

Sports Medicine Supplies

Your pharmacist can offer advice on the prevention and treatment of sports injuries.

Many people are becoming more health conscious and are participating in more sports activities. Regular exercise has many health benefits, along with the potential to cause injury. Your Medicine Centre Pharmacist can provide you with information on how to prevent sports injuries, as well as help with your treatment if you become injured.

An ounce of prevention....

Proper conditioning and training can help to prevent many sports-related injuries. Always start out with stretching and warm-up exercises. Listen to warning signs of impending injury such as extreme fatigue and pain. It is also important to wear protective equipment and proper footwear. Protective eye wear in certain sports is also recommended.

You should always have access to a nearby first



aid kit in the event of an injury. Your Medicine Centre carries packaged first aid kits or your pharmacist can help you put together a first aid kit that has supplies that would be specifically needed for sports injuries.

First Aid Supplies for Sports Injuries

- Bandages: compression & support (elastic adhesive bandages), minor cuts (Steri-strips)
- Cooling aids: decrease swelling (ice packs)
- Disinfectants and cleansers: chlorhexidine, povidone-iodine, normal saline
- Dressings: abrasions, burns, blisters and other skin injuries (absorbent pads, 2nd skin and nonadherent sterile dressings)
- Athletic tape: provide support to prevent initial or further tearing of ligaments
- Scissors and Safety Pins: cutting and securing dressings
- Adhesive Tape: securing dressings
- Swabs: applying disinfectants and cleaners
- Massage cream: prevent muscle cramps and treat stiffness
- Finger splints/Slings

The Medicine Centre Pharmacy carries a variety of sports medicine supplies

Physicians, physiotherapists and trainers often recommend specific types of braces and wraps to help sports injuries heal. Our pharmacy carries a wide variety of sports medicine supplies and can meet your specific needs.

These include items like braces for the knee, elbow, wrist or ankle, elastic bandages and wraps, sport tapes, cold/hot compresses and first aid supplies.

Top quality and competitive prices

Our selections of top quality sports medicine products are competitively priced. And if, by chance, we don't stock an item, we will order and have it for you as soon as possible.

Our pharmacy staff will help you find the product that is right for you

Our pharmacy staff is trained to fit the various braces that we carry. It is important that a brace fits correctly in order to provide the proper support. Our pharmacy staff will take the time to ensure that the fit is right and you are happy with the product.

Notes: