



INTERNATIONAL CATALOGUE 2026

SINCE 1990





Learning has never been more lifelike

Limbs & Things was founded after Medical Artist Margot Cooper discovered a gap in the learning journey of medical students who jumped straight from theory into practicing on animal flesh or patients. The need for a **safe and repeatable training** medium was evident, and so the vision for Limbs & Things was created.

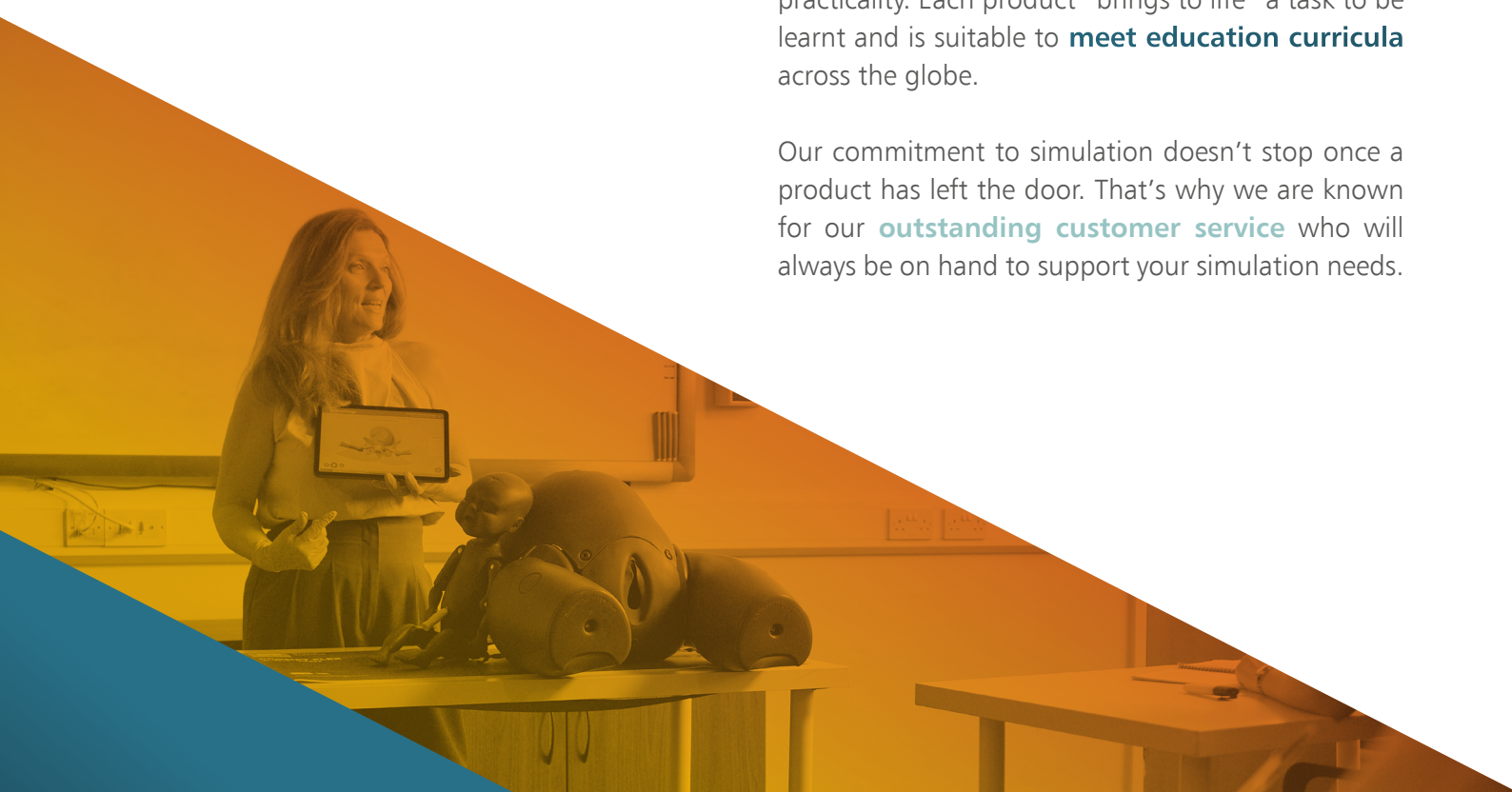
In 1990, Limbs & Things was born from a kitchen top in Bristol, England. Now a global business with offices in USA, Australia, and Sweden, the **family-owned** company still holds the same values and is proud to be supporting the learning of competent and confident clinicians around the world.



Our products are still **designed and manufactured in Bristol** before being exported to **70 countries worldwide**. Limbs & Things' committed team of experts collaborate with **medical leaders** to carefully create each groundbreaking innovation to achieve our mission.

Investing heavily in **research and development** ensures our models accurately replicate anatomy and feel lifelike to the touch, while utilising the best materials and technology to achieve realism and practicality. Each product "brings to life" a task to be learnt and is suitable to **meet education curricula** across the globe.

Our commitment to simulation doesn't stop once a product has left the door. That's why we are known for our **outstanding customer service** who will always be on hand to support your simulation needs.





“

Greetings from Limbs & Things,

We are pleased to feature some more results from the groundbreaking effort of all our talented members of staff as seen in our new Arterial Puncture Wrist model highlighted in this catalogue.

Limbs & Things was founded 35 years ago, but it feels like it was just yesterday when the expression was 'see one, do one, teach one'.

We feel proudly responsible for enabling medical trainees and practitioners to gain important skills and understanding of practical medical procedures, through 'hands on' use of the models, and we continue to strive for advancements in training through technology such as our Augmented Reality range.

