



vhiexercisekits.com.au

Desktop

VHI PC-Kits Desktop Edition is licensed for use on a single computer. The Desktop Software is required to run the VHI PC-Kits.

VHI's Desktop Software and exercise collections need to be purchased for each computer running the program.

The Desktop Software is not required to be repurchased if you are only adding additional exercise collections to the computer running the VHI PC-Kits software.

VHI PC-Kits

- Choose from 44 comprehensive exercise collections
- Add your own photos or drawings
- Save all your favourite routines
- Add your logo
- Email routines to clients
- Left or right orientation
- Change gender

Network

VHI PC-Kits Network Edition installs easily on any size network, from a small office peer-to-peer network to the largest client-server enterprise network.

VHI PC-Kits will integrate seamlessly with existing Microsoft™ SQL Servers and operate efficiently in Terminal Server environments. It has been designed to scale as your needs grow.

In addition, VHI PC-Kits Network Edition can meet your security needs by supporting password protection or the use of Integrated Windows Authentication.

The Network Version is licensed according to the number of concurrent users, not the number of installations. The program can be accessed from as many computers as you like.

Why invest in a networked version for your exercise collections?

The benefits of networking VHI PC-Kits:

1. Allows any organisational member with a network connection to access this resource whenever they need it from wherever they are, rather than queuing for vacancies on dedicated terminals.
2. Means that professionals can independently develop exercise routines for patients by concurrently using their resources from their desktops and telephone links.
3. Ensures a professional standard and a shared platform is established across the entire organisation for the development and customisation of exercise regimes.
4. Organisation wide desktop availability of the collection promotes the use of the resource and dramatically improves the ROI associated with this investment.
5. Means you only need to move through the implementation process once rather than through a series of staggered set-up projects for different departments within your organisation.
6. Can be backed up as part of your Server back up procedure.

VHI Card Kits

Prices in AUD. Prices exclude GST (Current as at March 2011)

Give your patients customised home programs to reinforce your teachings by adding your own specific instructions to photocopies of these cards.

Code	Card Kits	Price Exc. GST
VHIC16	Geriatric	\$350.00
VHIC19	Oral Sensory & Motor Treatment	\$250.00
VHIC20	Orthopaedic	\$320.00

Please allow 4 weeks for delivery

VHI Evidence-Based Newsletter

The must-have newsletter for anyone needing evidence-based exercise information.

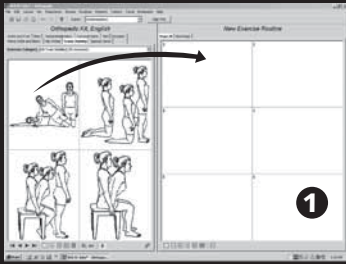
VHI brings current evidence-based exercise research directly to the busy clinician in an easy-to-read, easy-to-understand format. Each month we will examine a different clinical question and present a review of the current literature as it relates to the use of specific exercises for that condition.

Subscribe now at vhiexercisekits.com.au

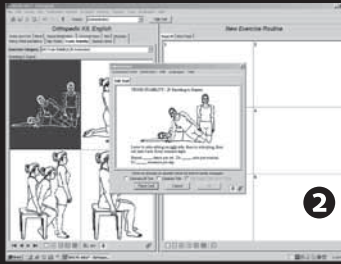


VHI PC-Kits Features

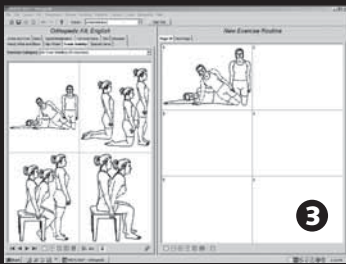
Create exercise routines in minutes



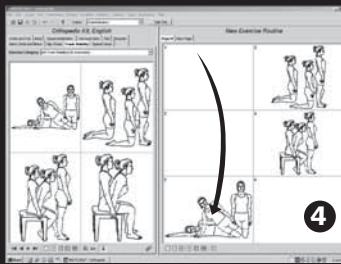
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2



3

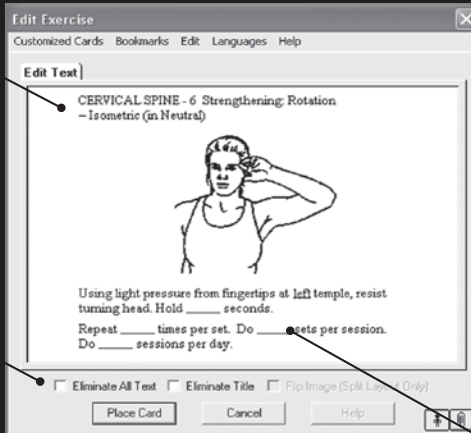


4

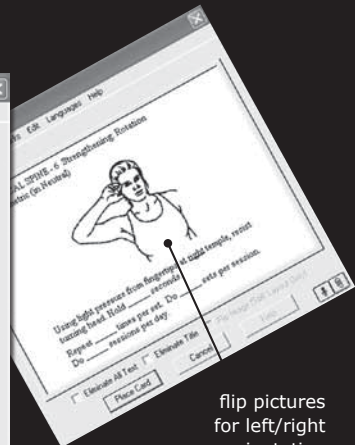
1. Click and drag desired exercise from the Exercise Page to any spot on the Routine Page
2. Edit the text any way you wish
3. Place the exercise on the Routine Page
4. Drag exercises to any location - you can even swap positions of exercises
 - Save as a Patient or Favorite Routine
 - Print Routine

Spend less time finding exercises, handling materials & writing/editing instructions

double-click on a caption and edit the text



remove the card title or all the text if desired



flip pictures for left/right orientation

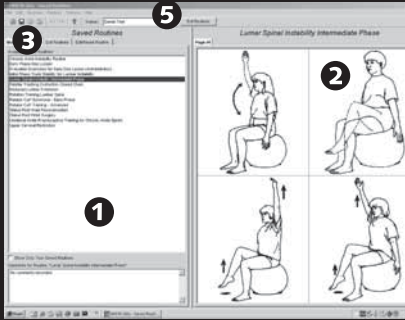
fill in the reps and sets



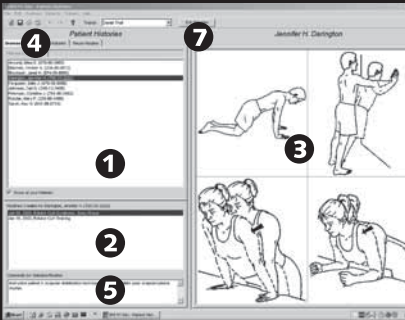
Quick reference guide

PC version gives the option of male & female figures in most collections

Spend less time tailoring routines



1. Choose your routine
2. View the exercises
3. To view the details, just click on Print Preview
4. The routine can be modified, re-saved or printed to meet your patient's needs
5. Therapists see only their own routines.

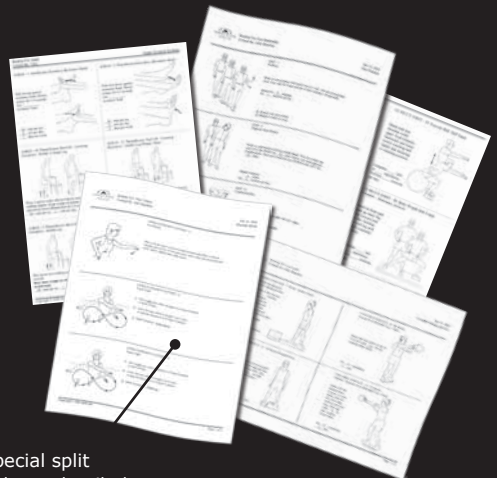


1. Select the patient
2. Choose a routine
3. View the exercises
4. To view the details, just click on Print Preview
5. Therapist comments can be saved with each routine
6. The routine can be modified, re-saved or printed to meet your patient's needs
7. Therapists see only their own patients' routine. Switch Therapists with the click of a mouse!

7 Different Formats for creating exercise routine

put 1, 2, 3, 4, 6, 9, or 12 exercises on a page

print a tracking grid with each routine to help patients keep records of their progress



use the special split layout for long, detailed instructions

44 Kits to choose from

Prices in AUD. Prices exclude GST (Current as at March 2011)

VHI Exercise Collections		Price Exc. GST
VHIP06	Desktop Software V3.4	\$100.00

Code	PC Kits	
VHIP09	Activities of Daily Living	\$155.00
VHIP27	Amputee Lower Extremity Rehabilitation	\$125.00
VHIP10	Aquatic Exercises	\$110.00
VHIP53	Aquatic Dynamic / Functional	\$160.00
VHIP11	Assisted Exercise	\$175.00
VHIP12	Balance & Vestibular Rehabilitation	\$105.00
VHIP13	Balance Training	\$120.00
VHIP14	Body Mechanics Resource Library	\$80.00
VHIP15	Cardiac Rehabilitation	\$80.00
VHIP17	Closed Chain	\$70.00
VHIP60	Complete Stretching	\$170.00
VHIP49	Dynamic Exercise	\$95.00
VHIP19	Early Development	\$125.00
VHIP59	Eccentric Exercises	\$115.00
VHIP21	Foam Roller	\$110.00
VHIP22	Gary Gray Functional Exercises	\$170.00
VHIP23	Geriatric Exercise Resource Library	\$235.00
VHIP51	Geriatric Strengthening - Frail through Fit	\$215.00
VHIP24	Golf Resource Library	\$135.00
VHIP25	Hatha Yoga	\$80.00
VHIP26	Incontinence & Pelvic Floor Disorders	\$170.00
VHIP48	Lymphoedema & Manual Oedema Mobilisation Self Management	\$240.00
VHIP28	Manual Therapy	\$180.00
VHIP29	Medicine Ball	\$75.00
VHIP30	Neurodynamic Mobilisation	\$170.00
VHIP55	Neurological Rehabilitation	\$285.00
VHIP31	Occupational Therapy	\$145.00

Code	PC Kits	Price Exc. GST
VHIP50	Olympic Weight Lifting	\$170.00
VHIP32	Oral Sensory and Motor Treatment Kit	\$150.00
VHIP33	Orthopedic Exercise & Rehabilitation Prescription Kit	\$205.00
VHIP46	Osteoporosis Management & Postural Correction	\$145.00
VHIP34	Paediatric Functional	\$150.00
VHIP35	Pilates Mat Exercises	\$85.00
VHIP36	Plyometric, Stabilization & Advanced Functional Exercises	\$155.00
VHIP37	Pre/Postnatal	\$170.00
VHIP38	Pulmonary Rehabilitation	\$180.00
VHIP39	Spinal Stabilisation	\$160.00
VHIP56	Stability Ball	\$160.00
VHIP40	Strength on Ball	\$125.00
VHIP41	Strength Training	\$155.00
VHIP54	Tai Chi Fundamentals Program	\$170.00
VHIP47	Trainer's Exercise Toolbox	\$100.00
VHIP44	Tubing	\$120.00
VHIP45	Wheelchair	\$85.00

To get your FREE DEMO CD, email us at sales@vhiexercisekits.com.au

Payment for Desktop Edition VHI PC-Kits is required in advance by credit card (Mastercard or VISA only), EFT or Cheque.

Desktop Edition VHI PC-Kits prices may change without notice.

Network VHI installations require quotation – email us at sales@vhiexercisekits.com.au

Software will be distributed electronically. Disks are available if software can't be downloaded. Phone 03 9888 1829 or email sales@vhiexercisekits.com.au

We will support your installation to the best of our ability. In some cases this requires support from the program writer in the USA. We will facilitate this.

Customers should note that they are purchasing serial numbers for VHI software and, as with all software, serial numbers should be kept in a safe place. If in the future you cannot provide us with your serial numbers, we may be unable to assist you with support.

Activities of Daily Living

156 Exercises

Contents

- Back Care
- Cervical Care
- Energy Conservation
- Hemiparesis
- Impaired Balance
- Infection Control
- Low Vision
- Lower Body Weakness
- Lower Extremity
- Upper Extremity

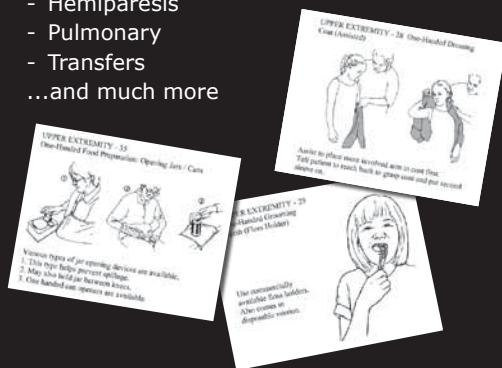
Use this collection to communicate your ADL instructions to patients, family caregivers, staff and interdisciplinary team members! Now you can send patients and

their family members home with a clear understanding of how to continue to improve independent living skills.

