



ULTIMATE PERFORMANCE®



SPORTS MEDICINE 2023





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INJURY GUIDE

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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.

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

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

Level 1: Basic support

Excellent value for money support for minor strains and sprains.

Level 2: Moderate support

Mild to Moderate support for instabilities, strains and pains

Level 3: Pro support

Maximum support for moderate to severe instabilities and pain.

Level 4: Maximum support




Designed to brace and add stability for more severe ligament, tendon and cartilage injuries.



Ultimate Performance

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www.ultimate-performance.co.uk

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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 12



ULTIMATE COMPRESSION KNEE SUPPORT

UP5150 page 13



ULTIMATE COMPRESSION RUN AND RECOVERY SOCK

UP5810 page 18



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



ADVANCED THIGH SUPPORT

UP5744 page 32



ADVANCED SHOULDER SUPPORT

UP5743 page 30



ULTIMATE COMPRESSION

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



ADVANCED ULTIMATE COMPRESSION KNEE SUPPORT

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ADVANCED ULTIMATE COMPRESSION ACHILLES SUPPORT + STRAP AND GEL

UP5188 page 24



**ULTIMATE
COMPRESSION
ELASTIC CALF
SUPPORT**

UP5160 page 19

**ULTIMATE
COMPRESSION
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**ULTIMATE
COMPRESSION
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**ULTIMATE
COMPRESSION
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**ULTIMATE
COMPRESSION
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**ADVANCED
SHIN/CALF SUPPORT**

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**ADVANCED
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**ADVANCED
ULTIMATE
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**ADVANCED
ULTIMATE
COMPRESSION
WRIST BRACE
+ SPLINT**

UP5186 page 28

**ADVANCED
ULTIMATE
COMPRESSION
WRIST
SUPPORT**

UP5177 page 28

**ADVANCED
ULTIMATE
COMPRESSION
ELBOW SUPPORT
+ GEL**

UP5184 page 25

INNOVATION FROM **UP**

ULTIMATE PERFORMANCE[®]

ADVANCED

INSOLES

WITH



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

Help prevent
and relieve
injuries
such as:

OSTEOARTHRITIS

PATELLA TENDONITIS

ITB SYNDROME

RUNNER'S KNEE

SHIN SPLINTS /
COMPARTMENT SYNDROME

ACHILLES TENDONITIS

PLANTAR FASCIITIS

BUNIONS



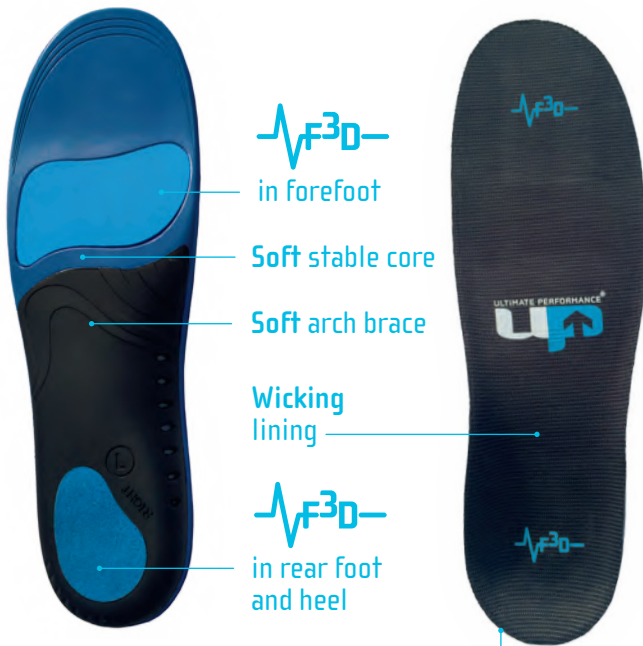
- **F3D Foam 3mm Damper** is an advanced dampening foam insert which will dissipate up to 95% of the high frequency shockwave in each foot strike, reducing the impact to your feet, knees and hips
- **PU foam core** provides comfort and support to the whole foot.
- **TPU brace** provides support in a controlled, comfortable manner to aid gait and reduce injuries.
- The 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.