Margot Cooper

Limbs & Things President

”



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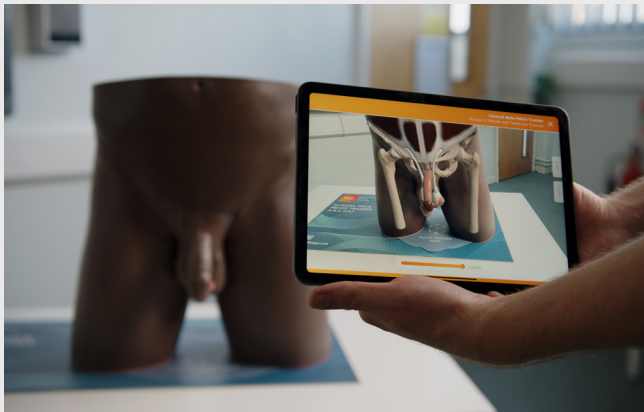
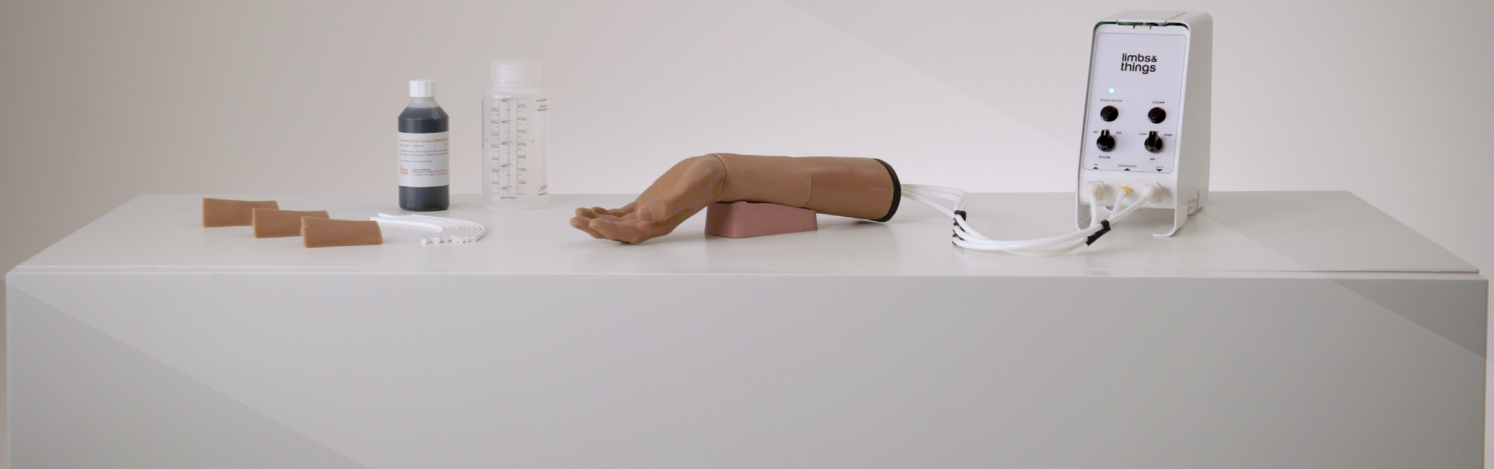
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NEW Arterial Puncture Wrist

Designed for standardised and repeatable training, the Arterial Puncture Wrist supports confident performance at each stage of blood gas sampling, including line placement and using ultrasound to locate and access the artery.

Discover more on page 28.

**Clinical Male Pelvic Trainer (CMPT) with Augmented Reality**

The CMPT now includes Augmented Reality, allowing trainees to interact with the model's internal anatomy on their smart device. Increase understanding of internal pathologies and visualise underlying conditions.

Discover more on page 18.





