

Accurate results depend on accurate equipment.

Excellence in therapy and research depends on equipment that measures up to the absolute, highest standards. At a minimum, it is recommended that annual calibration service be performed on hydraulic hand dynamometers and pinch gauges to maintain and ensure the integrity of the equipment. To maintain the accuracy of your evaluation instruments, North Coast offers comprehensive Calibration Services that follow the procedures described in the *Journal of Hand Therapy**. Each instrument is thoroughly checked, cleaned and lubricated before being certified accurate.

* Elaine Ewing Fess, MS, OTR, FAOTA, CHT,
"A Method for Checking Jamar Dynamometer Calibration",
Journal of Hand Therapy, (October-December 1987): 28-32.

NORTH COAST™ CALIBRATION SERVICE

Routine calibration ensures accurate measurements.

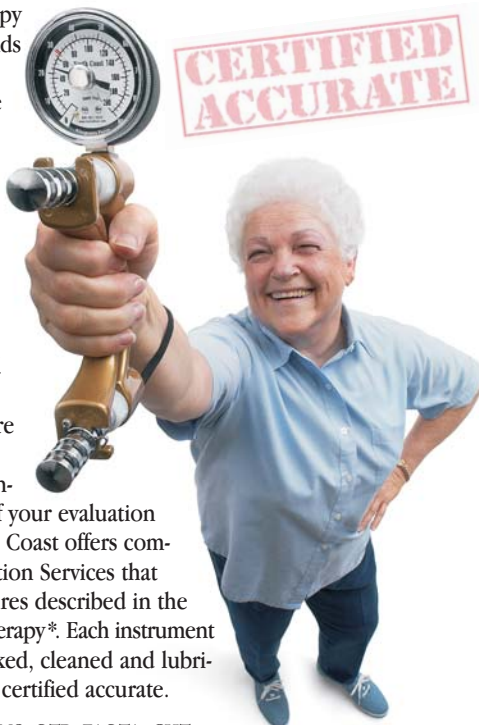


In our state-of-the-art lab, qualified technicians certify that calibration is performed using standards that are based on the National Institute of Standards and Technology's (NIST) definition of traceability. A certificate is provided for each calibration performed that indicates the condition in which the instrument was received, what work was completed and the condition of the instrument when returned.

In addition to a thorough check-up, cleaning, lubrication and peek-hold function check, hydraulic hand dynamometers are put through a 60 data-point verification to calculate the mean of the dynamometer values and the correlation coefficient: the relationship between the amount of weight applied and the measurement indicated by the dynamometer. A Certificate of Calibration that includes graphical analysis is provided with each dynamometer service.

Calibration Services

NCS70141	North Coast™ Hydraulic Pinch Gauge
NCS70142	North Coast™ Hydraulic Hand Dynamometer
NCS70153	Jamar® Pinch Gauge
NCS70150	Jamar® Dynamometer
NCS70159	North Coast™ Pinch Gauge
NCS70160	B&L Pinch Gauge



NORTH COAST™ DIGITAL PINCH GAUGE

Precise digital readout with memory for data reference.

Designed for accurate pinch force evaluations from 0.1 to 90 lbs. (4.5g to 136kg) with an easy-to-read LCD display. Features an electronic zero calibration system for accurate calibration. A toggle button changes measurement reading between pounds and kilograms. Memory can store up to 20 data results. Automatic shut off conserves battery life. Set-up mode displays year, month, date and time of testing data. Each pinch gauge is calibrated and is certified accurate. Includes protective carrying case. Requires two "AAA" batteries (included). One-year warranty.

NC70143



NORTH COAST™ PINCH GAUGE

Accurately record three-point, lateral or tip pinch strength.

Rugged aluminum body with an easy-to-read dial and a nylon safety strap. The black pointer indicates applied force in pounds and kilograms. The red indicator remains at maximum force reading until it is reset. Pinch jaws measure 7/8" (22mm) wide. One-year warranty. Return gauge to North Coast for annual Calibration Service and/or repair (see left).

NC70159 0 to 10 lbs. (0 to 4.5kg)

NC70160 0 to 30 lbs. (0 to 14kg)

NC70161 0 to 60 lbs. (0 to 27kg)



NORTH COAST™ HYDRAULIC PINCH GAUGE

Hydraulic design gives extremely accurate results.

Accurately measure lateral, three-point or tip pinch strength up to 50 lbs. (23kg). The large measurement pad provides a comfortable resting place for the thumb and its concave surface prevents the thumb from slipping during evaluation. Gauge measures pounds and kilograms in one lb. (.45kg) increments. Peak force needle remains at the maximum reading until it is manually reset. A carrying case is provided. One-year warranty. Return to North Coast for annual Calibration Service and/or repair (see left).

NC70141



Did you know:

Hydraulic Dynamometers and Pinch Gauges should be calibrated annually to ensure consistent, accurate readings. The integrity of your evaluation equipment depends on thorough, regularly scheduled maintenance by certified professionals.

IMPROVED! NORTH COAST™ DIGITAL HAND DYNAMOMETER

Perform reliable grip tests using the dynamometer separately or through a computer with the Data Transfer System.

- Kit includes the digital dynamometer, the Data Transfer System (DTS), a protective carrying case, and instruction manuals for installation and use.
- Assess grip strength, grasp endurance and functional capacity. Perfect for the standard three-trail exchange grip test method. Testing can be performed by alternating hands or one hand at a time. Right and left hand test results are displayed separately.
- Use the endurance feature to measure the amount of time one can sustain an isometric grip contraction without signs of muscle fatigue. The tester can set the grip strength amount to be maintained. The DTS must be setup for this feature.
- **Dynamometer** provides precise grip-force readings for accurate measurements for 0 to 300 lbs. (0 to 136kg) with an easy-to-read LCD display. Measures in 0.1 increments. Features an electronic zero calibration system. Each dynamometer is calibrated and certified accurate to .1 lb (4.5gm). A Certificate of Calibration is included. Toggle button changes measurement readings between kilograms and pounds. Stores up to 18 test results (nine tests per hand). Requires two "AAA" batteries (included). Dynamometer has a five minute automatic shut off. Provides 100 hours of continuous use. Set-up mode displays year, month, date and time of the testing on the unit's LCD. One-year warranty. CE marked and FDA approved.
- **Data Transfer System (DTS)** includes USB Cable to connect the computer with the dynamometer and software CD for computer program setup. Minimal requirements for optional computer use are: Microsoft Windows 2000, XP and Intel Pentium III 600 MHz. Unlimited number of grip test results can be stored and displayed on the computer screen. The grip test report displays age, hand preference, gender, and the average score of three tests with the SD and CV for each hand. The endurance test shows the maximum force maintained in real time graph. Voice commands and screen prompts assist with testing. Most reports can be printed and some can be exported to Excel and jpeg. Research reports can be designed using age, gender, right and left hand vs. installed grip norms (Kellor) or self-installed norms.

North Coast™ Digital Hand Dynamometer Kit

NC70145 Dynamometer and Data Transfer System (DTS)

North Coast™ Digital Hand Dynamometer



Use the Data Transfer System (DTS) with a computer to store and display an unlimited amount of grip test results.

