●

UP5252 NEOPRENE BACK SUPPORT

Soft neoprene provides therapeutic heat and protection.

Support level 2 ●●●

UP5746 ADVANCED BACK SUPPORT WITH ADJUSTABLE TENSION

Advanced wraparound design provides ultimate custom fit.

Support level 3 ●●●



UP4418 LARGE COLD/HOT PACK

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

UP700x KINESIOLOGY TAPE

Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement. ●●



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ACHILLES TENDONITIS 9

TREATMENT AND SUPPORT FROM ULTIMATE PERFORMANCE

- **TREATMENT**, while the achilles tendon is still painful (ideal for use during a flare-up to minimise discomfort and aid recovery)
- **RECOVERY**, once the achilles tendon has stopped being painful/only painful during activity (to help the achilles tendon recover)
- **PREVENTION**, once symptoms have gone (helps support the achilles tendon during activity and minimise the chance of recurrence)



UP5420
ULTIMATE ACHILLES SUPPORT
Provides compression and support, helping relieve achilles tendon pain.
Support level 2 ●●●



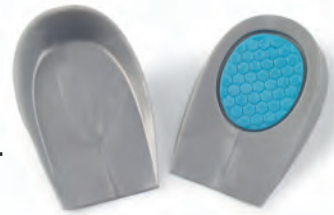
UP4569
ADVANCED INSOLE WITH F3D FOAM 3mm DAMPER
Dissipates up to 95% of high frequency shockwaves.
Support level 2 ●●●

UP5188
ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT +STRAP AND GEL
Advanced graduated compression provides ultimate fit and support.
Support level 3 ●●●



UP5800
ULTIMATE PLANTAR FASCIA SOCK
Overnight improved healing.
Support level 3 ●

UP4510
ULTIMATE GEL HEEL PAD
Gel cushioning for the heel.
Support level 1 ●



UP700x
KINESIOLOGY TAPE
Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement. ●●



UP4466
COLD GEL
Cooling relief for sports injuries.
●●



UP4412
MEDIUM COLD/HOT PACK
Provides hands-free compression for a cold or hot pack ●●

UP5190
ULTIMATE COMPRESSION SUPPORT SOCK
Provides firm support and targeted compression for stiff, weak or sore ankles.
Support level 1 ●



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ULTIMATE PERFORMANCE[®]



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. The wave pattern adhesive backing makes it non-restrictive, allowing for a full range of motion.

KINESIOLOGY TAPING GUIDE



INTRODUCTION

Welcome to this guide to using Ultimate Performance (UP) Kinesiology tape. The guide contains general advice developed in consultation with various taping experts who work closely with UP.

UP Kinesiology tape can be applied in a variety of methods which are flexible and adjustable to suit your needs. Kinesiology tape can be applied by you, health professionals or anybody else assisting you; the guide can be used as an introductory aid to application and could potentially reduce the need for regular appointments with health professionals. UP recommends that any aches, pains, strains and injuries should be assessed by a suitably qualified healthcare professional before initial tape application: this may be a valuable opportunity to experience tape application by a professional.

What is Kinesiology tape and how does Kinesiology tape work?

How to apply Kinesiology tape

Examples of application of UP Kinesiology tape for common injuries and conditions

SECTION A: What is Kinesiology tape and how does Kinesiology tape work?

Kinesiology taping originates in the science of kinesiology, based on the belief that the body's muscles are responsible for the movements of and in the body as well as being in control of other elements, such as circulation of the blood and body temperature. As a result of this, when muscles fail or are impaired other parts of the body are necessarily effected, thus putting their function at risk.

The principle of kinesiology is to treat the muscles to help the body heal itself naturally.

Kinesiology tape is a 100% cotton, hypoallergenic, latex free, non-restrictive elastic adhesive tape designed to have the same amount of stretch as human skin and provides a multitude of uses as a protective and rehabilitative taping technique. Applied over muscles, the main benefits are to; reduce pain and inflammation, improve circulation, relax and support over-used/tired/injured muscles, provide structural support to joints and muscle movement, assist healing and provide support to the injury site whilst allowing full range of movement. The taping methods can be preventative or rehabilitative to allow athletes to continue training and competing as injuries heal. The tape may be used with differing degrees of stretch depending on the desired effect of the taping.

Kinesiology taping is designed to assist and improve the body's natural healing process and has a number of methods of application and benefits of use, it is proposed to: [1] improve the localised effect of fluid circulation (blood and lymph); [2] decrease pain; [3] provide anatomical support; [4] enhance muscular and joint range of motion; [5] assist proprioception.