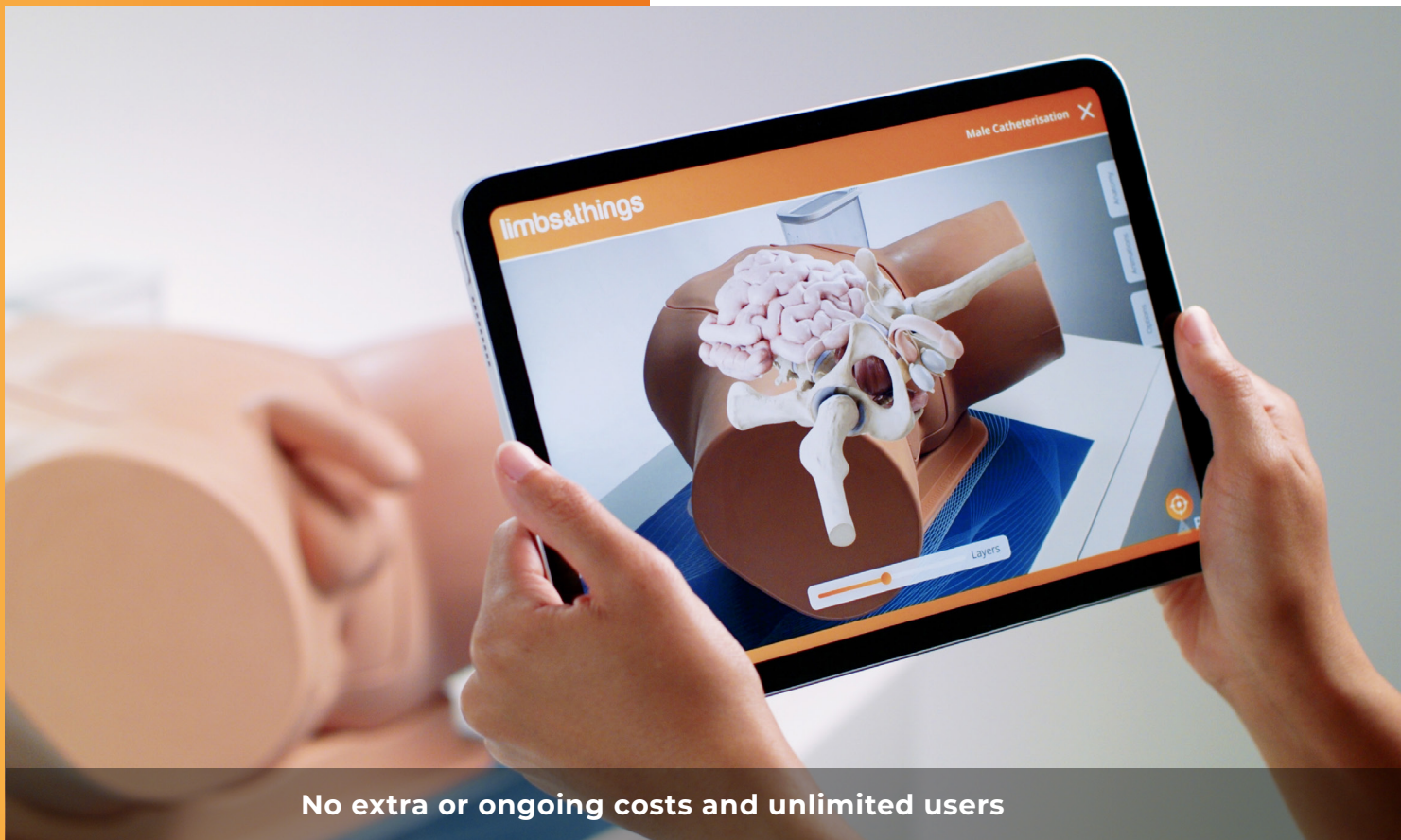
AUGMENTED REALITY

Interact with your trainer's internal anatomy on your smart device.

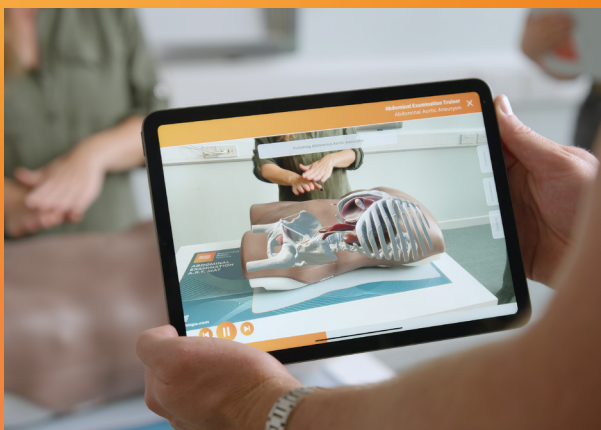
Add Augmented Reality to your training sessions.

By allowing learners to visualise anatomy, Augmented Reality (AR) bridges the knowledge gap between theory and practice.

AR makes engaging lessons easy. Multiple students can learn simultaneously using the app, while others get hands on with the trainer.

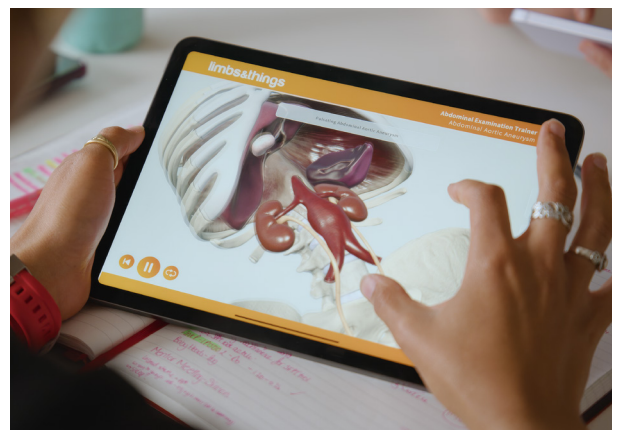


No extra or ongoing costs and unlimited users



With the trainer in class

Learners can use their own devices to view the internal anatomy



During independent study

Outside of class, students can continue learning using the same materials

AR unlocks different ways to learn

Keep the whole class engaged during training sessions

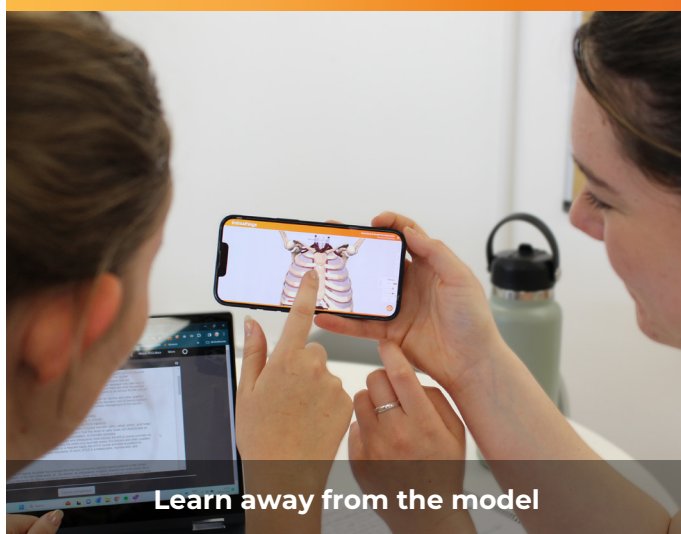


Combine with hands on training



Multiple students at once

Continue learning outside the classroom



Learn away from the model



Study with the same materials used in class

FEATURES

- Interact with your trainer's internal anatomy
- Visualise procedures with animations
- Explore different pathological presentations

VERSATILITY

- Run engaging and memorable lessons
- Multiple students learning at once
- Continued learning away from the model

SPECIFICATIONS

- Included with compatible models
- No extra or ongoing costs
- Unlimited users



Find out more at limbsandthings.com

Visit the back page of the catalogue to download the AR app and start exploring now

CARDIOVASCULAR AND RESPIRATORY EXAMINATION (CaRE)

91000

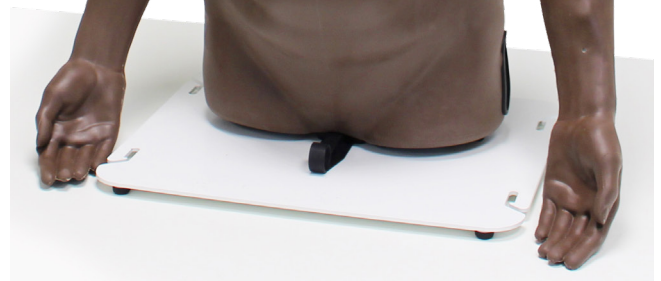
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The CaRE (Cardiovascular and Respiratory Examination) Trainer teaches the key skills needed to carry out a cardiovascular or respiratory examination.