NORTH COAST™ HYDRAULIC HAND DYNAMOMETER

Provides accurate, repeatable grip-force readings.

Designed for reliable grip-force evaluations, this hydraulic dynamometer provides accurate readings without the client feeling the handle move. Ideal for routine screening and for evaluating hand trauma and disease. The adjustable handle can be placed in five grip positions, from 1 3/8" to 3 3/8" (3.5 to 8.6cm), in 1/2" (13mm) increments to accommodate any hand size. Peak force needle remains at the maximum reading until it is manually reset. Records in both pounds and kilograms up to 200 lbs. (91kg). A protective carrying case is included. Each dynamometer is calibrated and is certified accurate. One-year warranty. Return to North Coast for annual Calibration Service and/or repair (see page 2).

NC70142 North Coast™ Hydraulic Hand Dynamometer

The North Coast™ Hand Evaluation Kit includes:

- NC70142 North Coast™ Hydraulic Hand Dynamometer
- NC70141 North Coast™ Hydraulic Pinch Gauge: 0 to 50 lbs. (0 to 23kg)
- NC70101 Finger Goniometer

NC70142-HK

The North Coast™ Hand Evaluation Kit Plus includes:

- NC70142 North Coast™ Hydraulic Hand Dynamometer
- NC70161 North Coast™ Pinch Gauge: 0 to 60 lbs. (0 to 27kg)
- NC70101 Finger Goniometer
- NC12772 Touch-Test™ Hand Kit
- NC12776 Touch-Test™ Two-Point Discriminator
- NC12708 Tape Measure
- NC70100 6" (15cm) Goniometer
- NC70158 Finger Circumference Gauge (cm reading)

NC70142-HKP

Hand Evaluation Kit



Hand Evaluation Kit Plus



North Coast™ Hydraulic Hand Dynamometer





Optional accessories sold separately.

NEW! HYDRAULIC PUSH-PULL DYNAMOMETER

Use for muscle testing, task analysis and functional capacity testing.

Objectively measure push-pull and lift force. Weighs 1½ lbs. (.68kg) and has an analog (dial) readout that continuously shows instantaneous force and holds the maximum force reading. Force capacity limit is 100 or 250 lbs. (45 kg or 113 kg).



Individual unit includes three push pads (padded curved, padded straight, and 1cm² circular), one medium pull hook and one oval snap-lock hook. Comes in a cushioned carrying case with muscle test manual. One-year warranty. Handles and lift platform with lifting hardware are sold separately. Lift platform measures 24" x 24" (61 x 61cm). Lifting hardware includes: 5' (152cm) chain, one snap hook and one threaded oval.

Dynamometer Force Capacity Limit

NC70321-2	100 lbs.
NC70321-3	250 lbs.

Optional Accessories

NC70322-1	Single Grip Handle
NC70322-2	Dual Grip Handle
NC70323-1	Functional Lift Platform

LAFAYETTE MANUAL MUSCLE TEST SYSTEM

Ergonomically designed system offers precise readings.

Measures peak force, time to reach peak force and total test time. This microprocessor-controlled test system is designed for high inter-instrument reproducibility. Accurate to ±1%. Easy-to-read graphical LCD and interactive menus allow the user to select options or browse stored data. Three molded plastic stirrups with pads are easy-to-change and employ established protocols with efficiency and confidence. To accommodate small to large muscles, the Lafayette Manual Muscle Test System offers the choice of high or low threshold settings that measure 0 lbs. to 50 lbs. (0 to 23kg) or 0 lbs. to 300 lbs. (0 to 136kg). Allows manual or automatic storage of up to 52 tests.



Selectable, preset test times range from 1 to 10 seconds. An audible tone indicates end of test. Includes a manual on/off switch and manual or automatic reset. Features a built-in calibration routine and automatic verification of calibration. Reads force measurement in pounds or kilograms.

Measures 3" x 4" x 1½" (7.6 x 10 x 3.8cm). Weighs 11 oz. (312g). Powered by a lithium battery (included). Low-battery detection indicated by tone and icon. Features an automatic battery-saving sleep mode. Complete instructions included.

NC12768

STABILIZER™

For easy, precise monitoring of exercise at home or in the clinic.

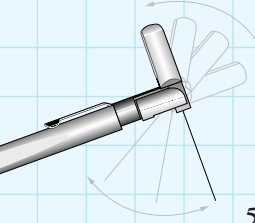
The Stabilizer™ Pressure Biofeedback device monitors the position of the lower back or cervical spine during muscle testing. Squeeze the bulb to inflate, and loosen the screw valve to deflate. The Stabilizer™ provides sensitive feedback on positional changes of the lower back as the patient exercises. Indicates whether the patient is able to selectively isolate and maintain contractions of the cervical or lumbopelvic core stabilization muscles. Measures range from 0 to 200 mmHG analog pressure with an accuracy of +/- 3mmHg pressure.

NC12769



TOUCH-TEST™ SENSORY EVALUATORS (SEMME-WEINSTEIN MONOFILAMENTS)

These portable sensory evaluators are calibrated to within a 5% standard deviation of each target force.



Use these evaluators to test sensory levels and obtain objective data for accurate reporting on the status of diminishing or returning sensibility. Touch-Test™ Sensory Evaluators are individually calibrated within a 5% standard deviation of a pre-determined level of force. The filament bends when peak force threshold is reached. The unique handle easily opens to a 90° angle for testing. When closed, the Sensory Evaluator can be carried safely in a pocket or carrying case, protecting the filament. Finger indentations on the handle provide a firm, comfortable hold. The Sensory Evaluator handles are conveniently marked with the corresponding color-coded pressure level.

Evaluation results can be recorded on the Hand or Foot Screening Forms (NC12750-1 or NC12749). Thresholds include normal sensation, diminished light touch, diminished protective sensation, loss of protective sensation and deep pressure sensation only. Available in a 5 Piece Hand Kit, a 6 Piece Foot Kit and a 20 Piece Full Kit. The 5.07 Sensory Evaluator, which indicates loss of protective sensation, is available separately. The Hand and Foot Kits also are available as Complete Kits that include screening forms and colored pencils. Each kit is packaged in a protective case. Instructions are included. U.S. Patent 5,823,969.

Individual 5.07 Touch-Test™ Sensory Evaluator NC12775-14

5 Piece Hand Kit

- 2.83, 3.61, 4.31, 4.56 and 6.65
- Protective case

NC12772

Complete Hand Kit

- 2.83, 3.61, 4.31, 4.56 and 6.65
- Hand Screening Forms
- Colored Pencil Set
- Protective case

NC12771

6 Piece Foot Kit

- 2.83, 3.61, 4.31, 4.56, 5.07 and 6.65
- Protective case

NC12773

Complete Foot Kit

- 2.83, 3.61, 4.31, 4.56, 5.07 and 6.65
- Foot Screening Forms
- Colored Pencil Set
- Protective case

NC12774

20 Piece Full Kit

- All 20 sizes
- Protective case

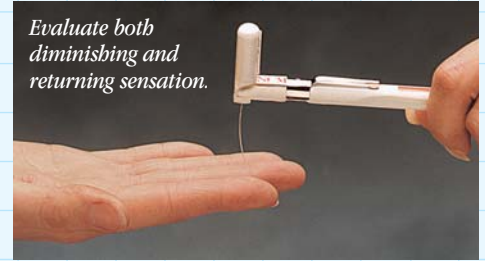
NC12775-99

Colored Pencil Set

- One pencil each of green, blue, purple, red and black.