UP4568

ADVANCED INSOLE CUSHION+

SUPPORT LEVEL 1 SHOCK DISPERSION LEVEL 4

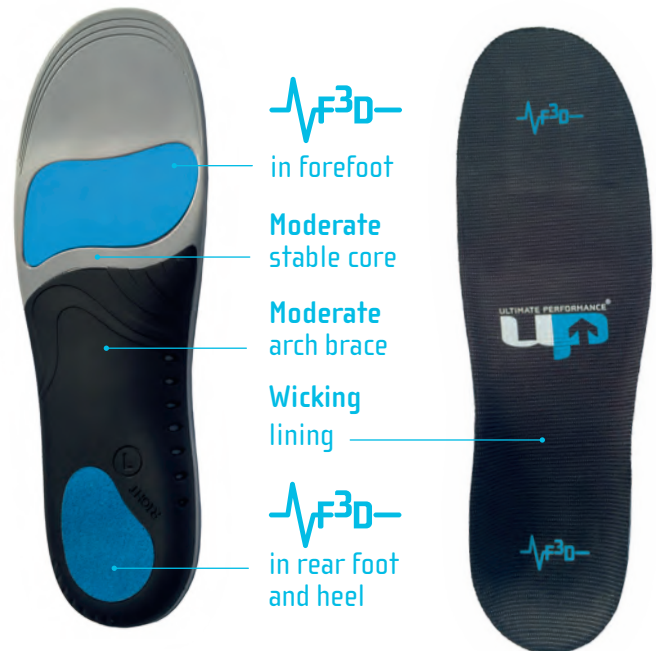


Full-length memory foam '+' layer adds superior form-fit, comfort and cushioning

UP4569

ADVANCED INSOLE NEUTRAL

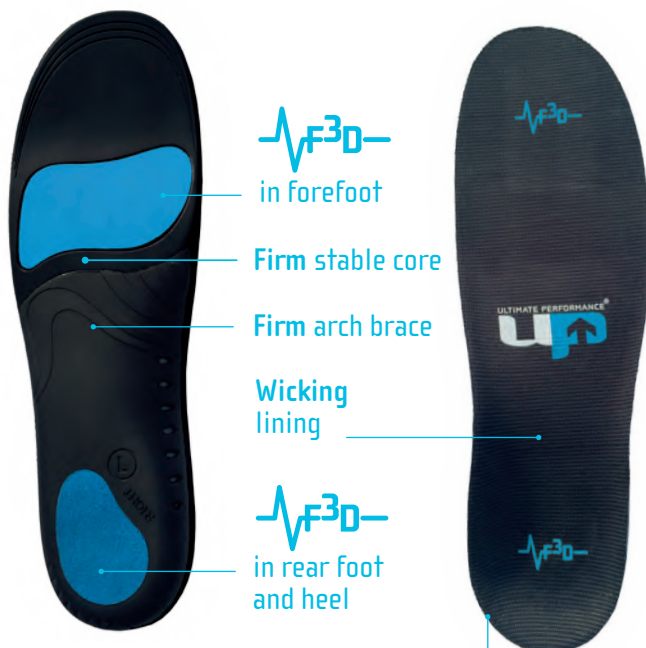
SUPPORT LEVEL 2 SHOCK DISPERSION LEVEL 4



UP4570

ADVANCED INSOLE SUPPORT+

SUPPORT LEVEL 3 SHOCK DISPERSION LEVEL 4



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

Anti-shock stability
and support for
runners and walkers.

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

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]

Support / Shock dispersion

Level 1: Basic
Level 2: Moderate
Level 3: Pro
Level 4: Maximum



Ultimate Performance 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 reoccurring.

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 insole, align the heel and trim around the toe to match. They are also suitable for other sport footwear (golf or tennis shoes, football and rugby boots etc) as long as the current insole is removable and there is enough space to accommodate the Advanced Insole.

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.

Ideal for running, all sports on hard surfaces, gym, hiking and everyday wear.

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 symbols 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.



HIGH ARCH



MEDIUM
(NEUTRAL)
ARCH



LOW ARCH



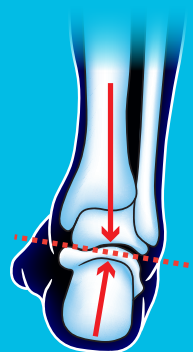
FLAT ARCH

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**

UP4568



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

CUSHION+

*For feet with medium-high or high arch

NEUTRAL

*for medium to medium-high arched feet

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

UP4569



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

NEUTRAL

*for medium to medium-high arched feet

SUPPORT+

*for low arched or flat feet

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

UP4570



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

SUPPORT+

*for low arched or flat feet

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.