The CaRE Trainer has lifelike chest movement, apex beat, pulses, thrills & heaves. Along with 23 heart sound profiles and 10 lung sounds that can be listened to via the LimbPAD.

CaRE includes 31 clinical cases that range from common to complex pathologies. The clinical cases showcase the **Patented** technology with the pulses, lung & heart sounds, mouth sounds and chest movement all synchronising together. These features synchronising together allows the model to realistically represent a real patient.



ANATOMY

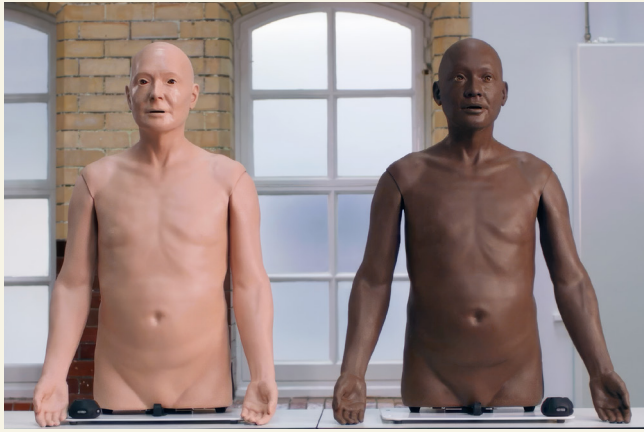
- Anatomically correct auscultation & palpation sites
- Representative of a 55-65 year-old
- Attachable breasts with realistic feel
- Trachea with jugular notch
- Articulating arms



SKILLS

- Auscultation
- Palpation
- General patient inspection
- Clinical examination skills
- Diagnostics skills
- Tissue management





QUALITIES

KEY FEATURES

Pulses

- Realistic radial, femoral & carotid pulses with 6 different characteristics available at rates from 30 to 170 BPM

Apex beats

- Apex beats in both the normal & displaced location at varying pulse rates

Heaves

- Visible & palpable heaves

Thrills

- Palpable thrills over the 4 heart valves

Trachea

- Realistic feel of trachea & larynx with the ability to displace the trachea to the left & right

Auscultation

- Heart & lung sounds across chest & back
- 23 individual heart sounds
- Each heart sound includes 4 heart valve locations (aortic pulmonary, tricuspid & mitral valves)
- 10 individual lung sounds

Breathing

- Visible breathing with realistic symmetrical & asymmetrical chest rise & fall at variable rates, patterns, & depth.
- Realistic palpation of moving chest
- Mouth sounds

VERSATILITY

- Can be used upright, 45° or supine.
- LimbPAD can be connected to a speaker to play sounds out loud.
- Can be used in a classroom or clinical setting



WHAT'S INCLUDED

CaRE Torso
LimbPAD
Attachable Breasts
Base & Straps
Power Cord
USB C Cable

Abdominal Examination Trainer

60000

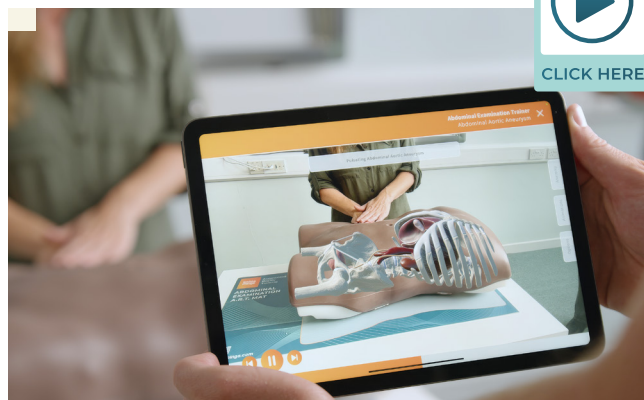
60054

An anatomically accurate adult torso, used to teach and practise the palpation, auscultation and percussion elements of abdominal or gastrointestinal (GI) examination.

With interchangeable organs of varying sizes, and an integrated MP3 player providing realistic sounds, the trainer provides the ability to recognise and differentiate a range of abnormal organs and pathologies.



CLICK HERE



SKILLS

- Familiarity with the abdominal regions & underlying anatomy
- Practice in abdominal palpation, auscultation & percussion
- Ability to differentiate normal from abnormal anatomy
- Identification of ascites, specifically shifting dullness & fluid thrill
- Identification of gaseous distension & bowel obstruction
- Ballottement of kidneys
- Professional-to-patient communication
- Increased understanding of internal anatomy & the effects of pathologies with AR



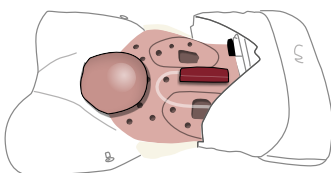
INCLUDES AUGMENTED REALITY

Discover the benefits on page 6

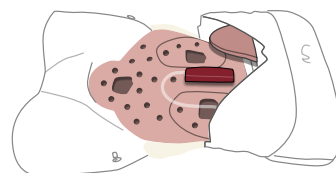
- No ongoing costs and unlimited users
- Bridge the learning gap between theory and practice
- Interact with internal structures to build understanding
- Visualise both male and female anatomy
- Understand organ and pathology presentations
- Multiple students learning at once
- Materials to learn with outside of the classroom

SET-UP EXAMPLES FOR SCENARIOS

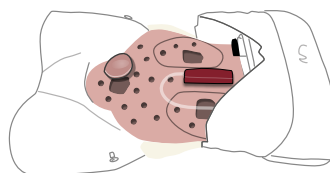
ACUTE URINARY
RETENTION - BLADDER



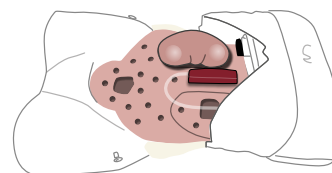
SLIGHTLY ENLARGED
LIVER



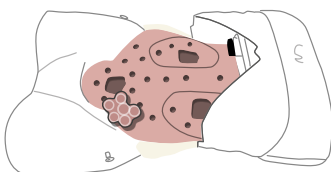
OVARIAN CYST - SMOOTH
SOFT MASS



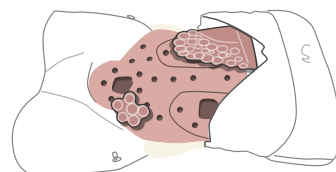
ENLARGED KIDNEY



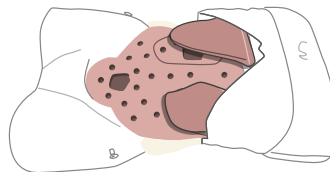
CARCINOMA ON MASS
IN LEFT ILIAC FOSSA



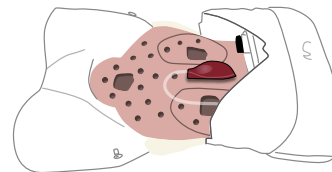
CARCINOMA WITH
LIVER METASTASIS

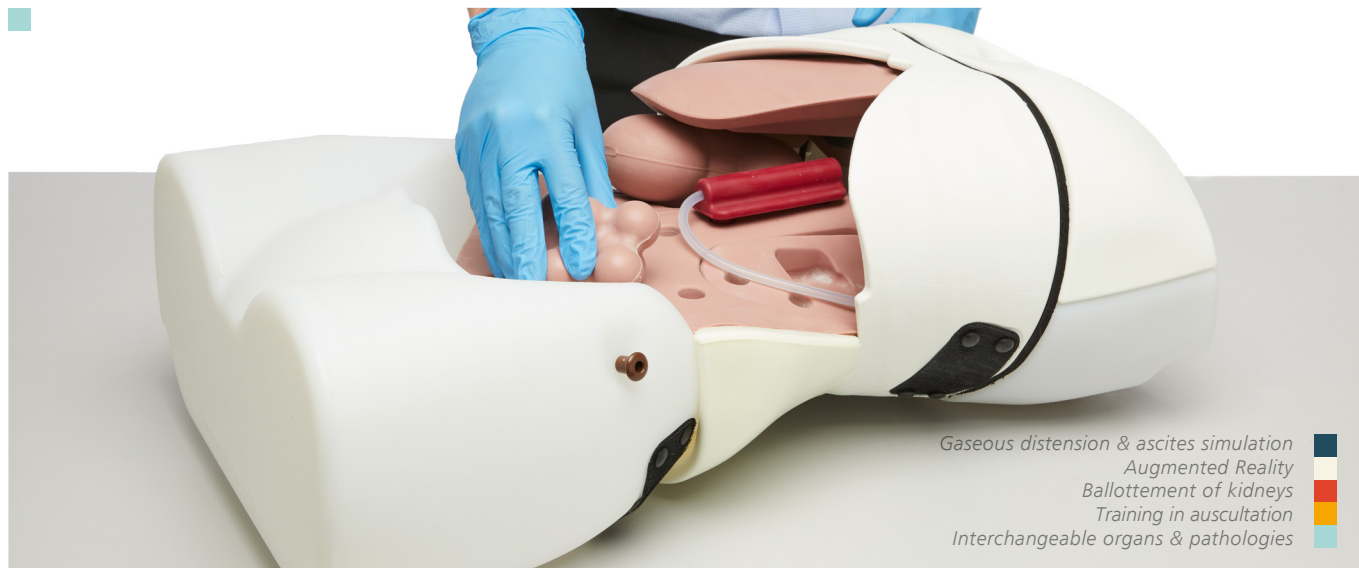


LYMPHOMA



AORTIC ANEURYSM





Gaseous distension & ascites simulation
Augmented Reality
Ballottement of kidneys
Training in auscultation
Interchangeable organs & pathologies

QUALITIES

REALISM

- Organs feel realistic on palpation & respond appropriately to percussion
- Lifelike quality of abdominal skin accommodates stretching for gaseous distension & ascites simulation
- Realistic ballottement of enlarged kidney

VERSATILITY

- Abdominal skin is simple to remove, allowing quick & easy changeover of organs
- Suitable for both bench top use & hybrid use with Simulated Patient
- Model can be rolled onto side for examination of ascites & shifting dullness

KEY FEATURES

- Interchangeable organs & pathologies of varying sizes can be quickly & easily inserted into the abdomen
- Trainer or Simulated Patient can vary respiratory movement of liver & spleen
- Integral amplifier & surface mounted MP3 player allow training in auscultation of normal & high-pitched or obstructed bowel sounds, renal & aortic bruits in variable locations
- Volume of bowel sounds can be adjusted and MP3 player allows for additional sounds to be loaded
- Distension set allows for the following:
 - Realistic checking for ascites using percussion, shifting dullness or fluid thrill technique
 - Simulation of bowel obstruction on percussion & auscultation
- Pulse bulb allows simulation of normal & aneurysmal aortic pulse

SAFETY

- Latex free

CLEANING & CARE

- Skin surface is washable using soap & water

ANATOMY

- Torso featuring abdomen, pelvis & lower part of thorax
- Bony landmarks include ribs, costal margin, xiphisternum, pubic crest & anterior superior iliac spines
- 3 Livers: slightly enlarged, enlarged with smooth edge & enlarged with irregular edge
- 2 Spleens: slightly enlarged & markedly enlarged
- 2 Enlarged Kidneys
- Distended Bladder
- 2 Aortas: normal & aneurysmal
- Set of 6 Abdominal Pathologies includes:
 - 4 Smooth masses: 2 sizes, each with hard & soft version
 - 2 Irregular hard masses
- Distension Set includes:
 - Ascites bag
 - Gaseous distension bag, pump & foam insert
- Simplified representation of lower thoracic & lumbar spine



Ideal for **OSCE** preparation and assessment.