NC12756

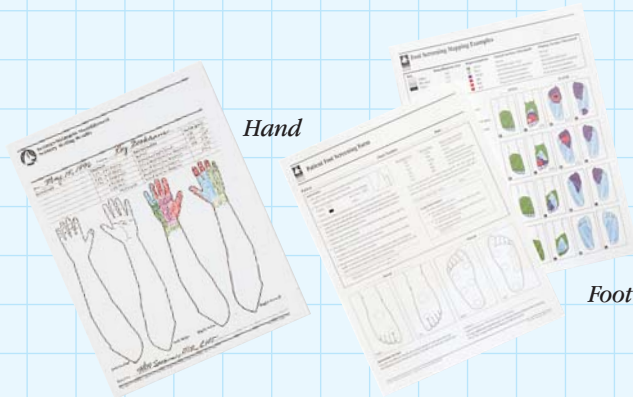
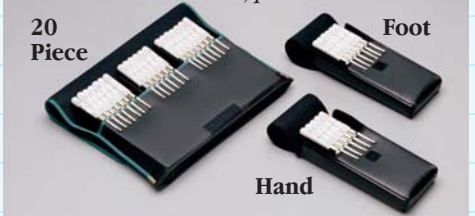
Evaluate both diminishing and returning sensation.



Predict levels of sensory function and changes in neuro status.



Kits come in convenient, protective cases.



HAND AND FOOT SCREENING FORMS

Accurately record the results of Touch-Test™ sensory evaluations.

Record physical findings by coloring the areas of different sensory levels on the illustrations found on the Hand and Foot Screening Forms. This provides a clear graphic chart of the client's sensibility. Use routinely to document changes over time. Each pad has 100 sheets. Foot Screening Form includes one color mapping sample sheet.

NC12750-1 Hand Screening Forms

NC12749 Foot Screening Forms



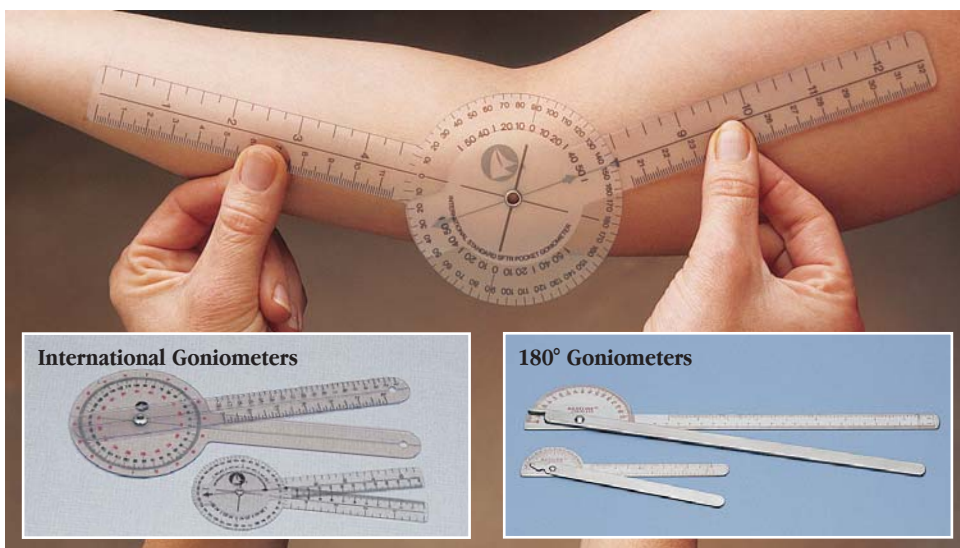
Rotate for a full range of testing intervals.

TOUCH-TEST™ TWO-POINT DISCRIMINATOR

Complete, two-point discrimination testing in one economical unit.

This innovative design consists of two rotating, plastic disks that are joined together. Tests static and moving two-point discrimination of fingers, toes, or sensory flaps. Ideal for testing following nerve repair, grafts and innervated tissue transfer for desensitization, or to determine level of impairment. Rounded tips are spaced at standard testing intervals from 1mm to 15mm apart. A 20mm and 25mm spacing also are given. One disk setting tests from 1mm to 8mm, and the other setting tests from 9mm to 15mm. To change settings, just rotate the top disk until it clicks in place. Easy to read and use. Ideal for the home care therapist and for patient home use. Instructions are included. Patent pending.

NC12776



INTERNATIONAL GONIOMETERS

Accurately measure large joints.

Transparent biplane design allows for a full view of the extremity during measurement. The 180° model provides linear measurements up to 7 $\frac{7}{8}$ " (20cm) and is marked in 5° increments. The 360° model provides linear measurements up to 12 $\frac{1}{4}$ " (31cm) and is marked in 1° increments. Linear measurements in inches and centimeters.

NC70119 180° Goniometer
NC70102 360° Goniometer

180° GONIOMETERS

Durable, easy-to-read goniometers.

Made of long-lasting stainless steel. The 7" (18cm) model has one 180° scale marked in 5° increments. The 14" (36cm) model has two 180° scales marked in 1° increments that read in either direction. Linear measurements in inches and centimeters.

NC70108 7" Goniometer
NC70109 14" Goniometer



HAND AND FOOT VOLUMETER SETS

Accurately measure and quantify edema.

Submerge the hand or foot in the volumeter, and the excess water is caught by the overflow receiver. Measure the displaced water in the graduated cylinder to monitor edema. The **Hand Volumeter** measures 3" x 5" x 11" (7.6 x 13 x 28cm), and the **Foot Volumeter** measures 13" x 5" x 9" (33 x 13 x 23cm). Each set includes volumeter, overflow receiver and 500 ml (17 fl. oz.) graduated cylinder. To clean, use the 22" (56cm) Contoured Sponge (page 167), sold separately.

NC70310 Hand Volumeter Set
NC70320 Foot Volumeter Set
NC28645 Contoured Sponge



BASILINE™ INCLINOMETER

Read angles not easily measured by conventional goniometers.

Use this bubble inclinometer to measure the spine, neck and extremities. Place the inclinometer on the joint, turn the dial until scale is set to 0, and take the joint through its range. Dial readout displays range traveled. Inclinometer standards codified in *AMA Guide to the Evaluation of Permanent Impairment*, third edition.

NC70155



WARTENBURG PINWHEEL

Evaluate sensory and pain responses.

Elicit cutaneous sensory and pain perception responses with the Wartenburg Pinwheel. Measures 8" (20cm) long.

