

MEDesign® *Back Pack* Catalogue

Products to relieve
and prevent your
back pain and
the stress of
everyday living

Proud to supply
and accept
purchase orders
direct from the

NHS
and other
Government
Agencies

Backfriend & Accessories

Bathroom & Bathing

Bedroom & Dressing

Health & Mobility

Kitchen & Cooking

Leisure & Travel

Patient Moving & Handling



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MEDesign® Back Pack



It gives me great pleasure to send you our latest Back Pack catalogue which is full of products to help prevent and relieve back pain.

MEDesign began in 1982 in the spare room at home. The aim was to develop and (hopefully) make products to relieve the misery of back pain. Out of this came the Backfriend back support - our first product.

Back then survival was the main objective and there were a few times we nearly didn't make it. But, through a combination of hard work and good products (and the occasional bit of good luck) we did survive and we grew.

So much so that today, we manufacture an extensive range of products here at our UK factory and as well as steadily increasing UK sales, we also export those products to more than 35 overseas countries. We believe that our products have helped millions of people all over the world to lead a more comfortable and productive life.

Which is important because, alongside new technology and efficiencies, we do still try to keep faith with the really important aspects of running a business including service, civility and never forgetting that it is you the customer who pays our wages.

That's why there are no fads, or frills, or gimmicks in the Back Pack; only well designed, well made products which are honestly described and fairly priced. It's also why MEDesign's company policy is that the customer is right! It may be an old fashioned idea but we believe it's worth preserving.

So, if you ever want to talk about any aspect of the service you receive, please call me.

We've come a long way since 1982 and I believe I have good reason to take pride in my staff and company. I hope you will allow us to demonstrate why.

Please accept this Back Pack with my compliments.

Neil Walkingshaw

Neil Walkingshaw
Managing Director

Overview

Your satisfaction is guaranteed in two ways

Money Back Guarantee: If you are not 100% satisfied with your purchase simply return it in the original packaging in as new condition within 14 days and we shall send you a full refund.

Product Guarantee: All products are guaranteed against faults in materials and workmanship. The only things not covered are accidental damage, misuse and fair wear and tear. A refurbishment service is available for the Backfriend. Please ask for details.

Our service is fast, efficient and personal

Ordering: Online at www.medesign.co.uk E-Mail: sales@medesign.co.uk
Telephone: 01704 542373 Fax: 01704 545214
Post: MEDesign Ltd, Clock Tower Works, Railway Street, Southport, PR8 5BB
Office Hours: 08.30-17.30 Monday to Friday = people, other times = answering machine)

Payments: Cheque, Postal Order (payable to MEDesign Ltd), Visa, Mastercard, Maestro, Delta, Electron and JCB.

Despatch: Normally within 24 hours of receipt of order.

Delivery: On average 2-5 days after despatch. Courier for larger items and letter post for smaller items. UK Express delivery available (contact us for prices).
Please note, for security reasons, deliveries must be signed for. A delivery address where someone can sign for the goods will be a great help - your work address (or a neighbour's) can be good options.

Personal: Personal callers are always welcome at our offices (see map on back cover). Office hours for visitors 09:00 to 17:00 Monday to Friday.

Overseas: We ship worldwide. E-Mail sales@medesign.co.uk with address details and list of products for a quote.

Product Development: As part of our ongoing quality improvement programme we must reserve the right to alter product specification without prior notice.

Government Bodies: Official orders received from Government Bodies e.g. NHS Trusts, Social Services, County Councils, Local Education Authorities etc receive automatic credit facilities.



The CE mark denotes a Medical Device which is registered with, and conforms to the requirements of, the Medical Devices Directive 93/42/EEC.

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Backfriend Carrycase

(Product Code/MPN: BFC)

- Custom made in reinforced, heavy duty, material.
- Two carrying handles and adjustable shoulder strap with integrated shoulder pad makes carrying your Backfriend even easier.
- Ideal for situations where you need both hands free or simply for greater convenience.
- Internal Height: 50cm (19¾") • Internal Width: 41cm (16¼")
- Depth: 12cm (4¾") • Colour: Black
- EAN: 5060464550911

Backfriend Real Wool Fleece Covers

(Product Code/MPN: FCB Backrest and FCS Seatbase)

- For optimum pressure dispersion and luxurious comfort (unmatched by any synthetic fibre) we recommend using the real wool fleece covers.
- These slip over covers for your Backfriend naturally regulate temperature. Cool in summer and warm in winter.
- Our real wool fleece will not clump or mat in use and is fully machine washable.
- FCB Backrest EAN: 5060464550928
- FCS Seatbase EAN: 5060464550935



Backfriend Spares Hinges, Hingelocks and Velcro

(Product Code/MPN: BFSS, BFSP and BFV)

- BFSS - pack of 2 hinges. • EAN: 5060464550829
- BFSS - pack of 2 hingelocks. • EAN: 5060464550836
- BFSP - set of 2 hinges + 2 hingelocks. • EAN: 5060464550843
- BFV - pack of 2 velcro (available in oatmeal or black - specify colour when ordering).
- Supplied with full fitting instructions.
- Watch the fitting videos on our website at www.medesign.co.uk/videos

MEDesign® Backfriend® (Product Code/MPN: see below)

- The Backfriend is a combined backrest and seatbase which can be used in any seat or chair including cars.¹
- Designed by a leading Orthopaedic Consultant it is contoured to give the correct support to both the lumbar and thoracic regions of the spine.
- Upholstered and fabric covered, it is very light and folds for carrying with the built in handle.
- The height of the backrest is adjustable to suit the user.
- Available in 8 upholstered fabric colour options with a choice of thickness of padding on the seatbase Single Padded (SP) or Double Padded (DP).
- More than 600,000 are in use in over 35 countries.
- **Backrest** - Width: 29½cm (11½") • Height: 48cm (19")
Padding: 2½cm (1")
- **Seatbase** - Width: 41cm (16")
Depth: 36½cm (14½")
Padding: SP - 2½cm (1")
DP - 5cm (2")
- Total weight: 1.6kg (3½lb)



¹ Not recommended for use with scooters or powered wheelchairs



Oatmeal
BFS01 SP
EAN: 5060464550003
BFS02 DP
EAN: 5060464550010



Cobalt Blue
BFS03 SP
EAN: 5060464550027
BFS08 DP
EAN: 5060464550072



Ocean Green
BFS04 SP
EAN: 5060464550034
BFS09 DP
EAN: 5060464550089



Burgundy
BFS05 SP
EAN: 5060464550041
BFS10 DP
EAN: 5060464550096



Black
BFS06 SP
EAN: 5060464550058
BFS11 DP
EAN: 5060464550102



Sienna
BFS07 SP
EAN: 5060464550065
BFS12 DP
EAN: 5060464550119



Anthracite
BFS14 SP
EAN: 5060464550126
BFS15 DP
EAN: 5060464550133



Mulberry
BFS16 SP
EAN: 5060464550140
BFS17 DP
EAN: 5060464550157

Single Padded (SP) Model most customers (80%) prefer and is the ideal choice for use in a car.
Double Padded (DP) Model is more suited for those who are sitting for VERY extended periods e.g. wheelchair users.
For optimum comfort and pressure relief we recommend the use of the real wool fleece covers (see page 4).