[1] Impacting localised fluid circulation: Once applied to the skin Kinesiology tape is reported to lift the upper layers of skin, creating more space

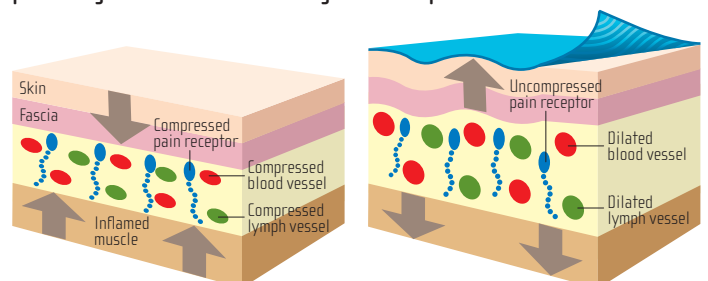
between the skin and underlying muscles. This space is believed to reduce pressure on the lymph channels and create more space for circulation, flow and improve lymph drainage through the taped area (figure 1). This can help decrease swelling and pain in injured areas. It also helps improve blood flow circulation, increased blood flow to and from the muscle increases the presence of oxygen and nutrients to assist with repair of damaged tissues and accelerates the breakdown and removal of waste product when muscles are tired.

[2] Decrease pain: Kinesiology tape relieves physical and neurological pain, the tapes lifting action helps to relieve pressure on the pain receptors located under the skin (see figure 1 below).

[3] Provides anatomical support + [4] enhanced/normal muscular and joint range of motion + [5] assists proprioception: Kinesiology tapes unique elastic properties ensure that muscles and joints are closely supported during all activities, discourages harmful movements whilst still allowing a safe and healthy range of motion. Different applications of Kinesiology tape can also be used to improve joint alignment and can improve the function of a joint by influencing opposing muscle groups and joint mobility.

Kinesiology tape can be worn for up to five days during intense exercise, swimming, showering and bathing as the tape is quick drying.

Figure 1. Potential skin lifting effect of Kinesiology tape promoting fluid flow and decreasing tissue compression.



SECTION B:

How to apply Kinesiology tape

This is an introductory guide of basic application methods. Kinesiology tape can be applied by you, health professionals and or anybody else assisting you. This guide can be used as an aid to application and potentially reduce the need for regular appointments with health professionals.

UP reiterate that injuries should be assessed by suitable qualified healthcare professionals before initial tape application: this may be a valuable opportunity to experience tape application by a professional.

- It is easier to remove the tape from the backing than the backing from the tape.
- Try not to handle the adhesive side of the tape (see opposite).
- When and where necessary, use an **anchor tab**: fold and then tear a line 2-3 inches (5-7cm) in from each end of the piece of tape to be applied. These end tabs should be applied with no stretch to anchor the tape to the skin.
- Before applying, rub the anchor tabs for a couple of seconds to activate the adhesive and ensure the anchor tabs adhere to the skin immediately. The remainder of the tape's adhesion will be activated by natural body warmth once applied.

Avoiding skin irritation

Kinesiology tape is a 100% cotton, hypoallergenic, latex free, non-restrictive elastic adhesive tape designed to have the same amount of stretch as human skin and provides a multitude of uses as a protective and rehabilitative taping technique.

1 Too much stretch in the tape. Kinesiology tape is already stretched on to the paper backing so an effective stretch can be achieved even when applying without tension. When kinesiology tape is applied with too much stretch it can pull on the skin causing discomfort as it attempts to contract back to its un-stretched state. Be careful not to overstretch the tape on application. In general, the larger the area being taped the less additional stretch is necessary during application.

2 Anchor tabs do not require stretch. The anchor tabs of the tape are the final 2-3" at the end of every strip. If these ends are stretched during application they will pull on the skin with every movement, in time this can cause redness and irritation. **Always leave the end 3-2" with no stretch.**

3 Hair follicle irritation in unshaved areas. The benefits of kinesiology taping are achieved via direct contact between the tape and the skin. Constant movement of the skin can cause hair follicles to become irritated: it is recommended that excess hair close to skin level be cut close to the skin before applying kinesiology tape.

4 Skin irritation in shaved areas. Shaving removes the uppermost layer of skin exposing fresh skin which will be more sensitive. It is recommended that shaving should be performed 24 hours before tape is applied or is to be avoided in regularly taped areas. Clippers can be used as they cause less skin irritation.

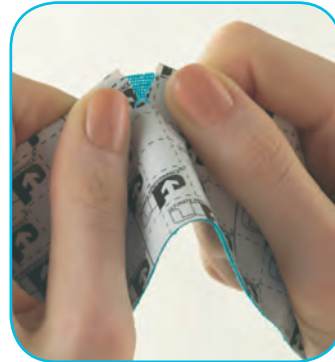
5 Skin preparation. Remove all moisturizing creams and lotions from the skin and wash with soap and water prior to taping. This preparation will improve tape adherence and should reduce the likelihood of skin irritation.

End-to-end application:



Remove tape from the backing and apply one anchor tab to the skin with no stretch. Apply the centre of the tape with the desired degree of stretch, peeling backing away as you go, when the opposing anchor tab is reached, remove the backing and apply with no stretch.

Centre-first application:



Remove the backing from the centre of the tape, leave the anchor tab backing attached, apply the tape from the centre of the application area with the desired degree of stretch then remove the backing on the anchor tabs and apply to the skin with no stretch.