NC70156

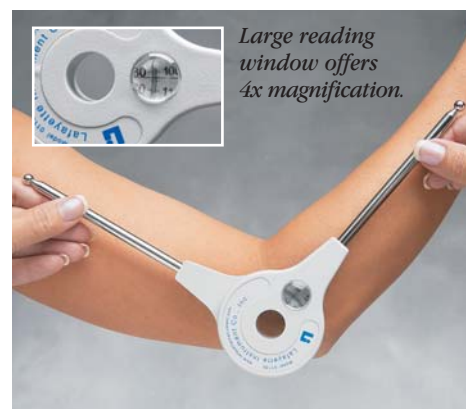


TAYLOR PERCUSSION HAMMER

Use for reflex testing.

The Taylor Percussion Hammer can be used to elicit reflex responses during examinations. Measures 7" (18cm) long. Solid rubber head.

NC70152



LAFAYETTE GOLLEHON EXTENDABLE GONIOMETER

Extra-long arms determine exact alignment.

Lightweight, durable ABS plastic construction. Chromium-plated brass arms extend up to 18" (46cm) to measure large joints and retract to 4 $\frac{1}{2}$ " (11cm) to measure smaller joints. Added arm length makes it possible to determine exact alignment. Arms rotate 360° in both directions. Reading window offers 4x magnification. Dual-scale index dial allows readings of 0° to 180° or 180° to 0° in 1° increments. Features a resistance swivel.

NC70110



STOPWATCH

Use this stopwatch to obtain extremely accurate results.

Accurate to $\frac{1}{100}$ of a second up to 10 hours. Split timer records two results at finish. Lightweight stopwatch fits comfortably in the hand and features a water-resistant case with lanyard. Single readout features $\frac{3}{8}$ " (9.5mm) tall LCD numerals. Includes time, day, date and alarm functions. Instructions included.

NC70179



ELECTRONIC TIMER

Large buttons and LCD display for easy use.

Continuous running clock with LCD readout displays time in hours, minutes and seconds and AM/PM mode. Memory recalls previous setting. Counts up or down to 100 hours. Also can be used as a stopwatch. Timer measures $2\frac{3}{8}$ " (6.0cm) square. Includes clip, magnet, stand, hole for mounting and one "AAA" battery.

NC70163

JUMBO DUAL DISPLAY TIMER-CLOCK

At a glance, simultaneously read two countdown times.

Large LCD numerals measure 1" (2.5cm) high. Set clock for 12 or 24 hour intervals. Counts up or down to 24 hours in one-second intervals. Memory recalls previous setting. Easy-to-read display measures $3\frac{7}{8}$ " (9.8cm) square. Includes bracket for wall mounting, desk mount for tabletop use and one "AAA" battery. Desk mount measures $2\frac{1}{4}$ " x $3\frac{7}{8}$ " (5.7 x 9.8cm).

NC70164

TRIPLE TIMER

Time three activities at once.

Continuous running clock with easy-to-read LCD readout displays hours, minutes, seconds and AM/PM mode. Three timing channels count up or down to 100 hours. Three distinctive alarms beep for one minute and count up to show elapsed time. Memory recalls previous setting. Also can be used as a stopwatch. The Triple Timer measures $2\frac{7}{8}$ " x $2\frac{1}{2}$ " (7.3 x 6.4cm). Includes clip, magnet, stand, hole for hanging on a cord and two "AAA" batteries.

NC70181



ECONOMY STOPWATCH

Full-featured stopwatch offers excellent value.

Accurate to $\frac{1}{100}$ of a second up to 30 minutes. After 30 minutes, times up to 24 hours in one-second increments. Split timer records two results at finish. Choose from 12 or 24 hour modes. Lightweight and easy to use. Fits comfortably in the hand. Display is easy to read. Includes time, day and date functions. Alarm and hourly chime features. Includes instructions and lanyard.

NC21026



GULICK TAPE

Unique spring gauge provides consistent measurements.

The Gulick Tape has a spring gauge attachment that creates uniform tension, ensuring accurate circumferential measurements. Identical results are obtained even by different therapists using different techniques. Tape is 6' long (1.8m). Measures in inches and centimeters.

NC70170



TAPE MEASURE

Affordable cloth tape measures in inches and centimeters.

Extra-heavy, glazed cloth tape retracts into an impact-resistant styrene case. Measures up to 60" (1.5m) in inches and centimeters.

NC12708



NEW! OMRON® SPHYGMOMANOMETER LONG-LIFE COTTON CUFF

Durable, no-stop pin, 300 mmHg gauge.

Features a long-life, calibrated cotton cuff with artery label and manometer tab. Latex inflation system with standard air-release valve. Includes zippered carrying case. Lifetime calibration warranty ± 3 mmHg.

Child Arm Circumference

NC88722-3 7" to 10½" (18 to 27 cm)

Adult Arm Circumference

NC88722-1 Reg. 10¾" to 15¾" (27 to 40 cm)

NC88722-2 Large 13¼" to 19½" (34 to 50 cm)



OMRON® SPRAGUE RAPPAPORT-TYPE STETHOSCOPE

Economical diagnostic tool offers quality acoustical performance and capabilities.

Multi-purpose, 5-in-1 Quintscope™ stethoscope. Features a chrome-plated chestpiece with approximately 22" (56 cm) double tubing. Includes three open bells, and two replacement diaphragms of different sizes. Two pairs of eartips also are included. Comes in a vinyl storage case. Dark blue. Latex free.

NC88720-1



OMRON® DUAL-HEAD STETHOSCOPE

Lightweight, durable and affordable.

One-piece molded PVC tubing offers good sound transmission. Binaurals are adjustable for a comfortable fit. This stethoscope comes with an extra diaphragm and pair of eartips. Non-chill rings enhance patient comfort. Blue. Latex free.

NC88721-1



IMPROVED! OMRON® AUTOMATIC BLOOD PRESSURE MONITOR WITH CUFF

Track the progress of two users with date and time stamp.

Advanced diagnostics detect irregular heartbeat and morning hypertension. Preformed ComFit™ Cuff with Sigma technology fits arms from 9" to 17" (23 to 43 cm). IntelliSense™ technology provides accurate, comfortable readings. Monitor accommodates two users with a total of 200-memory storage with date/time stamp. Operates in two modes: Single read mode with Advanced Averaging, and TruRead™ mode, which takes three consecutive measurements with AHA recommended one-minute intervals and automatically displays the average. AC adapter and four "AA" batteries included. Cuff has a one-year warranty and the monitor has a five-year warranty.

NC88709



OMRON® BLOOD PRESSURE MONITOR WITH CUFF

ComFit™ Cuff ensures a quick, proper fit.

Just wrap the pre-formed cuff around your arm and press start. IntelliSense® technology helps to ensure accurate and comfortable readings. Features two-person, 21-memory recall and built-in cuff storage compartment. Cuff fits arm circumference of 9" to 17" (23 to 43 cm). AC adapter and four "AA" batteries included. Five-year warranty.

NC88710



OMRON® PORTABLE WRIST BLOOD PRESSURE MONITOR

Compact unit is great for travel.

Portable monitor accurately measures blood pressure and pulse from the wrist. Large, easy-to-read LCD digital display and 14 memory storage. Inflation and deflation are completely automatic. Fits wrist circumference of 5½" to 8½" (14 to 22 cm). Carrying case and two "AAA" batteries included. Five-year warranty.