Bathroom & Bathing

Long Reach Chiropody Scissors (Product Code/MPN: CSD)



- Back pain makes it very difficult to bend down to cut your toe nails.
- These scissors with long reach shanks, serrated edges and angled heads to provide excellent cutting leverage make the task much easier.
- Made from stainless steel with large moulded polymer handles for a more comfortable grip and greater control.
- Length: 15cm (6") • Weight: 55g (2oz)



Foot Cleaner with Pumice (Product Code/MPN: PFC)

- Clean and exfoliate your feet without having to bend.
- Moulded suction cups keep it in place during use.
- Suitable for use with any type of liquid soap.
- Length: 280mm (11") • Width: 157mm
- Height: 32mm (1¼") • Weight: 284g



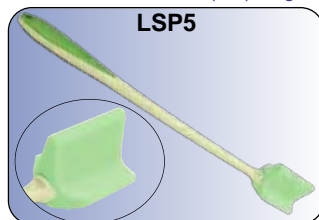
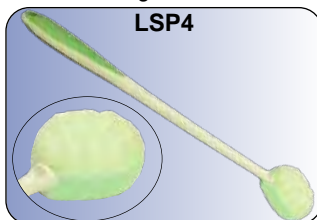
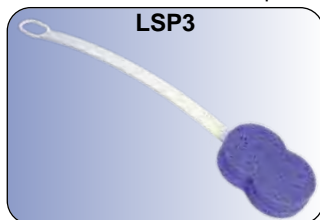
Long Handled Sponges (Product Code/MPN: see below)

- Avoid bending and overstretching to reach those faraway bits with less effort and discomfort.
- Three models to choose from:

Code/MPN: LSP3 Firm sponge pad with a broad, flexible handle. • 56cm (22") long

Code/MPN: LSP4 Firm sponge pad with exfoliating loofah on the reverse. • 56cm (22") long

Code/MPN: LSP5 Shaped head for cleaning between toes. Flexible handle. • 56cm (22") long



Nail Clipper with Magnifier

(Product Code/MPN: NCM)

- A quality, large handled nail clipper that can be gripped easily and supplied with a detachable and positional ABS magnifier.
- Length: 15cm • Height: 4cm • Width: 2cm
- Colour: May vary according to stock availability

Bath Seat (Product Code/MPN: see below)

- Our lightweight but sturdy polypropylene Bath Seat has very large flexible suckers to ensure an outstanding grip onto the bath surface - and yet is very simple to fit and remove.
- The one piece moulded seat has integral drainage slots with a frontal cutaway to assist personal cleaning.
- For greater safety, use alongside our anti slip bath mat.
- Available in three height sizes for maximum versatility:
 Bath Seat 6/8"/15/20cm (Code/MPN: BSE6/8)
 Bath Seat 10"/25cm (Code/MPN: BSE10)
 Bath Seat 12"/30cm (Code/MPN: BSE12)
- Length: 45cm (17½") • Width: 25cm (10") • Height: See above
- Maximum User Weight: 200kg (31st) except BSE12: 160kg (25st)



Bath Board De-luxe (Product Code/MPN: BBOD)

- An ideal match for our Bath Seat (see above).
- Standing up and sitting down in the bath when you have back pain, arthritis or rheumatism can be very painful. But most people still enjoy taking a bath and this is when our Bath Board is an enormous help.
- Lightweight but very sturdy it has a hygienic moulded smooth plastic surface for ease of transfer, with integral drainage slots and a soap tray.
- Easily adjusted to fit the majority of baths it can be used when showering or bathing.
- Handle for safer transfers.
- For greater safety, use in combination with our anti slip bath mat.
- Length: 68½cm (27") • Width: 26cm (10¼") • Height: 13cm (5") • Maximum User Weight: 200kg (31st)



Bath Mat - Anti Slip

(Product Code/MPN: BMAS)

- Provides a safe anti slip surface.
- Suctions pads hold the mat securely in place giving added security.
- Very simple to fit and remove.
- Length: 69cm (27") • Width: 38cm (15")
- Colour: Blue or clear dependent on stock availability



Shower Mat - Anti Slip

(Product Code/MPN: SMAS)

- Provides a safe anti slip surface.
- Suctions pads hold the mat securely in place giving added security.
- Very simple to fit and remove.
- Length: 50cm (19½") • Width: 50cm (19½")
- Colour: Blue or clear dependent on stock availability

Bathroom & Bathing



Bath Pillow (Product Code/MPN: BP)

- A soft and luxurious support to the head and neck whilst relaxing in the bath.
- Suction pads secure the pillow to the end of the bath to stop it moving whilst in use.
- Easily inflated it can be stored when not in use.
- Convenient for travelling.
- Width: 570mm (22") • Height: 410mm (16") • Weight: 220g (7½oz)

Pill Splitter (Product Code/MPN: PSP)

- Flexible v-shaped holder grips all sizes of pills firmly for accurate cutting. Double bevelled stainless steel blade.
- Robust and very simple to use. Ideal when arthritic fingers and hands cannot easily grip small pills and tablets.
- Size: 9cm (3½") x 3½cm (1½")



Extra Large Pill Case 7 Day (Product Code/MPN: ELP)

- An extra large pill case manufactured from robust polypropylene. 7 compartments with flip top lids, one per day for daily medications. Each lid is marked with both letters and braille.
- Robust, and simple to use. Ideal size for arthritic fingers and hands that cannot easily grip small pills and tablets.
- Size: 14½cm (5¾") x 3½cm (1½") x 2½cm (1")



Unisex Urinal Bottle (Product Code/MPN: UUB)

- When confined to bed by an acute attack of back pain or other cause, the last thing you want to do is get up.
- But there are times when without a bed pan, you would have no option but to struggle up.
- This new urinal is specially designed to be comfortable and simple to use and is suitable for both male and female use - unisex adaptor included.
- Ideal for the home and when travelling.
- Graduated scale for measuring volume.
- Snap on lid to prevent spillage.
- Capacity: 1000ml

MEDesign Boot Jack (Product Code/MPN: BJ)

- Bending can be agony for any back pain sufferer and many simple tasks like taking off your shoes involve a lot of bending - our Boot Jack makes life so much easier.
- Simply place one foot on the Boot Jack, slip your other heel into the notch and slide foot out of the shoe or boot or wellington (gardeners please take note).
- Manufactured from tough ABS plastic for strength and ease of cleaning.
- Size: 33cm (13") x 11cm (4½") x 6cm (2½")
- Weight 310g (11oz)





Unifix Raised Toilet Seat

(Product Code/MPN: RTS)



- Understandably, most people are reluctant to ask for help when toileting. If sitting down is worrying and getting back up is difficult then our raised toilet seat can help to preserve dignity and promote independence.

- A simple screw knob allows fitting and removal in seconds.

- No need to replace or remove original toilet seat.

- Lightweight but very sturdy it has a hygienic moulded smooth plastic surface for ease of cleaning and a frontal internal cutaway assists in successful toileting.

- Seat height: 75mm (3") fit directly to ceramic bowl
- Seat height: 100mm (4") place directly on toilet seat
- Seat width: 38cm (15")
- Seat depth: 40cm (16")
- Weight: 1.0kg (2.2lb)
- Maximum User Wt: 200kg (31st)



Bathroom Step - Stackable (Product Code/MPN BTS)



- Our versatile and lightweight bath step is a boon to any person who finds it difficult to get in and out of the bath or shower.

- Featuring an extra large platform with a textured, warm touch anti slip top surface and rubberised feet for additional safety this stackable step raises the floor level to make getting in and out of the bath or shower easier and safer.

- The design allows multiple steps to be securely stacked raising the height in 5cm (2") increments.

- Ideal for use in bathrooms or around the home.

- For greater safety, we recommend the use of our anti slip bath or shower mats (see page 7) in conjunction with the Bathroom Step.

- Depth: 42cm (16½") • Width: 49.5cm (19½") • Step height: 10cm (4") + 5cm (2") per stack increment
- Maximum User Weight: 18st (120kg)

MEDesign Patient Hand Block (Product Code/MPN: PHB)

- The MEDesign Patient Hand Blocks enable you to move yourself in bed by “lengthening” your arms.
- Reduces the manual handling needed from a nurse or carer.
- Ergonomically designed with a broad, comfortable hand grip.
- Can be used singly or in pairs.
- **Sold as singles.**
- Helpful for anyone with upper body strength and especially for paraplegics and lower limb amputees.
- Also used by physiotherapists for floor based upper body rehabilitation work and core strengthening exercises.
- Extremely light but very strong and impact resistant.

- Height: 10½cm (4”) • Weight: 260gm (8oz)
- Maximum User Weight: 126kg (20st) • Base Length: 22cm (8½”) • Base Width: 11cm (4¼”) • Handle Circumference: 12cm (4¾”) • EAN: 5060464551307



Bed Rope Ladder (Product Code/MPN: BRL)

- A very simple yet effective device which allows anyone with the upper body strength to pull themselves into a sitting position without assistance.
- It is made from plastic rungs and strong synthetic rope which is tied around the bed legs.
- Suitable for most beds.

- Rung Width: 20cm (8”)
- Rung Diameter: 25mm (1”)
- Rope length: 3metres (9’10”)
- Maximum User Weight: 20st (126kg)
- EAN: 5060464551109



Button Hook / Zipper Pull (Product Code/MPN: BHZB or BHZR)

- Assists in button and zip fastening.
- The stainless steel loop passes through the button hole and clips around the button which can then be pulled through to fasten. The hook at the other end assists with zip fasteners.