5/M, L/XL Support level 1

CLASS 1 MEDICAL DEVICE
1

**UP4534****ULTIMATE
GEL HEEL & ARCH
¾ 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.

5/M, L/XL Support level 1

CLASS 1 MEDICAL DEVICE
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. **5/M, L/XL Support level 1**

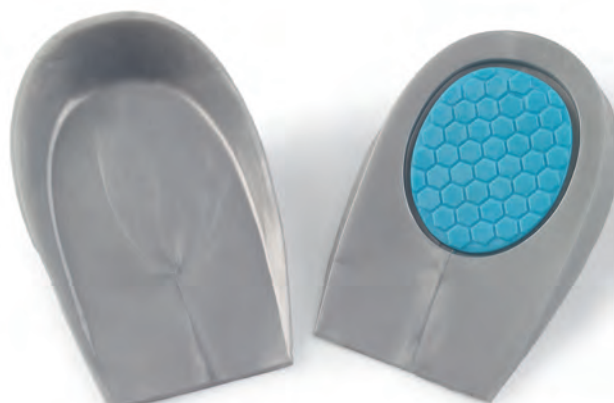
Size guide

UK shoe size: Euro

S/M 3-8 [36-42]

L/XL 8-13 [42-48]

CLASS 1 MEDICAL DEVICE
1





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)
X Large	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"-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)



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]



[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]



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.

5/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.

5/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)



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.

5/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)



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



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)



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





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.

S-M/L-XL Support level 3

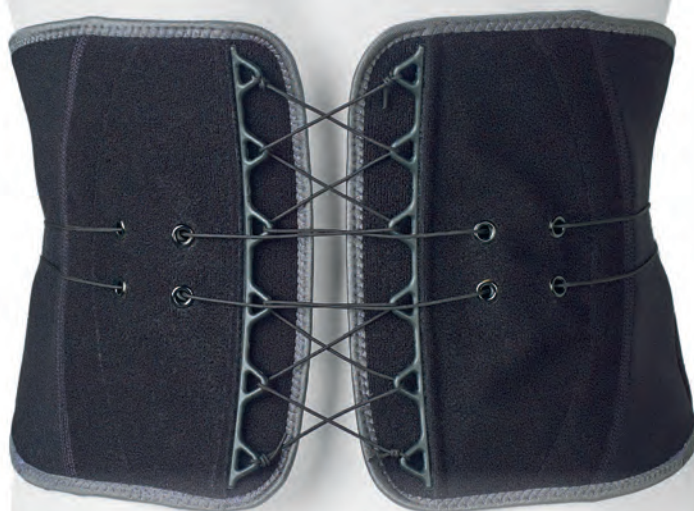
Size guide

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]



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.

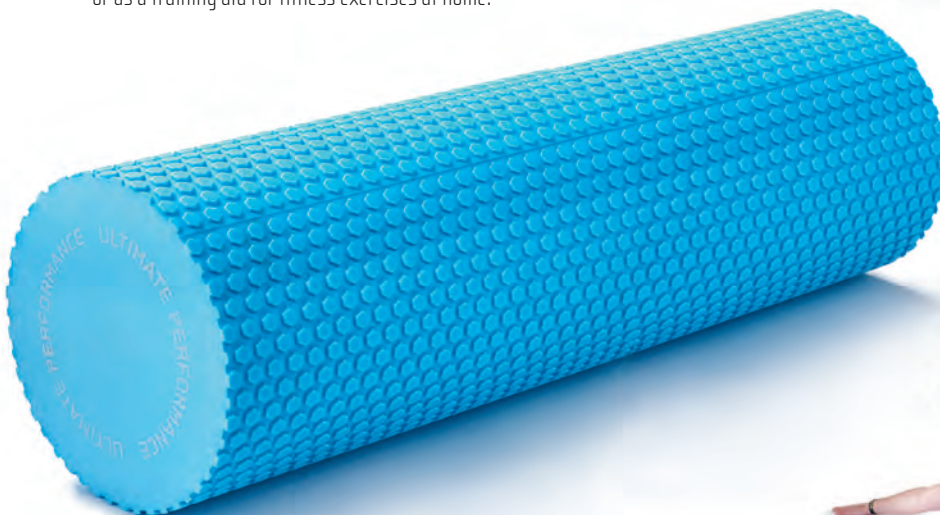


UP3040

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.