NC88713



DIGIT® FINGER PULSE OXIMETER

Monitor and sensor are combined into one lightweight, portable unit.

This pocket-sized, non-invasive device provides fast and reliable oximetry, making the Digit® ideal for hospital or clinical environments. Measures SpO₂, pulse rate and pulse strength for patients ranging from pediatric to adult. Features easy-to-use, one-button keypad and large LED display that can be read in a variety of light or dark environments. Pulse-strength bar indicates signal strength at the measurement site. When not in use for more than eight seconds, the power shuts down automatically to conserve battery life. Low-battery indicator flashes when remaining battery time drops under 30 minutes. Durable design features four springs housed within a high-impact polycarbonate shell. Limited two-year warranty.

NC10008

Specifications Digit® Finger Pulse Oximeter

Displays, Indicators and Keys	LED numeric: SpO ₂ , pulse rate LED bar graph: pulse strength Keys: ON
SpO₂	Range: 0-99% (1% increments) Accuracy: ±2% at 70-99% Averaging: 8 beats
Pulse Rate	Range: 30-254 bpm Accuracy: ±2% or 2 bpm Averaging: 8 seconds
Output	Not applicable
Power Requirements	2 "AAA" batteries
Battery Life	16 hours continuous use
Dimensions	2 1/4" x 1 1/16" x 1 1/2" (4.3 x 5.7 x 3.8 cm)
Weight	3 oz. (85g) with batteries

Wireless monitors feature extra-large digits and one-button functionality for ease of use.



FS1™



FS3™

POLAR® HEART RATE MONITORS

Two models to meet exercisers' needs.

Polar® FS1™ provides basic heart rate monitoring for users who want to see how their bodies react during exercise to best manage their healthcare. Limited two-year warranty.

Exercise features:

- Wireless EKG accurate heart rate
- Visual/audible alarm in target zones
- Manual target zones (bpm)

Recording features:

- Total exercise time
- Average heart rate of total exercises

Watch features:

- Easy start
- Water resistant to 50m (164')
- Extra large digits
- Time of day
- Stopwatch
- Low battery indicator

NC10007-1 Polar® FS1™

Polar® FS3™ has additional features for a complete workout, including automatic age-based heart rate zones. Limited two-year warranty.

Exercise features:

- Wireless EKG accurate heart rate
- Automatic heart rate zones (bpm)
- Visual/audible alarm in target zones
- Manual target zones (bpm)

Recording features:

- Total exercise time
- Average heart rate of total exercises
- Cumulative exercises

Watch features:

- Easy start
- Date and weekly indicator
- Water resistant to 50m (164')
- Extra large digits
- Backlight
- HeartTouch™ button-free operation
- Time of day
- Stopwatch

NC10007-2 Polar® FS3™

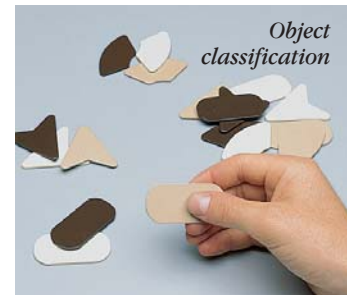
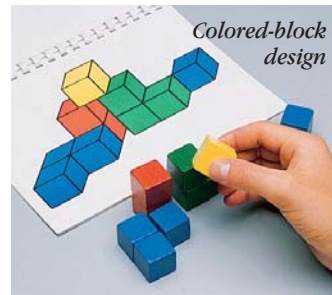
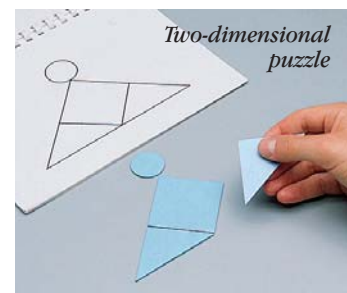
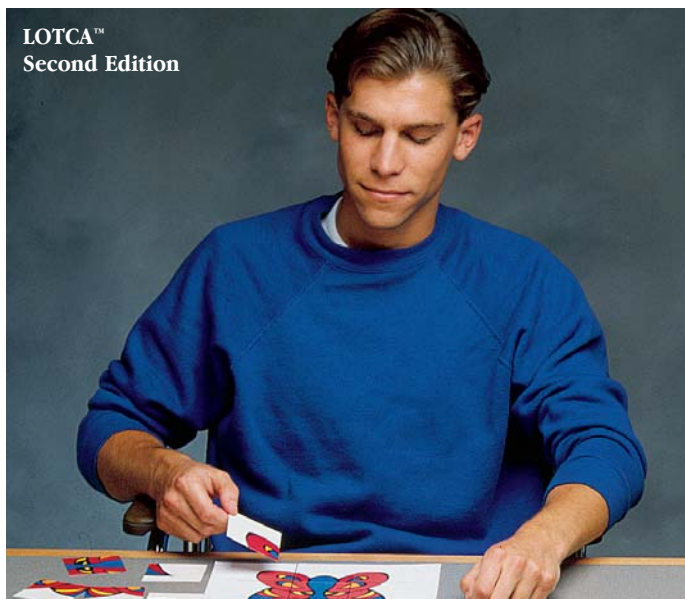


NEW! OMRON® AEROBIC HIP PEDOMETER

Clip-on pedometer has a large, easy-to-read display with handy clock feature.

Measures steps, moderate steps/minutes, calories burned and distance traveled. Displays the steps and minutes walked at a moderate pace according to NIH/CDC guidelines. Records a seven day history for review. Resets at midnight so that it's ready to go each morning. Measures 2" x 1" (5.1 x 2.5 cm). Includes lithium battery.

NC88708

**LOTCA™ – LOEWENSTEIN OCCUPATIONAL THERAPY COGNITIVE ASSESSMENT™, SECOND EDITION**

Updated edition includes a separate subtest to assess mathematical logic.

Use this compact, easily portable battery of tests for primary assessment and ongoing evaluation in the treatment of brain-injured clients. LOTCA™ consists of (21) subtests divided into four areas: orientation, visual and spatial perception, visual-motor organization, and thinking operations. Includes standardized developmental data on the performance of normal children ages 6 to 12, and adults ages 20 to 70. Studies show that LOTCA™ may be useful in pointing out possible underlying organic dysfunction. Includes card decks, colored blocks, pegs and pegboard set, scissors, one blank scoring sheet and a 56-page manual, all packed in a plastic carrying case with handle.

Case measures 13½" x 10" x 3¼" (34 x 25 x 8.3 cm). The updated, larger format, spiral bound manual includes further reliability and validity studies. Testing time is approximately 30 minutes. Minor modifications in the test administration and scoring have been made.

LOTCA-G™, the geriatric version, contains enlarged components for testing CVA clients over the age of 70, and elderly persons ages 70 to 91. Testing time for LOTCA-G™ is approximately 15 minutes.