Product Code/MPN: BHZB - Black Handle

Product Code/MPN: BHZR - Red Handle

- Length: 205mm (8”) • Weight: 40gm (1½oz)



MEDesign Pillow (Product Code/MPN: MP)



flexed

Prevention of pain depends on being able to adopt a neutral position, which avoids these extremes, so that your spine (from the lower back to the nape of the neck) is relatively straight and unstressed.

- MEDesign's unique Pillow achieves this by having a flat base and an upper sleeping surface which has contoured support rolls on the long sides plus a softer central portion.
- One of the support rolls is firmer than the other to accommodate different weights of head or individual preference. The whole pillow is then encased in soft, resilient wadding and fitted with an outer cotton cover.
- This unique combination of resilience, firmness, contours and softness produces an interactive system which ensures that your neck is properly and adequately supported between your head and shoulders. This is crucially important in keeping your neck muscles relaxed and your spine in a neutral position whether you lie on your back or your side.
- Impressive evaluation results. After the initial acclimatisation period - which varied between 0 and 5 days - the majority of users reported more restful sleep with less aches and pains in the morning.
- Sized to fit a standard pillowcase.

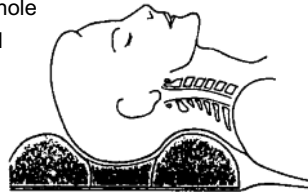
- Length: 55cm (21½") • Width: 32cm (12½") • Thickness: 13cm (5¼") • Weight: 700gm (1½lb)
- EAN: 5060464551185

Sleeping with your neck bent forward (**flexed**), sideways or twisted can cause the neck ligaments and nerve roots to be passively stretched. Equally when your neck is bent back (**extended**) the nerve roots may be compressed.

Both situations can be painful but if your spine is already suffering from wear and tear, due to injury or age, the pain can be greatly increased.



extended



MEDesign Travel Pillow (Product Code/MPN: MPT)

- Same qualities as our full size pillow described above but smaller.
- Ideal for people who travel frequently and need to take their own orthopaedic pillow with them.
- Length: 41cm (16¼") • Width: 32cm (12½") • Thickness: 13cm (5¼") • Weight: 550gm (1¼lb)
- EAN: 5060464551192

Bedroom & Dressing

Overbed Table (Product Code/MPN: OT)

- This strong and stable cantilever overbed table (can be used whilst seated in a chair as well) is manufactured from steel tube with powder coated finish.
- Easy wipe teak effect melamine top with two retaining rails along its length to prevent items sliding off.
- The top is adjustable for height and tilt and can be used flat or at an angle for reading.
- Open toe design and four orbital castors means the table can be moved and positioned easily.
- Table Top Size - Length: 610mm (24") Width: 400mm (16")
- Table Height - Min: 67cm (26½") Max: 97cm (38¾")
- Base Clearance: 8cm (3¼") • Weight: 6½kg (14¼lb) • Max Load: 10kg (21lbs)



Wooden Bed Tray Adjustable (Product Code/MPN: WBT)

- The legs fold out to allow the tray to be placed comfortably across the lap.
- Laminated tray surface for ease of cleaning.
- Adjustable through 5 different angles for reading and writing.
- Length: 480mm (19") • Width: 345mm (13½")
- Height: 200mm (8") • Weight: 1.3kg (2.6lbs)



Folding Blanket Cradle (Product Code/MPN: BC)

- An effective device for lifting the bed clothes so that their weight is kept off painful arms, legs or backs.
- Ideal for nursing whilst a wound or broken bone is healing.
- The cradle slides between the base of the bed and the mattress to hold the bed clothes clear of the problem area.
- Made from steel tubing, it is chrome plated for ease of cleaning and folds flat for easy storage.
- Length: 50cm (20") • Width: 21cm (8¼") • Height: 51cm (20")
- Weight: 1.8kg (4lb) • Max Load: 5kg (11lbs)

Delta Pillow (Product Code/MPN: DP)

- When sitting up in bed or a chair, the triangular V shaped pillow offers excellent support and is extremely comfortable.
- Complete with a removable white polycotton cover.
- Non-allergenic and machine washable to 40°C.
- Length: 85cm (33½")
- Width: 75cm (29½")
- Weight: 1.2kg (2.6lb)



MEDesign Real Wool Fleece Underblankets (Product Code/MPN: see below)



- A MEdesign Real Wool Fleece Underblanket is the natural way to a more restful and comfortable night's sleep. The pure wool fleece keeps you cool in summer months and warm in winter.
- Sleeping on a real wool fleece is well known to be beneficial to back pain sufferers. People who suffer from arthritis, rheumatism or general stiffness can also benefit.
- In use the fleece should be placed on top of the mattress (with the fleece uppermost). Cover it with the bottom sheet and make up the bed in the usual way.

■ MEdesign's Fleece Underblankets are made in the UK from pure new wool, which is specially treated to be machine washable, and they carry a one year warranty.

■ The Underblankets are held in place with securing elastics and are available in a range of sizes:

Product Code/MPN: UBS (Single Bed) • Width: 92cm (36") • Length: 152cm (60")

Product Code/MPN: UBD (Double Bed) • Width: 137cm (54") • Length: 152cm (60")

Product Code/MPN: UBK (King Bed) • Width: 152cm (60") • Length: 152cm (60")

MEDesign Bedboard (Product Code/MPN: BB)

Your back is at risk by sleeping like this...



- A folding set of very rigid boards for placing under the mattress to produce a firm, supportive sleeping surface.
- Designed to help prevent that aching back caused by an oversoft or sagging bed.
- Large enough to fit a single bed yet small enough to transport easily.

■ Custom made carrying case (see below) available as an optional accessory.

■ Heavy duty, easy clean, protective cover.

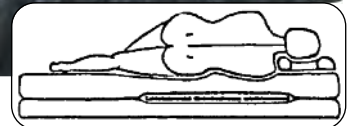
■ Light and portable for travel.

Panel Size

- Length: 36cm (14")
- Width: 76½cm (30")
- Thickness: 15mm (½")

Size of Expanded Bedboard

- Length: 108cm (42½")
- Width: 76½cm (30")
- Weight: 2.2kg (4¾lb)
- EAN: 5060464551017



Bedboard Carrycase (Product Code/MPN: BBC)

- The ideal travelling companion for your Bedboard.
- The Bedboard will fit into a large suitcase but this bespoke heavy duty carrycase makes carrying easy.
- Two Carrying Handles • Colour: Blue • EAN: 5060464551024

Sock Stocking Aid (Product Code/MPN: SSA)



- Simple but effective solution to putting socks and stockings on.
 - Low friction inner nylon surface pulls easily and smoothly whilst the high friction terry cloth outer surface holds the sock or stocking firmly until it is in place.
 - Slits in the core allow the sock stocking aid to bend around the heel whilst the two pulling tabs with loop handles permit one or two hand use. Fully washable.
- Length: 230mm (9") • Weight: 73gm (2½oz)



Long Handled Shoe Horns (Product Code/MPN: LHSS, LHSD, LHSP or LHSP24)

- Make the everyday task of putting on shoes or slippers a little easier.
- Four models to choose from.

Standard Shoe Horn (Product Code/MPN: LHSS)

- Sturdy white epoxy coated steel shoe horn.
 - Hooked handle for grip and storage.
- Length: 609mm (24") • Weight: 233g (8oz)



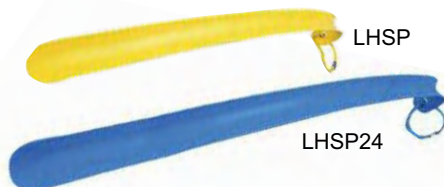
De-Luxe Shoe Horn (Product Code/MPN: LHSD)

- Luxury chromed metal shoe horn with a sprung shaft and hanging loop.
 - Leather handle for easy grip.
- Length: 609mm (24") • Weight: 132g (4½oz)



Plastic Shoe Horn (Product Code/MPN: LHSP or LHSP24)

- Plastic moulded shoe horn with hanging loop.
 - Wide body for great grip and control.
 - Hook for positioning shoes and storage cord.
- **LHSP** Length: 460mm (16") • Weight: 42g (1½oz)
- **LHSP24** Length: 609mm (24") • Weight: 60g (2oz)



Shoe Laces - Elasticated

(Product Code/MPN: SL24 or SL32)

- Available in black or brown and 24" or 32" lengths.
 - 3 pair pack, so all your shoes can benefit.
- Length: **SL24** = 9.5cm (24") or **SL32** = 12.5cm (32")
- Colours: Brown or Black - specify colour when ordering

MEDesign Boot Jack (Product Code/MPN: BJ)

- Bending can be agony for any back pain suffer and many simple tasks like taking off your shoes involve a lot of bending - our Boot Jack makes life so much easier.
 - Simply place one foot on the Boot Jack, slip your other heel into the notch and slide foot out of the shoe or boot or wellington (gardeners please take note).
 - Manufactured from tough ABS plastic for strength and ease of cleaning.
- Size: 33cm (13") x 11cm (4½") x 6cm (2½") • Weight 310g (11oz)





Anti-Shock Shoe Inserts

(Product Code/MPN: ASI)

- A microporous polymer which absorbs “step shock” to combat the all-day pressure on feet.
- Supplied as size 12, with a template to cut to the correct size and shape for shoes.