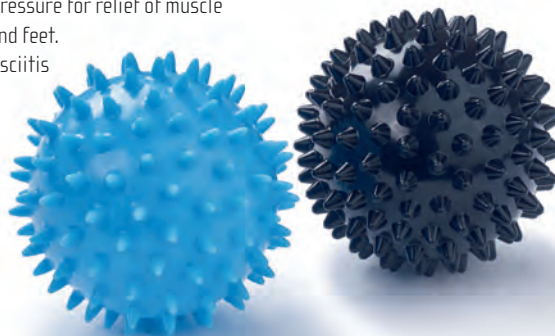
Tightens abdominals. Strengthens arms and back. Tones legs. Stretches upper and lower body. Maximises workout. Cushions your body. Targets all the major muscle groups, including glutes, obliques, abs and quads. The Performance Gym Ball supports and cushions your body, and maximises your workout to help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

1 MEDICAL DEVICE
CLASS 1



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



UP7021	UP7022	UP7023	UP7024	UP7025	UP7026
black pre-cut	pink pre-cut	red pre-cut	light blue pre-cut	skin pre-cut	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 black **UP7044** light blue **UP7045** 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

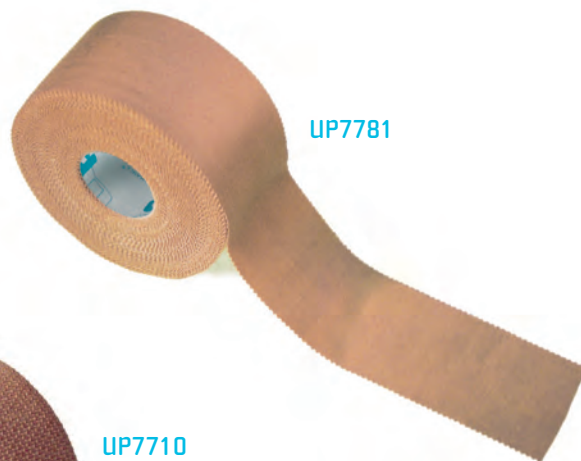
UP7782

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

UP7082

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

SS23
EXPECTED
FEBRUARY



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

ELASTO TAPE



Elastic adhesive tan tape

UP7710

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



UP7710

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

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



UP7735

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 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

UP7794

4" x 11yds (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 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

SS23
EXPECTED
FEBRUARY

UP7741

UP7742



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



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.



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.

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.

CLASS 2
DEVICE



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

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).