Plus

35 Full Page Tip Sheets

- Back Care
- Dementia
- Foot Care
- Impaired Balance
- Hemiparesis
- Pulmonary
- Transfers
- ...and much more



Aquatic Exercises

138 Exercises

Contents

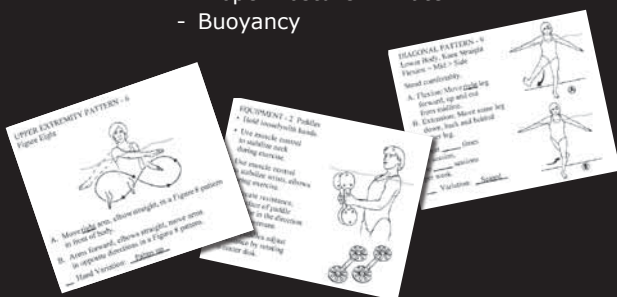
- General Instructions
- Equipment
- Upper Body
- Lower Body
- Total Body
- Trunk
- Gait
- Pathways
- Diagonal Patterns
- Upper Extremity Patterns
- Deep Water

Use this professionally illustrated exercise collection to develop rehab, fitness and sports routines and to depict circuits, intervals and deep-water programs.

Plus

5 Full Page Tip Sheets

- Hydrostatic Pressure
- Stretch Sequence (Upper & Lower Body)
- Proper Posture in Water
- Buoyancy



Balance & Vestibular Rehabilitation

130 Exercises

Contents

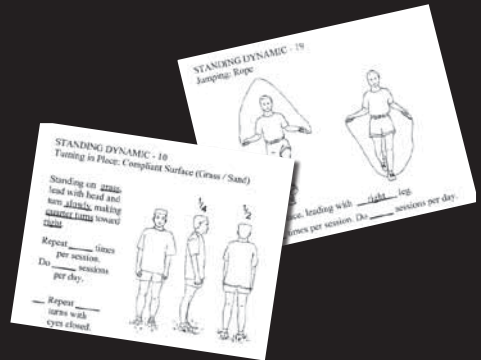
- Sitting
- Standing Dynamic
- Eye Exercises
- Otolith Stimulation
- Standing Static
- Gait
- Habituation

If your patients have poor or deficient balance, equilibrium, static or dynamic sitting or standing problems, dizziness or vertigo, gait instability, or general unsteadiness, this resource library is for you! It can also be used to treat lower

extremity problems such as total hip or knee, ankle sprain or strain, and much more.

Plus

- General Safety Tips
- 2 Full Field Stimulus Patterns A4
 - Stripes
 - Checkerboard



Complete Stretching Collection

384 Exercises

Contents

- Abdominals
- Arms
- Calves / Heels / Feet
- Chest
- Hamstrings
- Hand/Finger/Wrist
- Hip
- Hip Flexors / Quads
- Low Back
- Neck
- ...and much more

Now you can:

- Keep clients motivated by creating more varied routines
- Concentrate on more specific aspects of muscle groups

384 Stretching exercises to create flexibility routines for clients and athletes.

Contains 18 reproducible pre-designed routines for 18 different sports and activities.

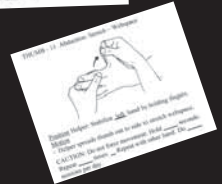
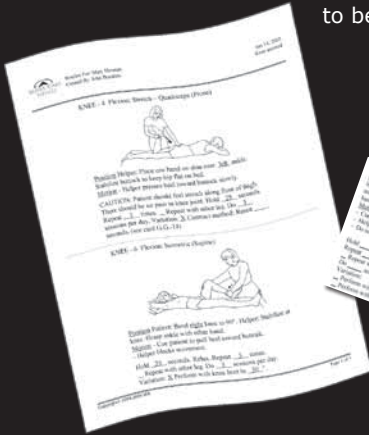
VHI has updated its classic stretching collection to include 278 new stretching exercises to bring you the most complete stretching collection available anywhere. You can create flexibility routines for clients and athletes at any level of performance, Easy to Advanced, for all muscle groups.

Assisted Exercises

238 Exercises

Contents

- Shoulder
- Elbow
- Wrist
- Finger
- Thumb
- Trunk
- Hip
- Knee
- Scapula
- Cervical Spine
- Ankle / Foot
- Functional

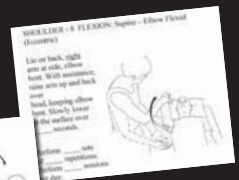
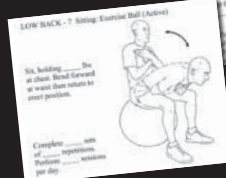
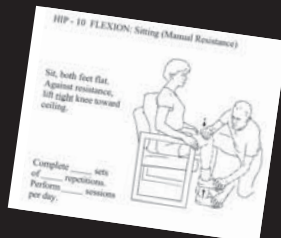


Geriatric Strengthening - Frail through Fit

362 Exercises

Contents

- Hip
- Knee
- Ankle
- Abdominal
- Low Back
- UE Multi Joint
- LE Multi Joint
- Shoulder
- Elbow
- Wrist



This collection contains Strength and Power exercises to develop programs individually adapted to patients with Acute and Chronic diseases. The collection is also appropriate for healthy elders pursuing athletic involvement, new travel pursuits and/or practicing preventive health. The breadth of the collection will allow the clinician the specificity and variations needed to adjust the program as the patient's status changes.

Spinal Stabilisation

222 Exercises

Contents

- Lower Trunk
- Closed Chain
- Upper Trunk
- Exercise Ball
- Pilates

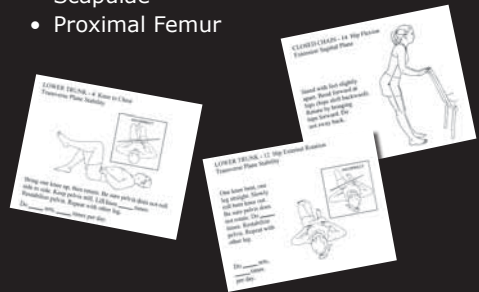
This collection of stabilisation exercises is ideal for treating patients with spine weakness and pain. These exercises will help your patients create a stable spine and torso by improving neuromuscular function and postural awareness. They will also help patients create a strong and stable core. This collection incorporates a wide variety of stabilisation approaches including ball, tubing, pulleys, Pilates mat and equipment exercises.

Ideal for:

- Improving ADLs
- Accelerating Rehabilitation
- Improving Core Strength
- Injury Prevention
- Increasing Athletic Performance
- Work Conditioning and much more...

Helping patients stabilise:

- Lumbar & Cervical Spine
- Pelvis
- Scapulae
- Proximal Femur



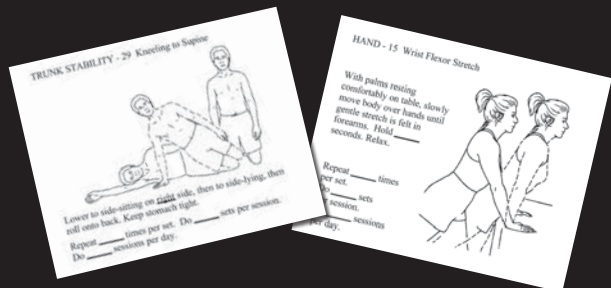
Orthopaedic Exercise & Rehabilitation Prescription Kit

574 Exercises

Contents

- Ankle / Foot
- Back / Lumbar Spine
- Cervical Spine
- Hand / Wrist / Elbow
- Hip / Knee
- Shoulder
- Spinal Mobilisation
- TMJ / Facial
- Trunk Stability

The most popular and useful exercise collection ever created for orthopaedic rehabilitation! With over 65,000 sold, this best-selling kit is the most used library of orthopaedic exercises in the world. If you have clients who are injured and need early stage restorative exercises to return to normal activity, this collection of tubing, isometric, isotonic, and active resistive exercises will be an invaluable resource.