WHAT'S INCLUDED

Abdominal Examination Base Unit
Abdominal Examination Skin
Abdominal Examination Rectus Bag
Abdominal Examination Organ Locator
Abdominal Wall
Abdominal Examination Livers (Set of 3)
Abdominal Examination Spleens (Set of 2)
Abdominal Examination Kidneys (x2)
Abdominal Examination Bladder
Abdominal Examination Pathologies (Set of 6)
Abdominal Examination Aorta (Set of 2)
Abdominal Examination - Distension Set
International 5V DC Power Supply
AA Batteries (x4)
Carry Case (x2)
Augmented Reality Mat

Clinical Female Pelvic Trainer (CFPT)

STANDARD

60900

60930



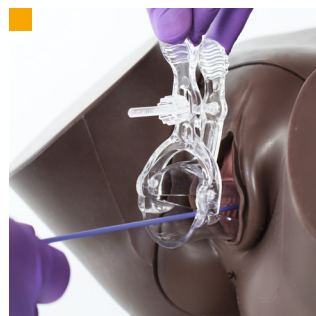
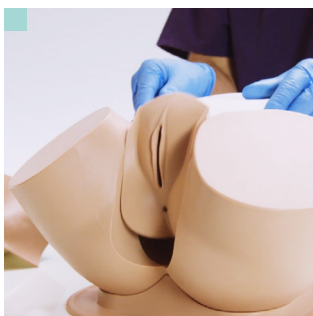
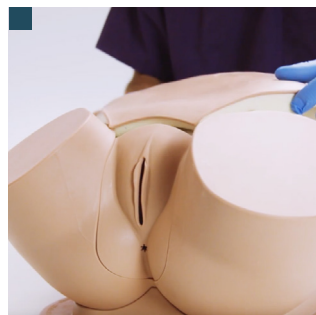
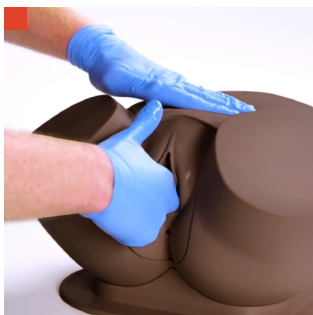
The CFPT is an anatomically accurate and tactile representation of the female pelvis. It is the ideal platform for hands-on examination as well as diagnosis of female conditions and minor pathologies. It can be used for many levels of training from undergraduate onwards, as well as in family medicine.



Validated in the
International Journal of Gynaecology and Obstetrics.
Volume 124, pp. 270-3, 2014.

SKILLS

- Recognition of perineal & pelvic anatomy including bony landmarks
- Digital vaginal examination
- Bi-manual examination
- Cervical smear procedure (including use of speculum)
- Digital rectal examination
- Professional-to-patient communication



Bi-manual examination
... allowing uterine module
to be lifted out

Abdominal wall lifts off...
Use of speculum
and cervical broom

QUALITIES

ANATOMY

- Abdomen, pelvis & genitalia
- Vagina, cervix, anus & lower bowel
- Advanced model comes with interchangeable uterine modules with different complications
- Modules:
 - Normal - Nulliparous Cervix
 - Large Fibroid - Nulliparous Ectropion Cervix
 - Small Fibroid - Nulliparous Polyp Cervix
 - Ovarian Cyst - Multiparous Cervix
 - Retroverted - Multiparous Cervix
 - 10-12 Weeks Pregnant
 - 14-16 Weeks Pregnant

REALISM

- Abdominal wall with fat layer makes palpation realistic
- Labia can be parted realistically
- Each uterus is presented at a realistic anatomical angle

KEY FEATURES

- Partial thighs aid anatomical orientation
- Soft and strong perineum and labia

VERSATILITY

- Modules can be changed quickly and easily

SAFETY

- Latex free

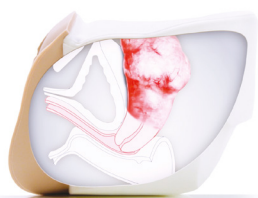
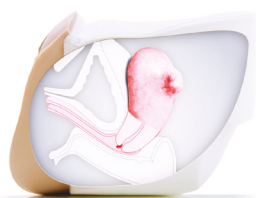
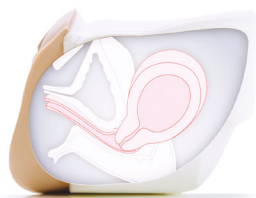
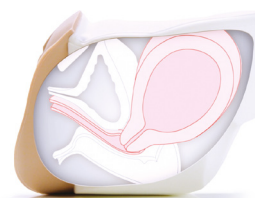
CLEANING & CARE

- Skin surface is washable using soap & water

ADVANCED

60905

60935

**60920 | 60937**MODULE 1
Normal - Nulliparous Cervix**60921 | 60938**MODULE 2
Large Fibroid - Nulliparous Ectropion Cervix**60922 | 60939**MODULE 3
Small Fibroid - Nulliparous Polyp Cervix**60923 | 60940**MODULE 4
Ovarian Cyst - Multiparous Cervix**60924 | 60941**MODULE 5
Retroverted - Multiparous Cervix**60925 | 60942**MODULE 6
10-12 Weeks Pregnant**60926 | 60943**MODULE 7
14-16 Weeks Pregnant

WHAT'S INCLUDED

STANDARD

ADVANCED

CFPT Abdominal Insert	✓	✓
CFPT Module 1: Normal - Nulliparous Cervix	✓	✓
CFPT Module 2: Large Fibroid - Nulliparous Ectropion Cervix	×	✓
CFPT Module 3: Small Fibroid - Nulliparous Polyp Cervix	×	✓
CFPT Module 4: Ovarian Cyst - Multiparous Cervix	×	✓
CFPT Module 5: Retroverted - Multiparous Cervix	×	✓
CFPT Module 6: 10-12 Weeks Pregnant	×	✓
CFPT Module 7: 14-16 Weeks Pregnant	×	✓
Lower Torso	✓	✓
Base	✓	✓
Tube of Aqueous Gel	✓	✓
Carry Case	✓	✓(x2)

Patents granted: • US6336812 • EP099027 • DE69804793 • CA 2293585 • ZL98806331 • HK1023832 • 755575 Australia

Breast Examination Trainer - Advanced & Standard

ADVANCED

40201

41201

STANDARD

40200

41200



Our Breast Examination Trainer provides a highly realistic learning platform for acquiring the skills required to perform Clinical Breast Examination (CBE).