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

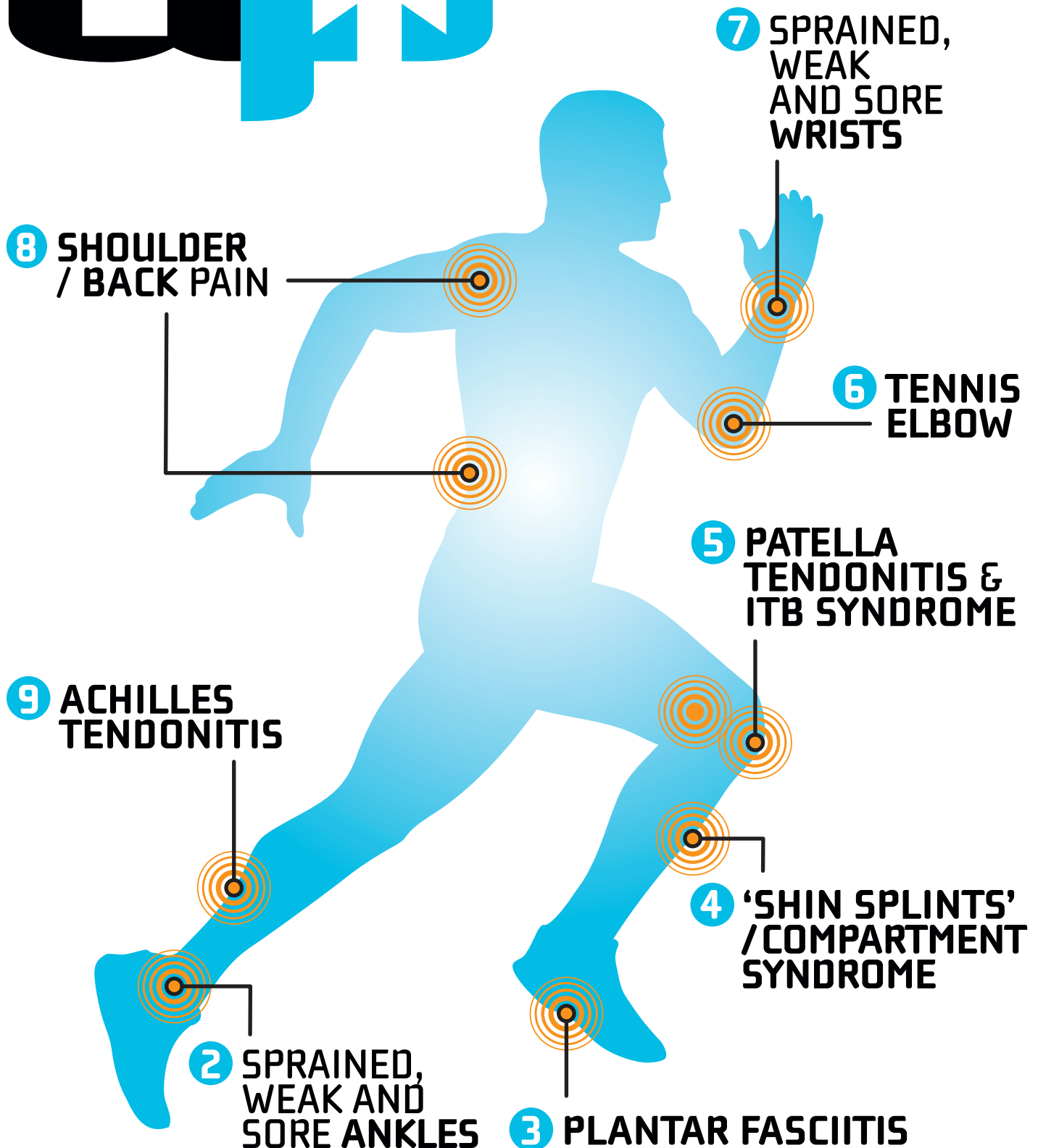
LARGE

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 ●●●●



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 ●●●●



UP5220 NEOPRENE ANKLE SUPPORT

Support and warmth for arthritic, stiff or sprained 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 ●●●●

UP4461 ICE BAG

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

UP700x KINESIOLOGY TAPE

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



Ultimate Performance

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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.

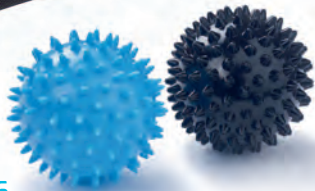
Support level 3 ●●●



UP3036

PERFORMANCE MASSAGE BALL

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



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 ●●●

UP4569

ADVANCED INSOLE WITH F3D FOAM 3mm DAMPER

Dissipates up to 95% of high frequency shockwaves.

Support level 2 ●●●●



UP700x

KINESIOLOGY TAPE

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



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.

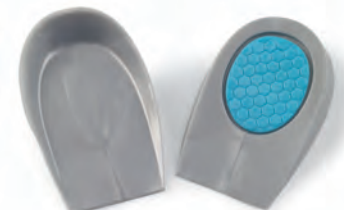
Support level 1 ●●●●

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 ●●



UP4461

ICE BAG

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



UP5810

ULTIMATE COMPRESSION RUN & RECOVERY SOCK

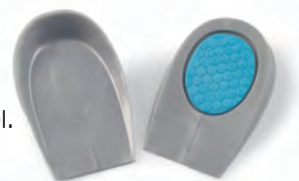
Graduated compression minimises muscle fatigue and soreness, enabling faster muscle recovery after exercise or injury.
Support level 1 ●●



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)

UP5450

ULTIMATE ITB STRAP

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

Support level 2 ●●●

UP5441

ULTIMATE PATELLA STRAP

Provides compression and support, helping relieve patella tendon pain.

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 ●●●



UP4461 ICE BAG

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

UP700x KINESIOLOGY TAPE

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



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 ●

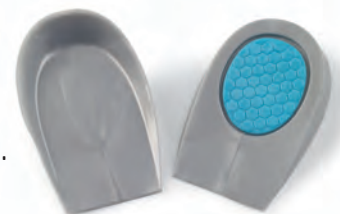


UP700x
KINESIOLOGY TAPE
Rehabilitative taping to reduce pain and inflammation, relax overused tired muscles and support muscles in movement. ●●



UP4466
COLD GEL
Cooling relief for sports injuries.
●●

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



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

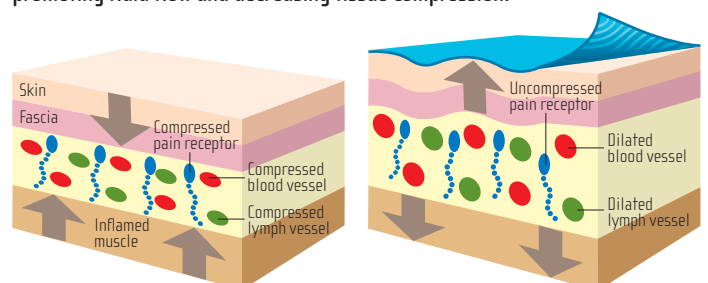
between the skin and underlying muscles. This space is believed to reduce pressure on the lymph channels and create more space for circulation, flow and improve lymph drainage through the taped area (figure 1). This can help decrease swelling and pain in injured areas. It also helps improve blood flow 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.