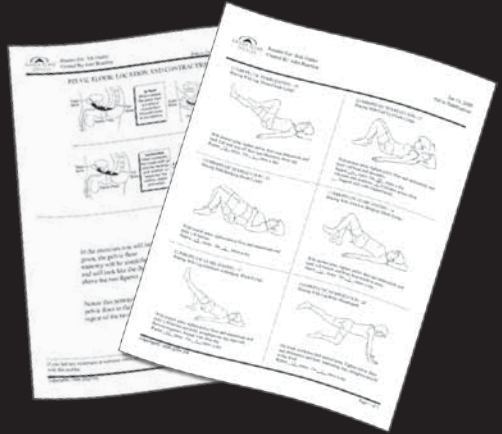
Incontinence & Pelvic Floor Disorders

254 Exercises

Contents

- Adjacent Muscle Groups
- Diaphragmatic Breathing
- Exercise Ball
- Functional Movement/Progressions
- Hospital/Post-Surgical Rehab
- Lumbopelvic Stabilisation
- Pelvic Floor Co-Contraction
- Pelvic Floor Co-Ordination
- Pelvic Floor Facilitation
- Pelvic Floor Isolation
- Pelvic Floor Relaxation
- Transverse Abdominals

This exercise collection is a must for anyone who treats pelvic floor dysfunctions and incontinence. Whether you work in a hospital post-surgical unit or treat high-level athletes, this collection is for you. These exercises will help patients who have incontinence and pelvic pain progress to everyday activities from sneezing to golfing.



Neurodynamic Mobilisation

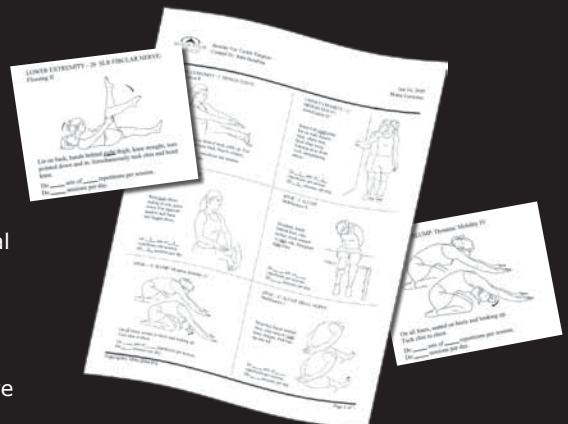
143 Exercises

Contents

- General Guidelines
- Upper Extremity
- Spine
- Lower Extremity

This exercise collection is designed to assist in working with any musculoskeletal condition that has been evaluated and determined to have a neural tissue component. Improve neural tissue health by mobilising the neural tissue with specific active movements in a progressive manner by changing the sensitivity of the

central and peripheral nervous systems. This collection contains a large number of progressive exercises biased to individual peripheral nerves. Most sections contain three types of neuromobilisation exercises - tensioning, flossing and dynamic.



Neurological Rehabilitation

620 Exercises

Contents

- ADL (Activities of Daily Living)
- AROM (Active Range of Motion)
- Caregiver & Self-Assisted Exercises
- Balance
- Functional Mobility
- Grasp/Release
- Positioning
- Reaching/Targeting
- Sensory Motor
- Strengthening
- Stretching
- Trunk Activation
- UE Weight Bearing

This collection is designed for treating neurological conditions. It is ideal for patients with weakness of the upper or lower body, stroke, brain injury, spinal cord injury, multiple sclerosis, Parkinson's, or other neurological conditions.

These exercises help patients

- Increase strength
- Improve balance
- Improve coordination
- Safely improve mobility
- Promote the function of impaired limbs and much more...



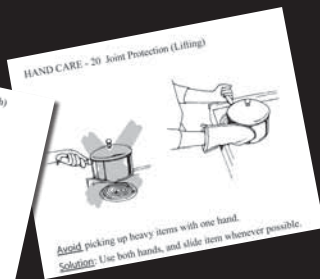
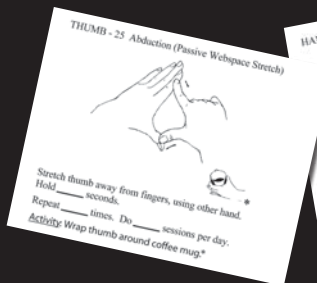
Occupational Therapy

234 Exercises

Contents

- Elbow
- Forearm
- Finger
- Thumb
- Scapula
- Shoulder
- Wrist
- Oedema Reduction
- Joint Protection
- Scar Tissue Massage
- Splint Instructions
- Work Injury Protection

This is the most complete resource ever developed for upper extremity rehabilitation. This kit includes incorporation of functional activities, joint protection techniques, exercises for post flexor tendon repair, putty and band exercises, management of oedema and much more...