Double Tread Slipper Socks

(Product Code/MPN: DTSS or DTSSCQ)

- Absorbant terrycloth interior helps keep feet dry and comfortable.
- Slip resistant tread is fused to both the top and bottom of the slipper to provide continuous grip even if the slipper twists on the foot.
- Offers extra security whilst on your feet and added protection against slips and falls.
- Shoe size: Universal one size fits most adults
- Colour: Red • Code DTSS - One pair
- Code DTSSCQ - Discounted case quantity of 48 pairs



MEDesign Bedglasses CE

(Product Code/MPN: BG)

- The Bedglasses turn the world through 90° so you can watch television, read books or just watch the world go by without lifting your head.
- Made to high optical standards. Can be used in MRIs.¹
- Can be worn with most normal spectacles.
- Weight: 65g (2oz) • EAN: 5060464551062

¹ Always check suitability/compatibility before use

MEDesign Deluxe Reversible Prism Glasses CE

(Product Code/MPN: BGD)

- Reversible lenses for looking up or down.
- Read or watch TV whilst laying down.
- Helps alleviate strain in the neck and back.
- Used in MRIs¹ to help alleviate the effects of claustrophobia.
- Can be worn with most normal spectacles.
- Weight: 57g (2oz) • EAN: 5060464551079

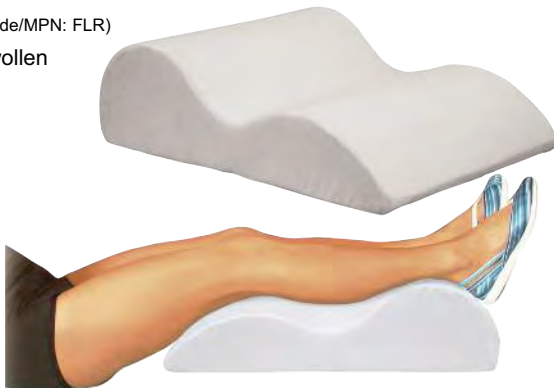
¹ Always check suitability/compatibility before use



Bedroom & Dressing

Foam Leg Raiser (Product Code/MPN: FLR)

- Ergonomically designed to support swollen legs and stimulate circulation.
- High density foam with memory foam topper for support and comfort.
- For use in bed or on flat surfaces.
- Removable cover for washing.
- Max Height: 180mm (7")
- Width: 420mm (16½")
- Depth: 630mm (24¾")
- Weight: 1.5kg (3½lbs)



Memory Foam Knee & Leg Pillow (Product Code/MPN: MFLP)



- Ergonomically-designed to support swollen legs and stimulate circulation.
- High density foam for support and comfort.
- For use in bed or on flat surfaces.
- Useful strap for retention of pillow in situ.
- Removable cover for washing.
- Ideal for sciatic relief.
- Size: 290mm (11½") x 210mm (8¼") x 90mm (3½")

Birling Bed Back Rest (Product Code/MPN: BBR)

(Product Code/MPN: BBR)

- The ideal solution when unable to lie flat in bed.
- 5 different angle settings up to 85 degrees.
- Easy clean fabric and padded head cushion.
- Light sturdy framework suitable for most beds.



- Height Variable: 280 to 550mm (11" to 21½")
- Overall Width: 640mm (25¼")
- Overall Depth: 560mm (22")
- Depth of Base: 500mm (19¾")
- Canvas Width: 560mm (22")
- Canvas Depth: 460mm (18")
- Max Load: 108kg (17st)
- Weight 3kg (6.5lb)

Standard Easy Reachers

- Lightweight, well balanced, grips gently but firmly.
- Pick up anything from a sheet of paper, magazines, cans, bottles or even garden litter.
- Dressing hook on tip. Clip to attach to walking aid.
- Hook handle for help with dressing. Magnetic tip.

Featherweight Easyreacher (Product Code/MPN: ER66)

- Length: 66cm (26") • Weight: 215gm (7½oz)

Longreach Easyreacher (Product Code/MPN: ER81)

- Length: 81cm (32") • Weight: 240gm (8½oz)



Folding Easyreachers

- Same qualities as our standard reachers but fold in half. Perfect for travel and storage.

Folding 21" (Product Code/MPN: ERF)

- Extended Length: 54cm (21") • Weight: 210gm (7½oz)

Folding 26" (Product Code/MPN: ERF26)

- Extended Length: 66cm (26") • Weight: 220gm (7¾oz)

Folding 32" (Product Code/MPN: ERF32)

- Extended Length: 81cm (32") • Weight: 255gm (9oz)



Handi-Grippers

- Beautifully engineered head which mimics how your finger and thumb pick things up.
- Jaw rotates 90° to enable an easy, secure pick up. Allows the most delicate of objects to be gathered up even when reaching into very awkward places.

Handi-Gripper 26" (Product Code/MPN: HG26)

- Length: 66cm (26") • Weight: 230gm (8oz)

Handi-Gripper 32" (Product Code/MPN: HG32)

- Length: 81cm (32") • Weight: 250gm (9oz)

Back Scratcher - Telescopic

(Product Code/MPN: BST)

- A wonderful therapeutic aid - you'll wonder how you lived without this superb device. Enables you to reach even the most difficult parts that need itching or attention.
- Extendable stainless steel arm with non slip cushioned grip.
- Length: Extends from 23 to 71½cm (9 to 28")
- Colours: Various according to stock availability



Adjustable Folding Walking Sticks €

(Product Code/MPN: WSAS or WSAL)



- Stylish and very strong aluminium folding walking sticks.
- Ergonomically designed handle in wood.
- Folds neatly away into its plastic wallet to fit in your pocket, briefcase or handbag.
- Rubber tipped ferrule for safety.
- Adjusts in 1" increments.

To determine the correct length of walking stick for you, measure the distance from the floor to the crease in your wrist when your arm is by your side (ensure that you wear your walking shoes whilst making the measurement).

- Product Code/MPN WSAS: Length 74-84cm (29-33")
- Product Code/MPN WSAL: Length 84-94cm (33-37")
- Max User Wt: 125kg (19½st)
- Weight: 280gm (10oz)



Walking Stick Bag (Product Code/MPN: WSB)

- Ideal for storing and carrying your walking stick.
- Complete with shoulder strap and belt loop.
- Made of heavyweight polyurethane.
- Walking stick supplied separately.
- Length: 36cm (14")
- Weight: 64g (2½oz)



Walking Stick Clip (Product Code/MPN: WSC)

- Clips around the stick enabling you to rest it on a table, desk or chair - stops the stick slipping and clattering to the floor.
- Walking stick supplied separately.
- Weight: 19g (¾oz)

Walking Stick Wrist Strap

(Product Code/MPN: WSW)

- Saves you from accidentally dropping the stick or having to put it down when using the hand.
- Leaves both hands free.
- Walking stick supplied separately.
- Weight: 19g (¾oz)



MEDesign Wobbleboard (Product Code/MPN: WB)

- A must for every sports and physiotherapy clinic.
- Ideal for strengthening the muscles of the ankle and leg.
- Improves balance, co-ordination and reaction time.
- Useful for prophylactic training and exercise after injury or extended bed rest.
- Designed for optimum exercise effectiveness in relation to the maximal tilt angle, determined by the functional anatomy of the subtalar and ankle joints.
- Strongly constructed from wooden multiply board with a wooden rocker.
- Warm to the touch, anti-slip standing surface.
- Can be cleaned with any proprietary cleaner.
- Diameter: 34cm (13½") • Height: 63mm (2½")
- Weight: 1.5kg (3¼lb) • EAN: 5060464551499