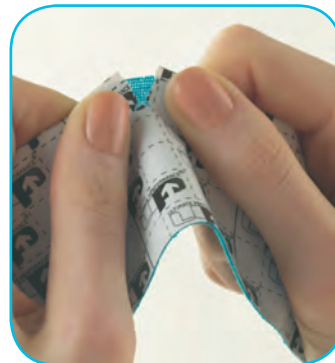
5 Skin preparation. Remove all moisturizing creams and lotions from the skin and wash with soap and water prior to taping. This preparation will improve tape adherence and should reduce the likelihood of skin irritation.

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").

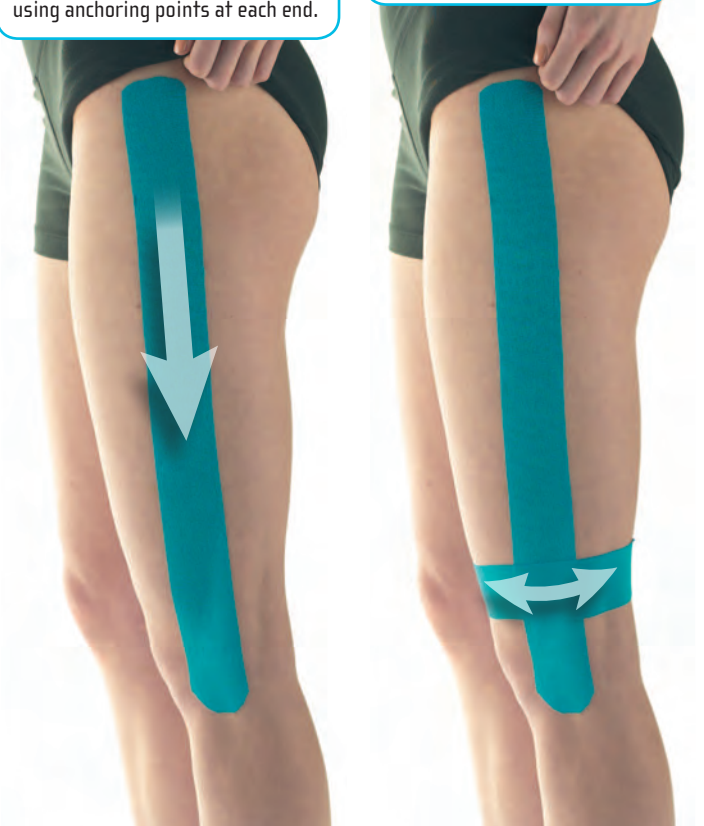
B Apply a second strip horizontally across the most painful area of the calf with 50% stretch in the middle and anchor point at each end.



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



UP7021	UP7022	UP7023	UP7024	UP7025	UP7026
black pre-cut	pink pre-cut	red pre-cut	light blue pre-cut	skin pre-cut	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	UP7044	UP7045
black	light blue	skin



Ultimate Performance

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

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RESOURCES



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 2023!





HINGED KNEE SUPPORT



ADVANCED KNEE SUPPORT



GEL HEEL PAD



GEL INSOLE

INSOLE WITH F3D

Dissipates up to 95% of high frequency shockwaves

FOAM 3mm DAMPER

XS

ULTIMATE PERFORMANCE

ADVANCED INSOLE WITH F3D

NEUTRAL

S

ULTIMATE PERFORMANCE

ADVANCED INSOLE WITH F3D

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M

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XL

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XS

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ADVANCED INSOLE WITH F3D

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ADVANCED INSOLE WITH F3D

XL

ULTIMATE PERFORMANCE

ADVANCED INSOLE WITH F3D



Meet our Ambassadors



Name: Zara Salman

Age: 35

Location: Exeter, UK

Activities: I am a runner and in the past two years have taken up and completely fallen in love with hiking.

How did you get into hiking/running/climbing and why? I got into running by signing up to a local charity 10K in 2014, I had never run further than 200 metres when I was at school! I signed up with a friend for the 10k and caught the running bug. Hiking came later on, thanks to a group of friends I met on Instagram and I am now completely in love with solo hiking as well hiking with friends.

Greatest achievement? I would say my greatest running achievement is running every day for a year in 2018 and my greatest hiking achievement so far has been climbing Snowdon.

Future goals? In October 2022 I am heading to Tanzania to climb Mount Kilimanjaro with G Adventures and so I am currently working towards the goal of summiting Mount Kilimanjaro (fingers crossed!!).

Favourite 1000 Mile / Ultimate Performance kit and why? I love the 3 Season Walk Socks and the Ultimate Performance Heat Balm is a great recovery aid post running and hiking.
Complete the following: Not many people know this about me but... I am also an opera singer and I am trilingual.
Favourite life quote/mantra:
Sparkle brilliantly and shine brightly.