Plyometric Stabilisation & Advanced Functional Exercises

226 Exercises

Contents

- Tip Cards
- Upper Extremity
- Lower Extremity
- Trunk
- Medicine Ball



This exercise collection is for anyone who works with athletes to develop speed, agility, explosive power, vertical jumping and much more. Plyometric and Advanced Functional exercises are ideal for addressing core stability and returning athletes to competition after injury.

Stability Ball

308 Exercises

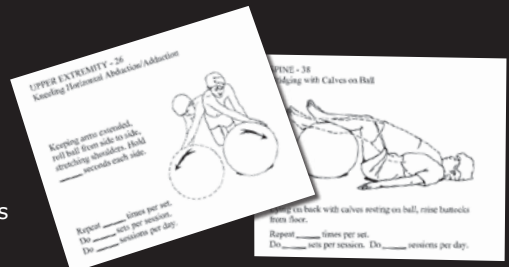
Contents

- Balance
- Core
- Body
- Medicine Ball on Ball
- Stretching
- Upper Body

athletic conditioning and rehab. Exercises in each section are sequenced from easy to difficult allowing you to create ball routines for every level of client fitness.

If you already have the Therapeutic Ball Collection you can just purchase the new 178 ball exercises to upgrade your Therapeutic Ball to Stability Ball.

VHI has updated and replaced its Therapeutic Ball Collection of 125 exercises with the new VHI Stability Ball Collection. This new collection contains 303 exercises including 178 new ball exercises, for fitness/wellness, Yoga, Pilates, general



Strength Training

320 Exercises

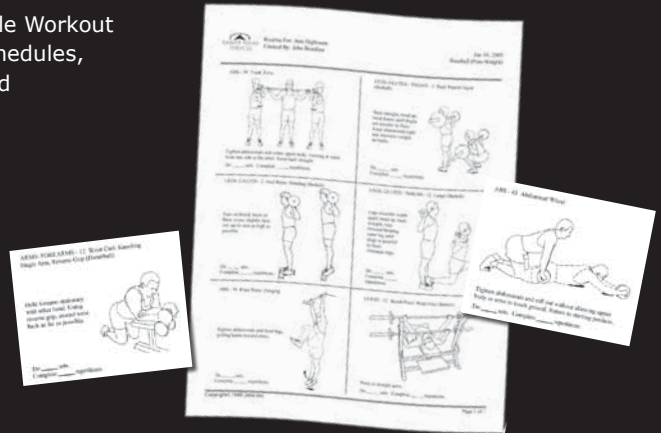
Contents

- Lats
- Lower Back
- Neck
- Shoulders
- Triceps
- Traps
- Abs
- Biceps
- Calves
- Chest
- Forearms
- Glutes & Thighs
- Hamstrings

Plus

- 35 Reproducible Pre-Designed Routines for 14 Different Sports
- Reproducible Workout Grid for Schedules, Weights and Repetitions

With this exercise collection, you will have all the tools you need to create appropriate strength routines for any level of functioning, from the seriously injured client gradually returning to activity, to the fully conditioned athlete.



Eccentric Exercises

138 Exercises

Contents

- Ankle
- Elbow
- Hip
- Knee
- Shoulder
- Trunk
- Wrist / Hand

their conditions. A great tool for clinicians who need to develop exercise routines for patients with tendon injuries.



Eccentric weakness is key in most musculoskeletal injuries. These clear, easy-to-follow illustrations will help your patients understand how to correctly perform eccentric or "negative" work for



vhiexercisekits.com.au

HPR is the agent in Australia and New Zealand for VHI products

P +61 3 9888 1829

E sales@vhiexercisekits.com.au

W www.vhiexercisekits.com.au