Featuring 6 readily interchangeable and multi-positional pathologies, providing healthcare professionals with the tools to identify various complications and pathologies, including carcinomas, cysts, fibrocystic disease and fibroadenoma.



Both *Simulated Patient* and *Bench Top* training can be used in alignment with healthcare professionals promoting best practice techniques to trainees and patients, or for any undergraduate programmes running **OSCEs**.



This product was developed in close collaboration with leading clinicians:

- Mr Peter Donnelly, Torbay Hospital, UK
- Clinical Skills Resources Centre, University of Liverpool, UK
- Clinical Practice Centre, St James's University Hospital, Leeds, UK

QUALITIES

ANATOMY

- Realistic soft tissue & breast anatomy
- Pathologies supplied: carcinomas (2cm, 3cm, 5cm), cyst, fibrocystic disease, fibroadenoma

REALISM

- Soft tissue looks & feels realistic
- Clavicular & axilla pads for accurate lymph node placement

KEY FEATURES

- Pathologies can be placed in various location points & are easily changeable
- Dual purpose product: bench top & Simulated Patient
- Hard torso available for bench top use

VERSATILITY

- Comfortable to wear for long periods of time during OSCEs & assessments

SAFETY

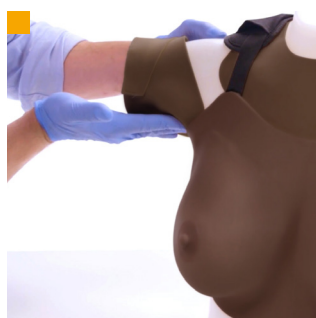
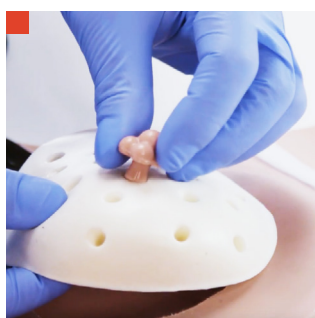
- Latex free

CLEANING & CARE

- Skin surface is washable using soap & water

Patents granted:

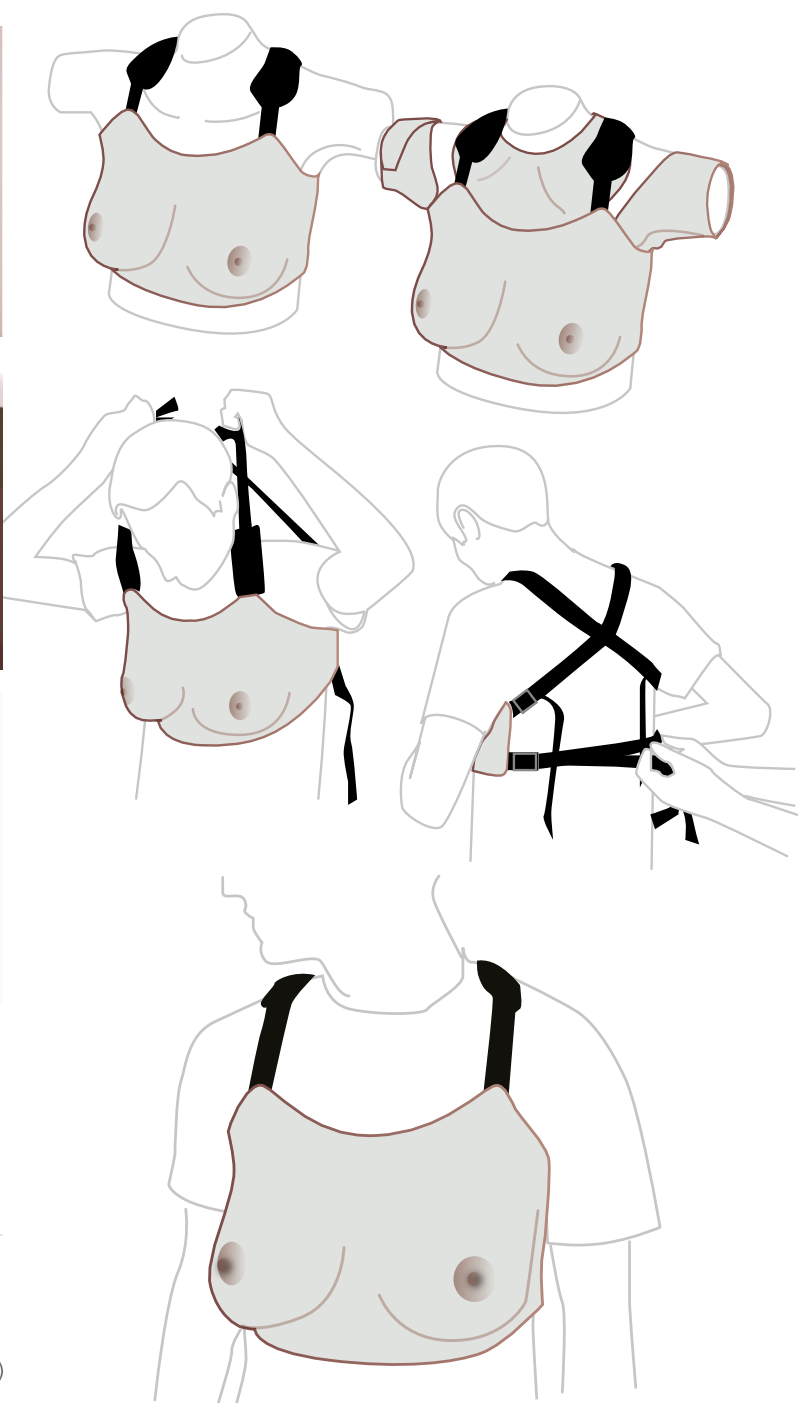
• US6336812 • EP099027 • DE69804793 • CA 2293585
• ZL98806331 • HK1023832 • 755575 Australia



- Soft tissue looks & feels realistic
- Pathologies fit securely into supports
- Clavicular & axilla pads for accurate lymph node placement
- Self Breast Examination training

SKILLS

- Clinical Breast Examination (CBE)
- Self-Breast Examination (SBE)
- Identification of anatomical landmarks
- Identification of lymph nodes (axillary, supra & infraclavicular)
- Diagnosis of pathologies
- Professional-to-patient communication



WHAT'S INCLUDED

	ADVANCED	STANDARD
Wearable Examination Breasts	✓	✓
Pathologies	✓	✓
Breast Examination Inserts	✓	✓
Breast Pathologies Supports	✓	✓
Breast Back Plates	✓	✓
Breast Examination Torso	✓	✓
Lymph Node Pads & Lymph Nodes	✓	x

OPTIONAL EXTRAS

40209 Medium Carry Case

Male Rectal Examination Trainer - Standard & Advanced

STANDARD

60170

60186

ADVANCED

60171

60187



The Rectal Examination Trainer offers realistic, repeatable training in the core skill of digital rectal or PR examination.