Name: Rebecca Lees

Age: 46

Location: South Wales

Activities: Hiking, running, trail running, swimming.

How did you get into this and why?

I have loved hiking from a young age as I grew up in the Swansea Valley and had some of the best mountains in Wales on my doorstep. As I approached my 40th birthday, I was in a difficult place and turned back to the outdoors to heal and look after myself. Time outdoors is now a daily cornerstone, from a 20 minute walk early in the morning to long hikes in the mountains.

Greatest achievement? I've completed a few half marathons and the Welsh Three Peaks, and this year I'm going to attempt a 30 miles Ultra! But in my experience, the greatest achievements are the smaller, everyday wins, such as a quality walk with children where everyone learns something new, or the small steps to fitness – like Couch 2 5K or parkrun – by anyone wanting to improve their physical and mental wellbeing.

Future goals? See 'Ultra Marathon', above! One day I would like to walk the 1000 mile perimeter of Wales. I've no aim to be the fastest or anything notable, I'll just set off from my front doorstep and pootle around in my own time.

Favourite 1000 Mile / Ultimate Performance kit and why? I'm currently loving the Sunflowers Ease Running Belt, supporting the Ukraine Appeal.

Complete the following: Not many people know this about me but I... was once on a BBC walking programme and got recognised the following week in our local swimming pool. Fame at last!

Favourite life quote/mantra: Make sure you spend half an hour outdoors every day, unless you're incredibly busy – in which case, make it an hour (Buddhist saying).



Name: Gareth Armstrong

Age: 39

Location: Northern Ireland

Activity: Marathon running

How did you get into it and when?

I took up running in 2015 as part of my recovery after surviving meningitis in 2014 and then I went on to complete my first marathon in May 2016.

Greatest achievement? Travelling to Japan to complete The Tokyo Marathon in 2019 when I ran my personal best in very cold and difficult weather conditions.

Future goals? The B.A.A. Boston Marathon in April 2023 to complete my marathon journey and become an Abbot World Marathon Majors Six Star Finisher.

Favourite 1000 Mile /

Ultimate Performance kit and why?

The 1000 Mile Mens Fusion double layer Ankle running sock because the padded zones and the double layer construction of the socks make them extremely comfortable for long distance running.

Complete the following: Not many people know this about me but I... am a Blue Peter badge holder as I appeared on the Blue Peter Show back in 2002 as part of the small team teaching presenter Matt Baker how to ride a horse.

Favourite life quote: 'Lend expecting nothing in return and your reward shall be great.'



Name: Brian Buckley

Age: 41

Location: Cork, Ireland.

Your sport: Trail running/ultra running

How did you get into running and when? Football and golf were the sports I enjoyed growing up and well into my twenties. Towards the end of my football days I ran a couple of road marathons and enjoyed the training and race day atmosphere.

A friend coaxed me into trying a local trail race back in 2014 and I was instantly hooked by the adrenaline rush of the descents. Over the years I progressed to longer ultra trail races which are my favourite discipline.

How often do you train? Can vary from week to week, but I try to run 5 or 6 days a week most weeks.

Greatest achievement? Probably finishing in the top 70 at the Ultra Trail du Mont Blanc (UTMB) 170k last year, the most competitive and famous ultra trail race in the world. Winning the Kerry Way Ultra 200k race in 2019 is also up there.

Future sporting goals? Have another crack at the UTMB and try break into the Top 50. And race in either the Western States 100 or Leadville 100, two of America's famous 100 mile races.

Favourite 1000 Mile /

Ultimate Performance kit and why?

Has to be the Original or Fusion double layer sock, great for long distance races or training runs. The double layer helps prevent chafing and stop the dreaded blisters.

Complete the following: Not many people know this but I... once worked as a golf caddy at the famous Old Head Golf Links in Kinsale, County Cork.

Favourite life quote: 'You've only got three choices in life. Give up, give in or give it all you've got.'



Name: Jenn Gaskell

Age: 34

Location: Scottish Highlands

Activity: Ultra running

How did you get into it and when? I always loved running around in the mountains and on local trails and entered my first mountain marathon when I was 18. Since then, things have escalated!

Greatest achievement? Currently 800km into ~1000km run across the Himalayas! The scenery is absolutely incredible! Finishing my favourite race, Tor des Geants, three times has also been really fun - 340km and 31000m ascent per lap!

Future goals? I'd love to plan another huge run across a country I'd never been before!

Favourite 1000 Mile /

Ultimate Performance kit and why?