NC34565 LOTCA™, Second Edition

NC34568 LOTCA-G™ Geriatric Version



FUNCTIONAL DEXTERITY TEST

*Quick and simple-to-administer dexterity test as described in Journal of Hand Therapy.**

Small, portable and easy to administer, this test involves turning pegs over as quickly as possible using the non-injured hand, followed by a timed test of each hand. "Time Only" score quantifies the speed and the "Time plus Penalty" score quantifies the quality of the performance. Includes a Functional Level Score Sheet based on hand dominance and normal speed performing activities using a three-jaw chuck prehension pattern. Hardwood pegboard measures 8" (21cm) square with a locking cover. The 16 wooden pegs measure 7/8" x 1 5/8" (22mm x 4.1cm).

NC32152



NEW! COGNITIVE PERFORMANCE TEST (CPT)

Standardized test determines baseline function and serial changes in adult clients with cognitive disorders.

Based on the Allen Cognitive Disability Theory. Use this performance-based test for individuals with Alzheimer's Disease and other cognitive disorders. Helps to predict and explain functional capabilities in various contexts, as well as determine the compensatory and safety needs of the client. Consists of seven sub-tasks that measure one's understanding of common ADL activities: sorting daily medications, shopping for clothing, washing hands, preparing food, using the telephone, traveling from one location to another, and dressing. Components for the first 4 sub-tasks, except the toaster, are included. The last 3 tasks are location/client specific. Empirical studies, longitudinal data and instructions included.

NC34573

STEREOGNOSIS KIT

All the items needed for evaluation are contained in one convenient kit.

This handy kit contains 17 common items and matching cards for the evaluation of stereognosis. The 3" x 5" (7.6 x 13cm) cards are laminated for long-term use. Each card has a drawing and the name of the item in Spanish and English. The name is on the back of each card. Use this kit with the **Sensory Testing Shield** (NC70147, below) to retest clients and monitor improvement during treatment. Packaged in a sturdy plastic box.

NC70146



NEW! BAG™ ACTIVITY KIT

A variety of physically and mentally stimulating activities designed to help those with memory loss.

Be Active With Games (BAG™) was designed specifically for those with Alzheimer's disease or other memory impairments. This kit includes 14 individually packed, ready-to-use activities to motivate individuals or groups while promoting social and emotional benefits. Each activity comes with a sturdy 8½" x 5½" (22 x 14cm) instruction card in an individual bag, along with key supplies. Activities include sorting, coupon clipping, bingo, story-telling, music and art projects, exercises and table games. An instruction manual is included to provide general procedures and ideas for a range of patient ability levels.

NC34569



SENSORY TESTING SHIELD

Occlude vision during sensory testing.

This quality-made wooden shield is a practical and comfortable way to administer sensory testing and stereognosis. Neoprene sleeves are shaped to effectively block the client from seeing testing items. The legs are removable for convenient storage. Shield can be used with the **Stereognosis Kit** (NC70146, above).

NC70147



FINGER EXTENSION REMEDIAL GAME

A great way to improve finger extension.

Use to evaluate active finger extension, provide finger exercise, and coordinate hand flexors and extensors. One side is a checker game, the other side is a solitaire jumping game. Both playing surfaces have loop material and nonskid feet. Hook material on the bottom of the 32 square game pieces provides resistance. Color may vary.

NC29114



9-HOLE PEGBOARD

Improve finger dexterity and coordination.

This pegboard may be used to conduct finger-dexterity and fine-motor coordination exercises. The wooden board measures 4⅞" (12cm) square. Slide the panel on the side of the board to reveal two compartment slots for storing pegs. Easy-to-grip wooden pegs have a ¼" (6.4mm) diameter and are 1½" (3.8cm) long. Quality construction with a smooth finish.

NC34547



VHI REHABILITATION EXERCISE KITS

Quickly and easily create home exercise programs for rehabilitation or fitness.

Choose the exercise card(s) from the appropriate category. Place card(s) in the clear plastic holder. Photocopy and provide client with a clear, individualized program. Each kit includes two clear plastic holders for creating custom exercise programs, instruction cards, comprehensive index, 10 blank cards and a flip-top box.

- NC74570-25 Amputee Lower Extremity Rehabilitation (122)
- NC74570-24 Assisted Exercise (238)
(For caregivers and family members)
- NC74570-10 Closed Chain (74)
- NC74570-27 Foam Roller (160)
(Core stabilization, balance, mobilization and movement awareness)
- NC74570-18 Geriatric Exercise Resource Library (457)
(Parkinson's, total hip, total knee and transfers)
- NC74570-13 Occupational Therapy (234)
(Upper extremity rehabilitation)
- NC74570-17 Orthopedic Exercise and Rehab Prescription Kit (574)
- NC74570-21 Pediatric Functional (265)
(Developmental ages 3 to 18 years)
- NC74570-23 Tubing (164)

NEW! VHI PC-KITS

Create, customize and print professional looking exercise handouts for clients with this simple drag-and-drop program.

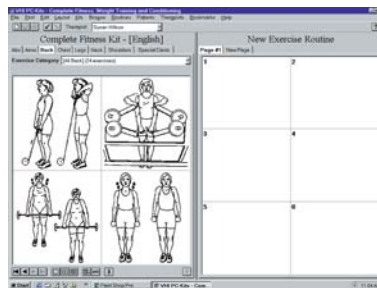
Use **VHI PC-Kits** to create professional-looking exercise handouts for clients. Choose from thousands of exercises to customize an exercise routine in minutes. **Exercise software kits** are purchased separately from the PC-Kits software. At least one exercise kit must be purchased in order to use this software. Select the types of exercise kits that suit your needs. PC-Kits Desktop Edition software has a single-user license. The PC-Kits Network Edition has the same functionality as the Desktop Edition, but allows multiple computers to access the same data.

VHI PC-Kits

- NC74571 Desktop Edition
- NC74572 Network Edition

Exercise software kits

- NC74571-13 OT and Rehab
- NC74571-14 Acts of Daily Living
- NC74571-15 Strength Training
- NC74571-16 Stretching
- NC74571-18 Geriatric Exercise/Rehab
- NC74571-21 Spinal Stabilization
- NC74571-24 Plyometrics
- NC74571-26 Balance and Vestibular
- NC74571-31 Foam Roller
- NC74571-32 Orthopedic Exercise/Rehab
- NC74571-33 Balance Training



STACKING CONES

Great for coordination and perceptual training activities.

Impact-resistant Stacking Cones are ideal for upper extremity activities, reaching and grasping, eye-hand coordination, color identification and perceptual training. Large, plastic cones have a slightly textured surface for improved grip, and can be handled easily by adults. Cones measure 6 $\frac{5}{8}$ " (17cm) high. Diameter tapers from 2 $\frac{3}{4}$ " to 1 $\frac{1}{2}$ " (7.0 to 3.8cm). Each package includes 30 cones in red, blue, green, orange and yellow.

NC29119 (30)



MINNESOTA MANUAL DEXTERITY TEST

Measure rapid eye-hand-finger movement with this standardized test.

Features two different tests that can be administered to measure fine motor dexterity. Two-sided, colored discs are turned, moved and placed in prescribed positions for each test. Folding board and 40 test pieces are constructed of durable plastic. Board folds for storage and portability. A plastic carrying case, evaluation instructions and normative data are included.