SECTION C:

Examples of application of UP Kinesiology tape for common injuries and conditions

- 1 ACHILLES TENDON TAPING
- 2 CALF TAPING
- 3 IT BAND TAPING
- 4 KNEE TAPING
- 5 SHIN SORENESS / COMPARTMENT SYNDROME TAPING
- 6 PLANTAR FASCIITIS TAPING
- 7 POSTERIOR THIGH PAIN / HAMSTRING STRAIN / SCIATICA TAPING
- 8 LOWER BACK TAPING

1 ACHILLES TENDON TAPING

A Dorsiflex the foot to stretch the achilles. Anchor the tape on the sole of foot and apply the tape vertically, with the desired stretch, up to mid-calf. Smooth the tape around the achilles tendon area. (see section B: "How to apply Kinesiology tape").

B Apply a second strip with no stretch horizontally across the tendon at a level just above the ankle bone or where the achilles is most painful.



2 CALF TAPING

A Apply a strip of tape vertically from above ankle to just below knee applying a 50% stretch to middle of tape and utilising anchor points at each end (see "How to apply Kinesiology tape").

B Apply a second strip horizontally across the most painful area of the calf with 50% stretch in the middle and anchor point at each end.



3 IT BAND TAPING

A Apply a strip of tape with no stretch from the hip bone vertically down to just below the knee (see "How to apply Kinesiology tape") using anchoring points at each end.

B Apply a second strip horizontally across the outer leg just above the knee with 50% stretch in the middle.



4 KNEE / PATELLA TAPING

A Flex the knee to a 90 degree angle. Split the tape 3-4" at one end. Using that opposite end, anchor and apply the tape vertically down from mid-thigh down to the knee. Apply each side of the split around the patella [see diagram]. No stretch required on application.

B It is optional to apply a vertical strip directly below the kneecap with a 50% stretch, use anchor tabs at each end.



5 SHIN SORENESS AND COMPARTMENT SYNDROME TAPING

A Dorsiflex (lift) foot. Anchor tape from foot first – along shin directly over the affected area. No stretch [see "How to apply Kinesiology tape"].

B (Optional) Apply a second strip across the worst affected area with 50% stretch in the middle.



6 PLANTAR FASCITIS TAPING

A Dorsiflex (lift) foot. Anchor the tape to the heel and apply along the sole of the foot to the base of the toes with no stretch.

It is optional to cut the initial piece into strips to be applied up the sole of the foot [as per diagram].

B Apply a second strip anchored to the top of the foot and wrapped from the medial to the lateral side to provide additional support to the arch.



7 POSTERIOR THIGH PAIN / HAMSTRING STRAIN / SCIATICA TAPING

A Anchor just below the buttock fold and apply tape vertically down, with a 50% stretch, to the ankle [see "How to apply Kinesiology tape"].

B Apply a horizontal strip across the broadest part of the hamstring with a 50% stretch in the middle.



8 LOWER BACK TAPING

A Bend forwards from the waist. Apply two vertical strips with anchors either side of the top of the buttock cleft and apply upwards either side of the spine to a mid-point with less than 25% stretch (see "How to apply Kinesiology tape").



B Apply a horizontal strip across the most painful area with a 50% stretch.



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.

UP7001 black **UP7002** pink **UP7003** red **UP7004** light blue **UP7005** skin **UP7006** orange



UP7021 black pre-cut **UP7022** pink pre-cut **UP7023** red pre-cut **UP7024** light blue pre-cut **UP7025** skin pre-cut **UP7026** orange pre-cut

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



UP ADVANCED KINESIOLOGY TAPE is lighter, faster drying, and stays on longer ...making it the ultimate kinesiology tape.

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

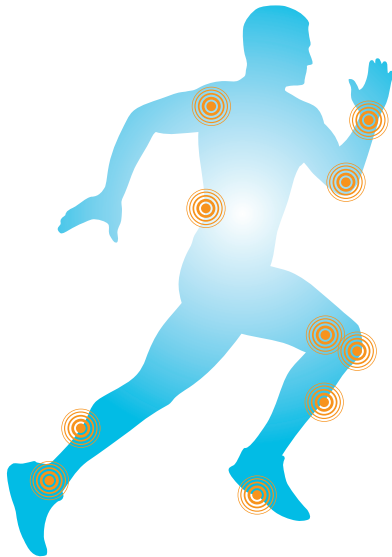
UP7041 black **UP7044** light blue **UP7045** skin



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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 2022!





UP Ultimate Performance
1/4 GEL HEEL & ARCH INSOLE

UP Ultimate Performance
ADVANCED INSOLE WITH F30

UP Ultimate Performance
ADVANCED INSOLE WITH F30

UP Ultimate Performance
BLISTER PLASTERS

UP Ultimate Performance
BLISTER PLASTERS

UP Ultimate Performance
BLISTER PLASTERS

UP Ultimate Performance
BLISTER PLASTERS

UP Ultimate Performance
HEAT RUB

UP Ultimate Performance
HEAT RUB

UP Ultimate Performance
KINESIOLOGY TAPE


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