I love the double layer socks - still blister free! The Kinesiology Tape and Sports Balm are also essentials!

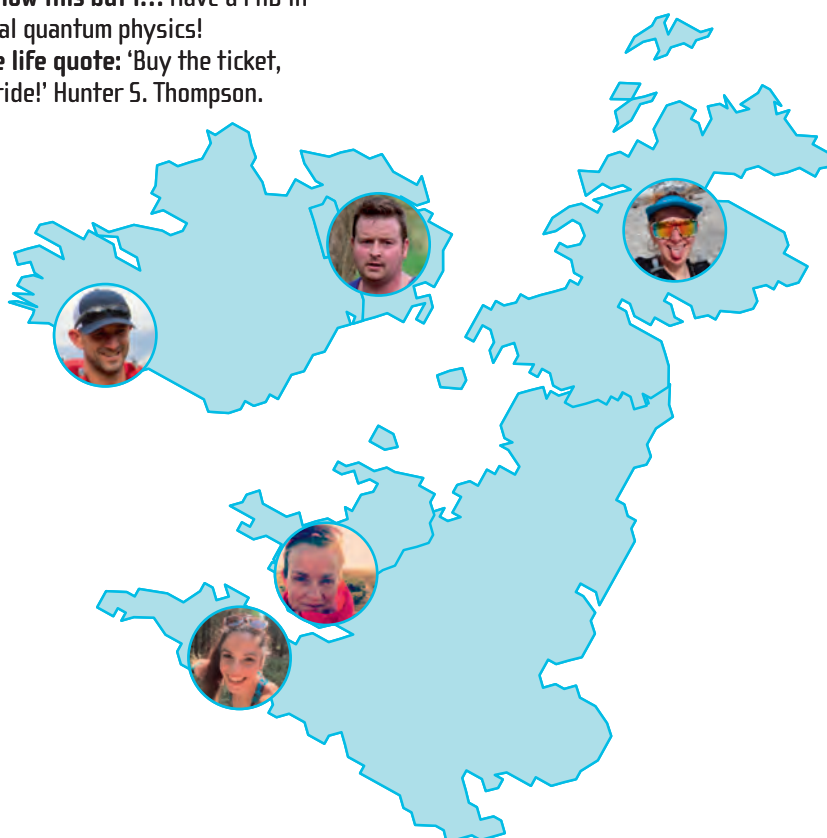
Complete the following: Not many people know this but I... Have a PhD in theoretical quantum physics!

Favourite life quote: 'Buy the ticket, take the ride!' Hunter S. Thompson.

ULTIMATE PERFORMANCE®



**1000
MILE®**
SINCE 1990



Our constant Product Development life:

The 1000 Mile Sportswear/ Ultimate Performance team (product development, packaging, media, design, sales and marketing) have been at the business for an average of over 20 years each.

Well over 100 years of 1000 Mile!

We have grown up with the brands, and developed the brand ethos and product range to reflect our and our customers' interests, needs and often complex requirements. All the time the goal is to enable you to "Perform better, for longer"

The ethos is, and always has been to provide market-leading products, at mid-market prices.

We want you to have the best performance or rehabilitation kit, but not pay the earth for it. And we don't want to damage the Earth making it either:

- In the last two years alone we have removed all plastic from our retail packaging.
- We use only recycled (and recyclable) plastic where it cannot yet be eliminated in the products (and no virgin card or paper either).
- Every key style of our 1000 Mile sock range is also available in a recycled fibre format.

How the products come to life:

To give you an idea of the lengths we go to with each and every product in our extensive ranges from both 1000 Mile socks and Ultimate Performance Accessories and Medical, here is an example of who is involved and where the testing and development takes place.

The 1000 Mile Twin Pack Trail sock: Product requirement briefs often come from our retailers or end-users telling us their stories. Over many years we had been complimented on our technical double-layer trail socks, but asked for a better value-for-money and single layer alternative. Many of you it seems don't always need blister prevention, but always need comfort and protection, that can be renewed economically when rugged trail use wears them out.



Having identified the need, we go to the factory and discuss what latest material trends and machinery options might help us bring something innovative to market.

The really interesting bit:

Having made various samples, we tested versions of the socks in the Yorkshire Dales, Lakes, Scotland, Ireland, Iceland (volcanic ash is a challenge), Finland, Spain... from training runs to an OCR World Championship (yes, the tester won her age group and the World title!)



During the testing the length was changed, the venting and bracing was changed, the knitting detail around the heel was improved and the material spec was changed – twice.






Only once we are sure we have a market-leading product do we add it to our range.



Ultimate Performance

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www.ultimate-performance.co.uk

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