MEDesign Digiball

(Product Code/MPN: DG)

- Exercise aid for anyone with arthritis, rheumatism or Repetitive Strain Injury (RSI) in the hands.
- Helpful for rehabilitation after a hand injury where there is a need to increase suppleness and/or flexibility.
- Simply squeeze the Digiball with the fingers, singly or together, and increase the frequency and pressure as improvement allows.
- Diameter: 8cm (3¼") • Weight: 185g (6½oz)
- EAN: 5060464551154

Adult Mini Easi-Grip Scissors (Product Code/MPN: SMEG)



- Ultra light-weight self-opening scissors.
- Continuous loop handle. Easy to use with swollen joints.
- Scissor re-opens when pressure is released, reducing effort required.
- Fine pointed blades give precise results for fine/intricate cutting.
- Blade guard protects blades and provides safe storage when not in use.
- Can be used in the palm of the hand. Great for crafts, bathroom cabinet, washbag or handbag.
- Length: 14cm (5½") • Weight: 11g (¾oz)

Wrist Guard (Product Code/MPN: see below)

- Provides circumferential compression to the wrist while allowing full thumb and finger motion.
- 40°C wash and air dry.
- Left and right hand versions.
 - Small/Medium 130-160mm (5-6¼") wrist circumference
Product Code/MPN: WGRSM (Right Hand) or Code/MPN: WGLSM (Left Hand)
 - Medium/Large 160-190mm (6¼-7½") wrist circumference
Product Code/MPN: WGRML (Right Hand) or Code/MPN: WGLML (Left Hand)



Comfort Belts **CE**

(Product Code/MPN: CB* Please state size code when ordering)

- Helps with: Sciatica; Herniated disc; Sacroiliac joint dysfunction; Degenerative disc disease; Lumbago and general posture support.
- Metal stays provide support to improve posture, aiding in treatment of back problems.
- Provides a combination of support, compression, heat retention and comfort.
 - Hand wash and air dry only
 - Sizes waist circumference in mm:

*S=580-700mm (22-27")	*M=700-880mm (27-34")
*L=880-1000mm (34-39")	*XL=1000mm+ (39"+)

Aspen QuikDraw™ Pain Relief Orthosis **CE**

(Product Code/MPN: QDP* Please state size code when ordering)

- Designed to accommodate different body types.
- Natural leverage combined with a significant mechanical advantage offers compression that provides strong support for immediate pain relief.
- Padded rigid anterior panels and posterior panels disperse pressure and compression to provide effective support.
- Non-elastic washable material, easy to clean without compromising the structural integrity.
- A lightweight skin-friendly material provides comfort and durability.
- Sizes waist circumference in mm:

*S=680-810mm (26-32")
*M=790-940mm (31-37")
*L=910-1070mm (36-42")
*XL=1040-1190mm (41-47")
- Colour: Black



THERAPEARL CE

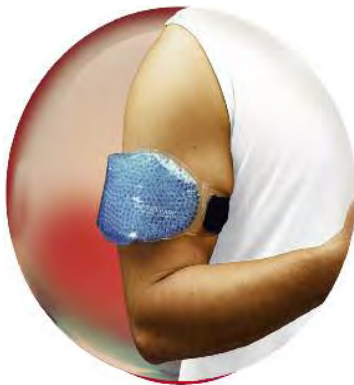
- Therapearl Technology. Conforms to your body. Absorbs heat and cold.
- Packs contain small gel beads that lock in temperature for 20 minutes of therapy.
- Microwave for muscle pain, aches, joint stiffness, pre-workout.
- Freeze for sprains, strains, inflammation, bruising, post-workout.
- Gel bead design keeps the packs pliable even when frozen for treatment that conforms to your body.
- Can be easily cleaned and reused hundreds of times for a long-term therapy solution.
- Non-Toxic: Free from PBA, Lead, Latex & Phthalates.



Therapearl Back Wrap

(Product Code/MPN: TPB)

- Generously sized Back Wrap with adjustable strap to hold it comfortably in place.
- Ideal for back pain, torso and midsection injuries, ham and quad pulls.
- Size: 43cm (17") x 17cm (6¾")
- Weight: 582g



Therapearl Sports Pack

(Product Code/MPN: TPSS)

- Oval shaped sports pack with adjustable strap lets you work or play comfortably.
- Optimal shape and size for sore knees, ankles, wrists, shoulders and chest.
- Size: 28½cm (11") x 11½cm (4½")
- Weight: 194g

Therapearl Neck Wrap

(Product Code/MPN: TPN)

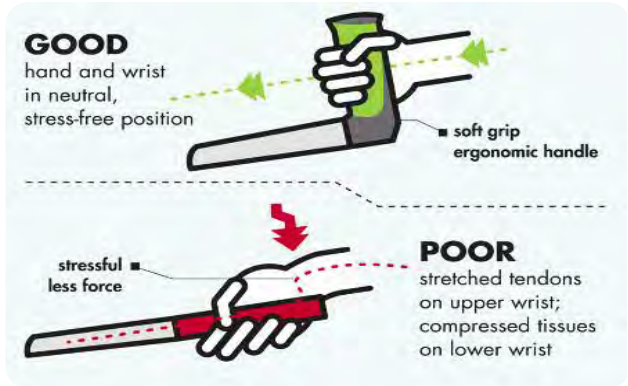
- Specially shaped neck wrap sits comfortably on aching shoulders and stiff necks.
- Optimal shape and size for the neck and shoulders.
- Size: 29cm (11½") x 33cm (13")
- Weight: 498g



Easi-Grip Knives

(Product Code/MPN: see below)

- Thicker handle to improve grip and hand control.
- Angled handle keeps the hand and wrist at a natural stress-free angle.
- Longer lasting and hygienic stainless steel blade.
- Non-slip soft feel grip.



Easi-Grip All Purpose Knife

(Product Code/MPN: EGKA)

- Length: 20½cm (8")
- Weight: 153g (5½oz)

Easi-Grip Bread Knife

(Product Code/MPN: EGKB)

- Length: 25½cm (10")
- Weight: 160g (5½oz)

Easi-Grip Carving Knife

(Product Code/MPN: EGKC)

- Length: 25cm (10")
- Weight: 167g (5½oz)



Long Loop Easi-Grip Scissors

(Product Code/MPN: SLL left-handed or SLR right-handed)



- Ultra lightweight self-opening scissors.
- Long loop to assist stabilisation.
- Quality handle and stainless steel blades with secure fixing to handle.
- Colour coded: **SLL** Green for left-hand or **SLR** Blue for right-hand.
- Blade guard supplied for safety. • Length: 21cm (8¼") • Weight: 57g (2oz)

Self Opening Kitchen Shears (Product Code/MPN: SOKS)

- These superb self opening kitchen shears are sprung to automatically reopen after each cut.
 - Simply release the red safety catch and gently squeeze the scissors to cut through food, open plastic bags and meat packages, arrange flowers, cut herbs or even to slice up pizza.
 - Large, comfortable, ergonomic handles allow the whole strength of the hand to be used.
 - Serrated blade grips the item being cut.
 - Ideal for people with a limited grip.
- Length: 22cm (8½")
 - Weight: 127g (4½oz)



Standard Multi-Opener (Product Code/MPN: SMO)

- Opens pressure sealed caps, resealable twist off bottle caps, ring pull cans and jar lids.
 - Wrench-style plastic opener with ergonomic handle.
 - Ideal for people with a limited grip.
- Size: 205mm (8") x 50mm (2") x 42mm (1½")
 - Weight: 67g (2½oz)



Non Slip Tray (Product Code/MPN: NST)

- Layers of wood veneer combined with a synthetic resin make the tray very strong yet light.
 - A special anti slip coating on the surface of the tray helps to reduce the chances of items from slipping.
- Colour pattern may vary according to stock availability
 - Max gradient 30 degrees • Wood veneer with synthetic resin
 - Length: 36cm (14") • Width: 28cm (11") • Weight: 230g (8oz)

Shopping Bag Handle (Product Code/MPN: SBH)