NC70030

2ND EDITION! POSITIONING IN A WHEELCHAIR

This book describes the steps a caregiver should consider when positioning a disabled adult in a wheelchair. It enables the therapist to identify problems, determine causes for discomfort, and devise the appropriate interventions using the available tools and techniques. Softcover, 160 pages. Written by Jan K. Mayall, DipPT/OT and Guylaine Desharnais, BSc, OTR. Copyright 1995.

NC75019



ONE-HANDED IN A TWO-HANDED WORLD

Learn how to manage life single-handedly, short-term or long-term, in a world designed for people who have the use of two hands. Filled with tips on overcoming everyday obstacles including personal care, dressing, eating, household chores and repairs, office tasks, sports and more. Softcover, 251 pages. Written by Tommye-K. Mayer. Second edition. Copyright 2000, revised 2001.

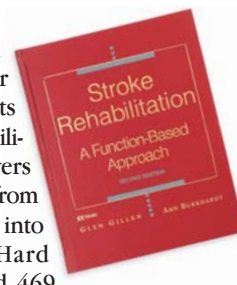
NC75023



2ND EDITION! STROKE REHABILITATION: A FUNCTION-BASED APPROACH

This comprehensive reference is written primarily by and for occupational therapists and other neuro-rehabilitation specialists. Covers all aspects of therapy, from acute care to re-entry into community living. Hard cover, 689 pages and 469 illustrations. Written by Glen Gillen, MPA, OTR/L, BCN and Ann Burkardt, MA, OTR/L, BCN, FAOTA with 31 contributing authors. Copyright 2004.

NC75021

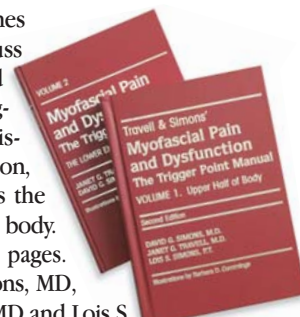


TRAVELL & SIMONS' MYOFASCIAL PAIN AND DYSFUNCTION

These two volumes thoroughly discuss trigger points and their electrodiagnostic characteristics. Second Edition, **Volume 1** covers the upper half of the body. Hard cover, 1038 pages. By David G. Simons, MD, Janet G. Travell, MD and Lois S. Simons, PT. **Volume 2** covers the lower extremities. Hard cover, 626 pages. By Janet G. Travell, MD and David G. Simons, MD. Both volumes are illustrated by Barbara D. Cummings. Copyright 1999.

NC70125 Volume 1

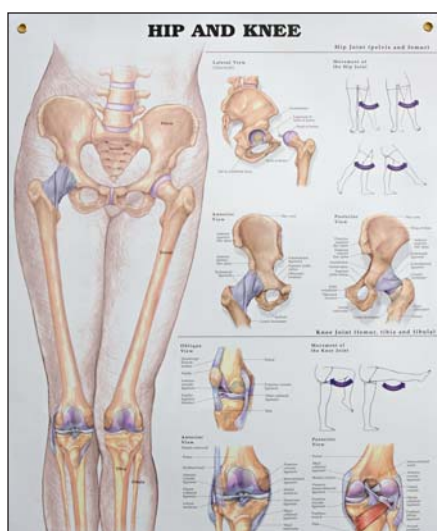
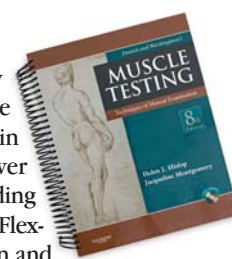
NC70126 Volume 2



8TH EDITION! MUSCLE TESTING TECHNIQUES OF MUSCLE EXAMINATION

This eighth edition includes a DVD that shows how to correctly perform manual muscle tests and procedures in the clinic. Includes over 100 muscle tests including Capital Extension and Flexion, Scapular Abduction and Upward Rotation, Knee Flexion, Flexion Control and Extension Control. Covers grading and examples of criteria for normal and below-normal tests. Hard cover, 473 pages with companion DVD. Edited by Helen J. Hislop, PhD, PT and Jacqueline Montgomery, MA, PT. Copyright 2007.

NC75590



ANATOMICAL WALL CHARTS

These charts accurately display anatomical design in excellent detail. Large illustrations are captioned with current terminology for easy reference. Charts have two metal eyelets for hanging. Each vinyl-laminated chart measures 20" x 26" (51 x 66cm) and is 1.5 mil. thick.

Anatomical Wall Charts

- NC70133E Spinal Nerves
- NC70182E Spine Disorders
- NC70190E Hand and Wrist
- NC70191E Shoulder and Elbow
- NC70192E Hip and Knee
- NC70193E Foot and Ankle
- NC70194E Nervous System
- NC70169E Parkinson's
- NC70171E Heart Anatomy
- NC70172E Depression
- NC70173E Alzheimer's
- NC70174E Stroke
- NC70183E Skeletal System
- NC70186E Head and Neck
- NC70187E Knee Injuries
- NC70188E Arthritis/Joint
- NC70189E Muscular System
- NC70199E Vertebral Column
- NC70290E Carpal Tunnel Syndrome
- NC70291E Dermatomes
- NC70292E Whiplash, Head/Neck Injuries
- NC70293E Ligaments of the Joints
- NC70294E Pharynx and Larynx
- NC70295E Vascular System and Viscera
- NC70296E Lymphatic System

TRIGGER POINTS: UNDERSTANDING MYOFASCIAL PAIN AND DISCOMFORT

This concise, clearly written flip-book educates clients about their pain and how to relieve it. Depicts muscle action and pain trigger points in detail. Easy-to-follow format with a convenient stand-up feature. Flip-book measures 11" x 14" (28 x 36cm).

NC70132





TOWEL RACK

Six hooks conveniently store damp towels or packs.

This wall-mounted rack measures 2" x 33" (5.1 x 84cm) and has six hooks that extend out 13" (33cm) from the wall. Cotton towels (below) and Moist Heat Pack Terry Covers (page 57) sold separately.

NC70360

DISPOSABLE HEADREST SHEETS

Available with or without facial slit.

These headrest sheets feature a machine-glazed smooth finish and are available with or without a facial slit. Sheets measure 12" x 12" (30 x 30cm) and are sold in a box of 1000.

NC20410-1 Without facial slit (1000)
NC20410-2 With facial slit (1000)



DISPOSABLE TABLE PAPER

Available in smooth or crepe.

Durable paper protects tables from moisture, soil or other damage and helps prevent soak-through. Offers gentle comfort for the patient. Available with a machine-glazed **smooth** finish, or with a **crepe** texture that is quieter, softer and more absorbent. Rolls are available in 18" or 21" (46 or 53cm) widths. Smooth roll measures 225' (69m) long, crepe roll measures 125' (38m) long. Sold in cases of 12.

Pre-cut Crepe Sheets offer table protection in a convenient size. Sheets measure 18" x 24" (46 x 61cm) and are sold in a box of 1000.

