



List of supplementary requirements to support injuries

Plasters/blister shield/Compeed/jelpad.  
Co-hesive bandage x 3  
K Tape x 3  
Tubigrip  
Anti-inflammatory gel /Arnica  
Pain relief (NSAIDS/ Paracetamol)  
Hot and cold packs  
Foam roller  
Massage/fit ball (small)  
Anatomy book  
Theraband 2.5m medium strength  
Wobble board

Please contact Emma Kerr if you have any queries.  
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