- Nothing to do with back pain as such, but this is such a simple, clever and useful product that we could not resist including it.
 - Keep it handy in your pocket whenever you go shopping and keep carrier bags from cutting into your fingers and hands.
- Colour: Black
 - Size: 16½cm (6½") x 14½cm (5¾") x 2cm (¾")
 - Weight 82g (3oz)



Spill Not (Product Code/MPN: SPN) **CE**



- Designed to assist those with limited grip, or the use of only one hand, to open jars and bottles.
- Three different sizes of inverted rubber cones to hold different sized containers.
- Rubber feet stop the holder from slipping or moving on smooth surfaces.
- Can be screwed to a work surface if required.
 - Length: 24cm (9½")
 - Width: 15cm (6")
 - Height: 9cm (3½")
 - Weight: 415g (1lb)

Multi Purpose Tipper (Product Code/MPN: MT) **CE**

- Takes any type of domestic kettle, teapot or jug allowing the user to pour liquids without the need to support the weight of the kettle.
- A velcro strap is included to securely anchor the kettle to the base.
- Non-slip feet ensure a good grip on the work surface.
 - Length: 25cm (9¾") • Width: 20cm (8") • Height: 19cm (7½") • Weight: 475g (1lb)



Tenura Anti-Slip Reels (Product Code/MPN: TRR=Red or TRB=Blue)

- A roll of Tenura material which easily cuts into strips or flat shapes for outstanding grip and hold.
- Use as a shelf, surface, tray and drawer liner.
- Provides a firm grip for handles, knobs, lids etc...
- Length: 1000mm (39½") • Width: 300mm (11¾")
- Colour: TRR=Red or TRB=Blue



Tenura Anti Slip Silicone

A range of anti-slip and outstanding high grip products made entirely from Tenura silicone rubber.

- Provides firm grip and hold. ■ Non-toxic and chemically inert.
- Free from phthalate plasticisers. ■ Fully washable and autoclave safe up to 250°C.

Tenura Table Mat (Product Code/MPN: TMRR=Red, TMRB=Blue, TMRY=Yellow)

- Prevents cups, mugs and crockery from sliding on tables, worktops and trays.
- Holds objects firm on surfaces that are not horizontal or subject to motion and tipping.
- Holds kitchen appliances, mixing bowls and chopping boards in place.
- Colours: TMRR=Red, TMRB=Blue, TMRY=Yellow • Rectangular Mat 25½cm (10" x 18½cm (7¼")



Tenura Coasters

(Product Code/MPN: TCR=Red, TCB=Blue, TCY=Yellow)

- Prevents cups, mugs and glasses from sliding on tables, worktops and trays.
- Holds objects firm on surfaces that are not horizontal or subject to motion and tipping.
- Perfect complement to the Table Mats shown above.
- Colours: TCR=Red, TCB=Blue, TCY=Yellow
- Supplied as a pack of 4
- Square 9cm (3½") x 9cm (3½")



Tenura Openers

- Assists in opening bottles, jars and pill containers of all shapes and sizes.
- Can be used to provide maximum purchase on cupboard handles and doorknobs.
- Can be operated with one hand, with the use of a Tenura mat.

Tenura Jar Opener

(Product Code/MPN: TJOR=Red, TJOB=Blue, TJOY=Yellow)

- Colours: TJOR=Red, TJOB=Blue, TJOY=Yellow
- Diameter: 115mm (4½")



Tenura Bottle Opener

(Product Code/MPN: TBOR=Red, TBOB=Blue, TBOY=Yellow)

- Colours: TBOR=Red, TBOB=Blue, TBOY=Yellow
- Diameter: 63mm (2½")



Natural Wheat Bag (Product Code/MPN: NWBFL or NWBFR)

- Now with French lavender flowers mixed into the grain for a soothing and comforting aroma.
- Heating in a microwave produces a hot bag which stays warm for hours.
- Freezing produces a cold compress.
- The contents of the bags are natural ingredients with the majority being wheat based.

NWBFL Outer cover Polar Fleece Lilac

NWBFR Outer cover Polar Fleece Red

- Length: 41cm (16")
- Width: 12cm (4½")
- Weight: 700g (1½lb)



Memory Foam Gel Neck Cushion

(Product Code/MPN: MGNC)

- Latest in memory foam and gel technology.
- Ideal for reading and relaxation, travel or just for comfort whilst watching TV.
- Contours for improved fit.
- Removable cover for easy cleaning.
- Size: 90mm (3½") x 300mm (11¾") x 300mm (11¾")
- Weight: 380g (13½oz)
- Inner Cushion: White Memory Foam with Blue Gel Insert
- Outer Removable Cover: Plush Emerald Green Velour

Coccyx Wedge Cushion (Product Code/MPN: WCC) CE

- Cut-out at the rear of the cushion provides relief of pressure on the coccyx.
- 11 degree wedge angle for an optimum sitting position.
- High density foam with memory foam topper.
- Removable cover for washing.
- For use at home, work or car.
- Overall Depth: 410mm (16")
- Overall Height: 70mm (2¾")
- Overall Width: 430mm (17")
- Outer Cover: Cotton Twill
- Colour: Black



MEDesign Backfriend (Product Code/MPN: see page 5)

- The Backfriend is a combined backrest and seatbase which can be used in any seat* in any vehicle¹ - cars, vans, lorries, trains, trams, buses or aeroplanes.
- What Car magazine stated "the MEdesign Backfriend is the only one we recommend. It can make a bad seat good."
- Light and portable to carry and use anywhere e.g. car, home, office, leisure, travel.
- Get the same degree of support and comfort wherever you sit.
- Single Padded (SP) or Double Padded (DP) seatbase options available.

* We do not (as a general rule) recommend using the double padded models in cars. Because of the extra height, some users can end up with restricted head room.

- **Backrest** - Width: 29½cm (11½")
Height: 48cm (19")
Padding: 2½cm (1")
- **Seatbase** - Width: 41cm (16")
Depth: 36½cm (14½")
Padding: SP - 2½cm (1")
DP - 5cm (2")
- Total weight: 1.6kg (3½lb)
- 8 Colour options: See page 5

¹ Not recommended for use with scooters or powered wheelchairs



Separate Backrest and Seatbase CE

(Product Code/MPN: BF and SB - see page 5 for colour codes)

- Very occasionally we get requests from customers who wish to purchase just the Backrest or Seatbase parts of the Backfriend as separate items. To obtain the maximum benefit, the Backrest and Seatbase should ideally be used as the combined Backfriend unit. But, needs vary and both parts can be supplied separately.
- Back - Width: 29½cm (11½") • Height: 48cm (19") • Weight: 0.8kg (1¾lb)
- Seat - Width: 41cm (16") • Depth: 36½cm (14½") • Weight: 0.8kg (1¾lb)
Seatbase Padding: SP - 2½cm (1") or DP - 5cm (2")
- 8 Colour options: See page 5

Please state if you require the Backrest or Seatbase to be supplied WITH holes and Velcro (for future attachment to backrest) or WITHOUT holes and velcro (if never to be connected).



Swivel Cushion (Product Code/MPN: SC)

- Extremely useful when getting in or out of a car, wheelchair or bed. Lightweight yet sturdy.
- Fitted and removable soft fleece top cover.
- Washable cover.
- Diameter: 405mm (16")
- Height: 55mm (2")
- Weight: 1.5kg (3.3lb)
- Max User Weight: 115kg (18st)



MEDesign Portapillo (Product Code PP)

- We've all experienced it - on a tiring journey, dozing on the beach, trying to relax in the bath there is never an easy way to rest your head comfortably.
- The Portapillo provides a complete and simple solution as it gently cradles your head and allows your neck and back muscles to relax.
- The pillow is inflatable and made from a suede like material which is allergy tested and can be hand washed. It is an ideal complement to the Backfriend.
- Please note this pillow is intended for occasional use and is not designed to replace your sleeping pillow for which we would recommend the MEDesign Pillow on page 11.
- Folded length: 10cm (4") • Folded width: 15cm (6") • Weight: 155g (5½oz)



Kwik Park Lens (Product Code/MPN: KPL)

- Enables you to reverse safely without turning around.
- Refractory lens "bends" the light through your rear window to give you a much larger field of vision behind your car.
- Fixes to the rear window with an adhesive pad, full fitting instructions included.
- Suitable for any vehicle.
- Height: 13cm (5") • Width: 14cm (5½")

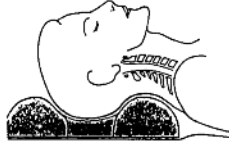
Baby Mirror (Product Code/MPN: BMI)

- Clips onto the sun visor in any car for a panoramic view of the back seat.
- Helps you keep a safe eye on your precious cargo on the back seat, without needing to turn around.
- Height: 6cm (2½")
- Width: 9cm (3½")



MEDesign Travel Pillow (Product Code/MPN: MPT)

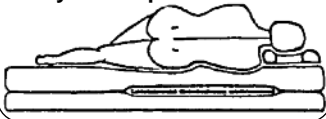
- Same quality and properties as the full size pillow (see page 11) but smaller.
- Ideal for people who travel frequently and need to take their own orthopaedic pillow with them.
- Length: 41cm (16¼")
- Width: 32cm (12½")
- Thickness: 13cm (5¼")
- Weight: 550gm (1¼lb)
- EAN: 5060464551192



Your back is at risk by sleeping like this...



Our Bedboard will let you sleep like this...



MEDesign Bedboard (Product Code/MPN: BB)

- A folding set of very rigid boards for placing under the mattress to produce a firm, supportive sleeping surface.
- Designed to help prevent that aching back caused by an oversoft or sagging bed.
- Large enough to fit a single bed yet small enough to transport easily.
- Custom made carrying case (see below) available as an optional accessory.
- Heavy duty, easy clean, protective cover.
- Light and portable for travelling.

Panel Size

- Length: 36cm (14")
- Width: 76½cm (30")
- Thickness: 15mm (½")

Size of Expanded Bedboard

- Length: 108cm (42½")
- Width: 76½cm (30")
- Weight: 2.2kg (4¾lb)
- EAN: 5060464551017



Bedboard supplied separately

Bedboard Carrycase

(Product Code/MPN: BBC)

- The ideal travelling companion for your Bedboard.
- The Bedboard will fit into a large suitcase but this bespoke heavy duty carrycase makes carrying easy.
- Two Carrying Handles • Colour: Blue • EAN: 5060464551024



Footrest : Standard (Product Code/MPN: FR)

- Supports feet and legs with good knee flexion to reduce the load on the pelvis, hips, knees and ankle joints.
- Variable angle of tilt (10°-15°).
- Textured profile helps massage tired feet.
- Non slip pads on the base prevent it slipping around.
- Length: 45cm (17¾") • Width: 35cm (13¾")
- Maximum Height: 15cm (6")

Leg Rest (Product Code/MPN: LR)

- Classic design for outstanding calf support.
- Complete with smooth running castors.
- Also useful as a sitting stool.
- Height adjustable.
- Easy clean upholstery.
- Depth: 394mm (15½") • Width: 394mm (15½")
- Height: Minimum 356mm (14")
Maximum 457mm (18")
- Base clearance: 80mm (3¼")
- Maximum User Weight: 115kg (18st)
- Weight: 4.9kg (10¾lb)



Easy Kneeler (Product Code/MPN: EK)

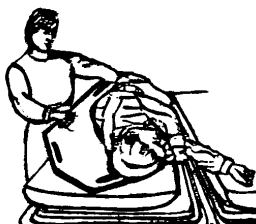
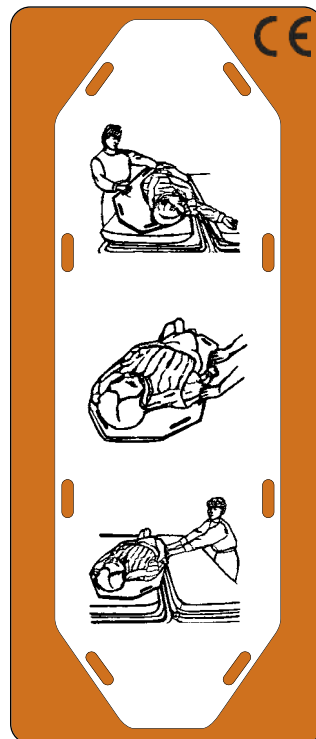
- Serves either as a kneeler or a seat - for use both around the home or in the garden.
- Integral foam pad protects your knees whilst the handles provide support when getting up.
- Robust and practical - folds away when not in use.
- Dimensions: 420 x 410 x 140mm (16½" x 16" x 5½")
- Folded dimensions: 580 x 120 x 280mm (22¾" x 4¾" x 11")
- Weight: 4kg (8¾lb)



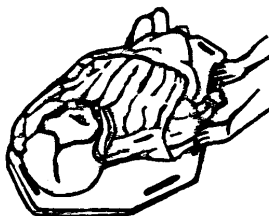
MEDesign Patient Slider

(Product Code/MPN: PSS or PSN)

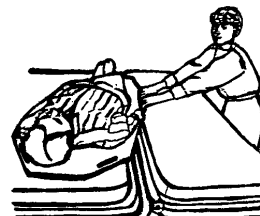
- A MEDesign Patient Slider is the ideal and very cost effective moving aid for a number of patient transfer situations. These include when a patient is unconscious, or needs full length supine or prone support during the transfer, or when the heights of the two transfer surfaces are not the same, or when there is a small gap between the two surfaces.
- It is a semi-rigid sliding board made from high density, stress relieved polypropylene with a smooth, easy glide surface.
- Treated to be anti static.
- Both surfaces have very low friction. Therefore it can be used both as a movable sliding board where the board and the patient move together or, with the addition of a MEDesign slide sheet (see page 35), the board can be fixed in place while the patient moves across it.
- Both techniques allow for safer and easier transfers of supine patients whilst also reducing the risk of imposing heavy loads on the backs of the nurses or carers.
- The eight handholds around the edges allow for easy moving and positioning.
- Two sizes available to cover a number of different situations.
- Both models are radiolucent and may be left in situ during x-ray or MRI type procedures.



Lock all wheels!
Roll patient on side and place Slider under patient.



Grip Slider firmly and pull it towards you.



Transfer across uneven surfaces or a small gap. Move foot section first then head section.

Standard Slider (Product Code/MPN: PSS)

This is the standard and most popular size model for general use.

- Length: 183cm (72") • Width: 56cm (22") • Thickness: 5mm (3/16") • Weight: 4kg (9lb)
- Maximum Patient Weight: 114kg (17st 12lb) • Colour: White • EAN: 5060464551376

Narrow Slider (Product Code/MPN: PSN)

A narrower version to accommodate more confined spaces or working areas.

- Often specified for use in paramedic and patient transport vehicles.
- Length: 183cm (72") • Width: 46cm (18") • Thickness: 5mm (3/16") • Weight: 3.5kg (7lb 12oz)
- Maximum Patient Weight: 114kg (17st 12lb) • Colour: White • EAN: 5060464551369

MEDesign Transfer Boards CE

Unlike plastic or resin moulded transfer boards we are proud that MEdesign's transfer boards are made here in the UK from an environmentally friendly, sustainable and most importantly renewable resource.

- Transfer boards promote patient independence and reduce the carer's workload by enabling a patient to transfer/slide themselves from one level surface to another e.g. from bed to wheelchair or wheelchair to commode or wheelchair to car.
- They are versatile, cost effective items which can help to improve self-esteem in dependent patients by making it easier for them to move themselves without the aid of a carer.
- Manufactured from the highest quality, lacquered, 15mm Birch plywood. All edges are smooth and the tapered ends allow the boards to be easily placed underneath the patient.
- When a carer's assistance is required, using a transfer board can help to reduce the risk to their back.
- For increased patient confidence the transfer boards be used in combination with our Patient Handling Sling (see page 33) or Support Belts (see page 34).

TB24



Short Transfer Board CE

(Product Code/MPN: TB24)

- Ideal for confined spaces.
- Length: 61cm (24") • Width: 21cm (8¼")
- Weight: 1.2kg (2½lb)
- Maximum User Weight: 190kg (30st)
- EAN: 5060464551451

Long Transfer Board CE

(Product Code/MPN: TB30)

- A longer transfer board with two handholds to facilitate positioning and movement along its length.
- Length: 76cm (30") • Width: 21cm (8¼")
- Weight: 1.5kg (3¼lb)
- Maximum User Weight: 190kg (30st)
- EAN: 5060464551468

TB30



Curved Transfer Board (Product Code/MPN: CTB) CE



- The curved shape is of special benefit in restricted or confined spaces and also for angled transfers when furniture cannot be moved to accommodate a straight board.
- Length: 72cm (28¼") • Width: 25cm (10")
- Weight: 1.5kg (3¼lb)
- Maximum User Weight: 190kg (30st)
- EAN: 5060464551123

MEDesign Patient Hand Block (Product Code/MPN: PHB)

- Enables a patient to move themselves in bed by “lengthening” the reach of their arms.
- Increases the users self esteem whilst significantly reducing the amount of manual handling needed from a nurse or carer.
- The Patient Hand Block is ergonomically designed with a broad, comfortable hand grip.
- Hand Blocks can be used singly or in pairs or in conjunction with sliding and moving equipment.

Sold as singles.

- Helpful for anyone with upper body strength and especially for paraplegics and lower limb amputees.
- Also used by physiotherapists for floor based upper body rehabilitation work and core strengthening exercises.
- Extremely light but very strong and impact resistant.

- Height: 10½cm (4”)
- Weight: 260gm (8oz)
- Base Length: 22cm (8½”)
- Base Width: 11cm (4¼”) • Handle Circumference: 12cm (4¾”)
- Max User Weight: 126kg (20st) • EAN: 5060464551307



MEDesign Patient Handling Sling (Product Code/MPN: PHS)

- The original unique, acclaimed product for moving or adjusting a patient’s position.
- Since its introduction in 1982 the MEDesign Sling has been purchased by every Health Authority and NHS Trust here in the UK and in many overseas countries.
- The Sling is a simple, very cost effective product which can be used in almost every nursing, caring and paramedic situation to help prevent back injuries to nurses, carers and emergency personnel, whilst making the patient more comfortable.

- The Sling effectively lengthens the reach of the carer allowing them to get a better grip to pull the patient closer to them and makes it easier to work in a more upright position.
- The MEDesign Patient Handling Sling is friendly, durable and well proven.

- Length: 51cm (20”) • Width: 20.5cm (8”) • Thickness: 3mm (1/8”) • Weight: 400gm (14oz)
- EAN: 5060464551338



TIP: Particularly useful when used in conjunction with MEDesign’s wide range of moving and handling devices including sliding boards, slide sheets, transfer boards, turning discs etc...

Moving & Handling

Patient Transfer Belt CE

(Product Code/MPN: PTB)



- Pocket sized, simple inexpensive transfer belt which provides a good grip for carers assisting a patient to stand up from a chair.
 - Webbing belt with quick release snap buckle.
 - Easily adjusted for a snug, secure fit.
 - Can be worn all the time if necessary.
 - Washable.
- Length: 138cm (54")
 - Width: 5cm (2")
 - Weight: 85g (3oz)
 - EAN: 5060464551413



Patient Support Belt CE

(Product Code/MPN: PSB1 or PSB2 or PSB3)

- Our widest belt (up to 20cm) for greater support to the patient.
- Four loop handholds sewn into the belt for greater versatility and security.
- Padded for superior comfort.
- Easily fitted and adjusted.
- Available in three colour coded sizes:
 - Small (**Green** Code/MPN: PSB1) to fit waist 22-32"
 - Medium (**Blue** Code/MPN: PSB2) to fit waist 30-46"
 - Large (**Black** Code/MPN: PSB3) to fit waist 40-56"



Double Tread Slipper Socks

(Product Code/MPN: DTSS or DTSSCQ)

- Absorbant terrycloth interior helps keep feet dry and comfortable.
 - Slip resistant tread is fused to both the top and bottom of the slipper to provide continuous grip even if the slipper twists on the foot.
 - Offers extra security during walking and moving procedures with patients. Enables patient foot grip on sheets when repositioning themselves in bed.
 - Added protection against slips and falls.
 - Generous universal sizing ensures a comfortable fit even when the wearer might be prone to swelling of the ankles and feet.
- Shoe size: Universal one size fits most adults
 - Colour: Red
 - Product Code/MPN: DTSS - One pair
 - Product Code/MPN: DTSSCQ - Discounted case quantity of 48 pairs (ideal for care homes)



MEDesign Slide Sheets

- Sliding (as distinct from lifting) a patient is intrinsically safer and easier for the carer.
- Slide sheets are fabric tubes with a high slip inner surface to facilitate the moving of patients in three basic ways without the need to lift i.e. turning a prone patient, sitting a patient up in bed, and moving a patient on and off a bed or trolley.
- The MEDesign Slide Sheets are nylon fabric tubes with a high degree of glide and slide in all directions.
- Four colour coded sizes are available with hanging loops for ease of storage:

Standard Multislide (Product Code/MPN: MSS1)

- Length: 125cm (49") • Width: 70cm (27")
- Colour: Royal Blue • EAN: 5060464551222

Long Multislide (Product Code/MPN: MSS2)

- Length: 150cm (59") • Width: 70cm (27")
- Colour: Green • EAN: 5060464551239

Wide Multislide (Product Code/MPN: MSS3)

- Length: 125cm (49") • Width: 100cm (39½")
- Colour: Red • EAN: 5060464551246

Compact Multislide (Product Code/MPN: MSS4)

- Length: 72cm (28") • Width: 70cm (27")
- Colour: Navy Blue • EAN: 5060464551253



One Way Glide Sheets

(Product Code/MPN: GSS or GSL)

- Prevents patients from sliding down in a chair or in bed.
- Allows one directional slide (back into a chair or up in a bed) then locks, preventing the patient sliding forward again.
- Reduces the risk of back injury to the nurse or carer since less handling intervention is required.
- Two sizes to suit most situations.

Standard Glide Sheet

(Product Code/MPN: GSS)

- Ideal size for use in chairs.
- 45cm (17¼") x 40cm (15¼")

Large Glide Sheet

(Product Code/MPN: GSL)

- Preferable for beds.
- 80cm (31½") x 70cm (27½")



Moving & Handling

Slide Quilts (Product Code/MPN: HPMS or HPML)



- For use when single layer slide sheets may not offer enough protection.
- Thick, siliconised fibre padding between the cotton outer and the nylon inner surface.
- Suitable for patients on water, air or other special mattresses.
- Complete with a waterproof cover which can be used independently as a slide sheet.



Standard Slide Quilt (Product Code/MPN: HPMS)

- Ideal for transfers to/from wheelchair or commode and moving up or down the bed.

- Length: 70cm (27")
- Width: 65cm (26")



Large Slide Quilt (Product Code/MPN: HPML)

- Preferable for turning or positioning in bed and transfer to/from trolleys.

- Length: 190cm (75")
- Width: 65cm (26")



Transfer Turntable Disc (Product Code/MPN: TD4)

- Turntable discs are beneficial in reducing the potential for damage to the backs of nurses and carers whilst moving patients to or from the chair, bed, toilet or car.
 - A strong, lightweight turntable which allows smooth, controlled rotation on a non-slip surface.
 - The nurse or carer has greater control without having to twist from the hips, reducing the risk of injury.
 - May be used in conjunction with the Patient Handling Sling and Transfer Belts.
- Diameter: 405mm (16") • Weight: 1kg (2.2lb) • Maximum User Weight: 115kg (18st)



Manual Handling Carrycase

(Product Code/MPN: PHC)

- Makes storing, protecting and transporting your patient handling equipment easier.
- Custom made in reinforced, heavy duty, PVC backed polyester. Two sturdy carrying handles.
- Ideal when moving equipment from one place to another.

- Width: 88cm (34½") • Height: 43cm (17")
- Two Carrying Handles • Colour: Blue
- EAN: 5060464551284

Rotary Cushion CE

(Product Code/MPN: RCS or RCL)

- Soft, padded, flexible turning disc for use on chairs, beds and car seats.
- Smooth swivel transfer without painful jarring and twisting.
- Two sizes available.
- RCS - Small Diameter: 380mm (15")
- RCL - Large Diameter: 450mm (17¾")



Rotastand Compact CE

(Product Code/MPN: RSC)

- Folding compact design for storage and transport.
- Lightweight (only 10kg), simple to manoeuvre and lift in and out of vehicles.
- Height adjustable frame and shin pad.
- Central wheels allow easy positioning.
- Stabilising bar allows a one person transfer.
- Folded Size: 114cm (44⅞") x 52½cm (20⅝")
- Max User Weight: 200kg (440lb)
- Weight: 10kg (22lb)



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MEDesign®

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