Smooth: (12) 225' (69m) rolls

NC92566 18" (46cm)

NC92565 21" (53cm)

Crepe: (12) 125' (38m) rolls

NC92567 18" (46cm)

NC92568 21" (53cm)

Pre-cut Crepe Sheets: (1000)

NC92569-2 18" x 24" (46 x 61cm)



DISPOSABLE TISSUE TOWELS

Versatile towels offer exceptional strength and absorbency.

Use these waffle-embossed towels to wash, wipe or drape. Available in 2-ply or 3-ply options. Towels measure 13" x 18" (33 x 46cm) and are sold in a box of 500. White.

NC20422 2-ply Economy (500)

NC20423 3-ply Professional (500)



REUSABLE COTTON TOWELS

Durable, absorbent towels are essential to any clinic.

These top-quality towels are made of 100% cotton. Available in three sizes. Sold by the dozen. White.

NC20180 16" x 27" (41 x 69cm) (12)

NC20181 20" x 40" (51 x 102cm) (12)

NC20182 22" x 44" (56 x 112cm) (12)



DISPOSABLE PILLOW CASES

Comfortable and durable.

Full-size, non-woven pillow cases are soft, strong, and durable. Tissue/poly construction forms a moisture barrier for enhanced patient comfort. Pillow cases measure 21" x 30" (53 x 76cm). Sold in a box of 100. White.

NC82033 White (100)

*Convenient, reusable Norco™ CPM Patient Kits
are designed to custom fit your CPM unit.*



Norco™ CPM Patient Kit #1
shown on OptiFlex® CPM machine.

NORCO™ CPM PATIENT KITS

Convenient and comfortable.

These removable pads are made of high quality, synthetic sheepskin and a durable fleece backing that offers exceptional comfort and support. Pads attach easily with hook and loop straps. Machine wash and air dry. Kits fit the CPM machines listed below.



Kit #1

NORCO™ CPM PATIENT KIT #1

Fits OptiFlex® CPM machine.

NC92063



Kit #2

NORCO™ CPM PATIENT KIT #2

Fits Danninger 400™ and Artromot K3 Series CPM machines.

NC92064



Kit #3

NORCO™ CPM PATIENT KIT #3

Fits Danninger 500™ and Artromot K4 Series CPM machines.

NC92065



ALL-TISSUE DRAPE SHEETS

Full-length sheets provide modesty and lightweight comfort for patients.

These disposable, 2-ply, all-tissue drapes offer convenience and patient comfort. Sheets measure 40" x 60" (102 x 152cm) and are sold in a box of 100. White.

NC20429 White (100)



ORTHOPEDIC SHORTS

Disposable shorts are convenient for one-time use during treatment sessions.

These disposable, heavyweight shorts are generously cut and feature an elastic waistband and finished hem on leg openings for a comfortable fit. To size, measure waist circumference. Sold in four bags of 25 (100 total).

4 Bags of 25 (100)		Fits Waists
NC20426-2	M	28" to 34" (71 to 86cm)
NC20426-3	L	32" to 40" (81 to 102cm)
NC20426-4	XL	38" to 48" (97 to 122cm)



PATIENT EXAM GOWNS

All-tissue gowns are ideal for shorter exams.

These disposable, 3-ply, all-tissue exam gowns offer comfort, hygiene and modesty for patients. Knee-length gowns feature a front/back opening and an attached waist tie that ties in front for ample coverage while allowing convenient access during exam procedures. The highly absorbent tissue is intended for shorter exams. Gowns measure 30" x 42" (76 x 107cm) and are sold in a box of 50.

NC20425 White (50)

**CITRUS II®**

Patented formula cleans, deodorizes and disinfects surfaces and equipment.

Hospital-grade, germicidal cleaner features broad spectrum antimicrobial activity that is ideal for use in hospitals, clinics and home care settings. Features a fresh citrus scent. Citrus II® contains no alcohol and will not dry out vinyl or nautahyde surfaces. Available in a convenient 2 fl. oz. (59ml) pocket size with pump sprayer, a 22 fl. oz. (651ml) bottle with a trigger spray and a one gallon (3.8 liters) refill. No dilution, mixing or activation needed.

NC70451C	2 fl. oz. (59ml)	(24)
NC70450	22 fl. oz. (651ml)	(1)
NC70450C	22 fl. oz. (651ml)	(12)
NC70449	1 Gallon (3.8 liters)	(1)
NC70449C	1 Gallon (3.8 liters)	(4)

**NEW! CIDEX PLUS® SOLUTION**

A fast, effective way to disinfect or sterilize instruments and endoscopes.

Compatible with a wide variety of medical instruments. Destroys all vegetative forms of bacteria as well as 100% of *Mycobacterium tuberculosis* in just 20 minutes at 77°F (25°C). Solution can be reused up to 28 days and can be disposed down the drain in accordance with local regulations. Pleasant mint scent. Sold in 1 qt. (.95liters) bottles; individually or in a case of four.

NC20435	(1)
NC20435C	(4)

**SUPER SANI-CLOTH® GERMICIDAL DISPOSABLE WIPES**

Contains 55% alcohol to kill a broad range of bacteria and viruses.

Use **Super Sani-Cloth® Germicidal Wipes** to clean, disinfectant and deodorize hard, non-porous surfaces. Unique deep-well lid seals securely to prevent moisture loss. Wipe size measures 6" x 6" x 3/4" (15cm x 15cm x 19mm). Canister contains 160 wipes. Super Sani-Cloth® Germicidal Disposable Wipes are EPA registered and meet CDC and OSHA guidelines.

NC20430 (1)

**HIBICLENS® ANTISEPTIC/ANTIMICROBIAL SKIN CLEANSER**

Reduce the risk of cross infection.

Hibiclens® can be used as a surgical hand scrub, a healthcare personnel handwash, a patient pre-operative skin preparation, and as a skin wound cleanser and general skin cleaner. Hibiclens® is an effective defense against the spread of MRSA and other staph infections. For external use only. Do not use near eyes, ears or mouth.

NC12690	4 fl. oz. (118ml)
NC12690-1	32 fl. oz. (946ml)

**EXAM GLOVES**

Protect hands during treatment and therapy.

Sterile gloves are individually wrapped and sold in pairs.

Sterile: Box of 50

NC20511-0	Small
NC20511-1	Medium
NC20511-2	Large

Sterile, Latex-Free: Box of 50

NC20572-1	Small
NC20572-2	Medium
NC20572-3	Large

Nitrile Non-Sterile, Latex-Free and Powder-Free: Box of 100

NC20510-1	Small
NC20510-2	Medium
NC20510-3	Large
NC20510-4	X-Large

Non-Sterile, Latex-Free: Box of 100

NC20517-1	Small
NC20517-2	Medium
NC20517-3	Large
NC20517-4	X-Large

Non-Sterile Latex: Box of 100

NC20518-1	Small
NC20518-2	Medium
NC20518-3	Large
NC20518-4	X-Large

Non-Sterile and Powder-Free: Box of 100

NC20519-1	Small
NC20519-2	Medium
NC20519-3	Large
NC20519-4	X-Large

Non-Sterile Vinyl, Powder-Free: Box of 100

NC20520-1	Small
NC20520-2	Medium
NC20520-3	Large
NC20520-4	X-Large