Both models include a contractible anal sphincter, allowing for anal tone assessment and a faecal impaction clip in module.



The **Standard** model focuses on learning core rectal nursing procedures and excludes any pathologies.

The **Advanced** model comes with a range of prostates and 2 perineums, allowing trainees to become familiar with normal and abnormal findings and acquire key diagnostic skills. External ano-rectal illustrations are ideal for incorporation into scenarios and **OSCE** assessments.

SKILLS

- Digital examination of the anus, rectum & prostate
- Assessment of anal tone
- Identification of impacted faecal matter in the rectum
- Identification of external anorectal conditions**
- Professional-to-patient communication
- Insertion of rectal medication (micro enemas, suppositories)

QUALITIES

** Advanced model

ANATOMY

- *Improved model enhances the realistic feel & durability of trainer
- Buttocks, anus, rectum, prostate & perineum
- Pathological perineum – with polyp & rectal cancer**
- 4 abnormal prostates**:
- Benign unilateral enlarged
- Benign bilateral enlarged
- Unilateral carcinoma
- Bilateral carcinoma

REALISM

- Soft, partible buttocks
- Realistic anus with resting tone & ability to contract

KEY FEATURES

- Interchangeable prostates can be quickly & easily inserted, out of sight of the trainee**
- Addition of impacted faecal matter allows trainees to recognise & distinguish this common finding
- Simulation of sphincter contraction allows trainees to assess anal tone
- Left lateral positioning
- Teaching aid pack featuring high-quality illustrations of nine external anal conditions**

VERSATILITY

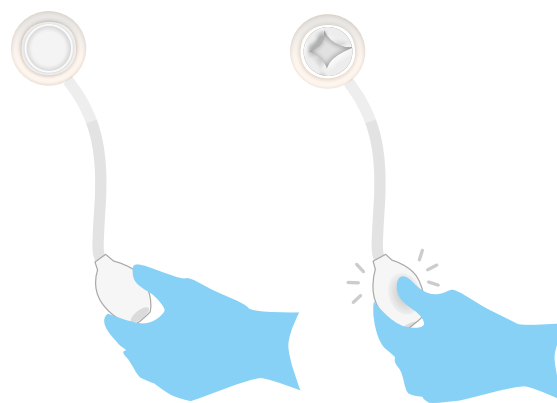
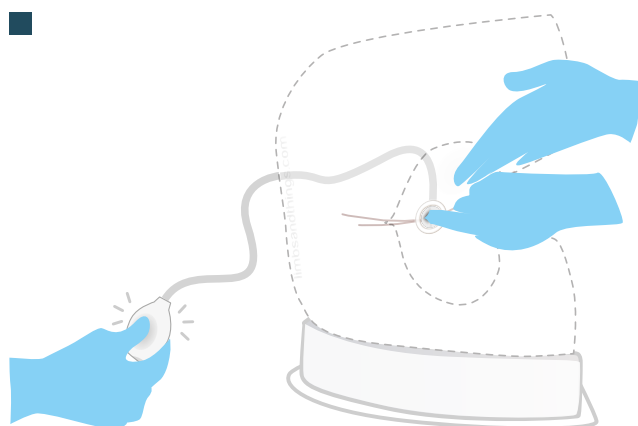
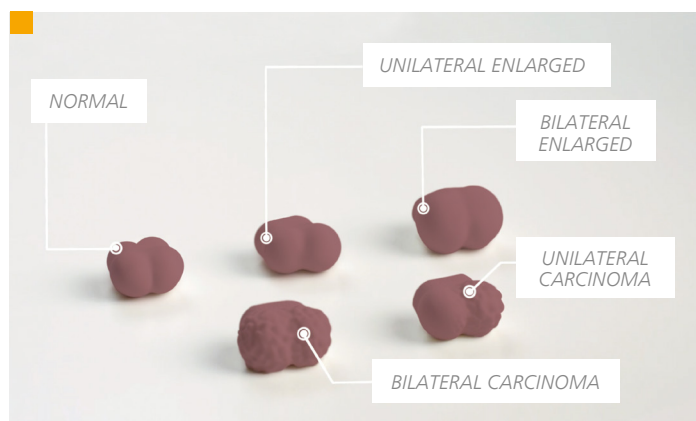
- Trainer can also be presented in 'semi-standing' position using the optional **Standing Position Stand (60172)**

SAFETY

- Latex free

CLEANING & CARE

- Skin surface is washable using soap & water



- External conditions illustration pack
- Range of prostates
- Anal tone assessment

WHAT'S INCLUDED

STANDARD

ADVANCED

Base Unit	✓	✓
Left Lateral Stand	✓	✓
Normal Perineum with Anal Tone	✓	✓
Pathological Perineum with Anal tone	x	✓
Normal Prostate	✓	✓
Benign Unilateral Enlarged Prostate	x	✓
Benign Bilateral Enlarged Prostate	x	✓
Unilateral Carcinoma Prostate	x	✓
Bilateral Carcinoma Prostate	x	✓
Impacted Faecal Matter	✓	✓
External Conditions Illustration Pack	x	✓
Water-based Lubricant	✓	✓

OPTIONAL EXTRAS

- 60172 Standing Position Stand
- 40209 Medium Carry Case
- 60185 / 60192 Upgrade from Standard Model

Clinical Male Pelvic Trainer (CMPT)

STANDARD



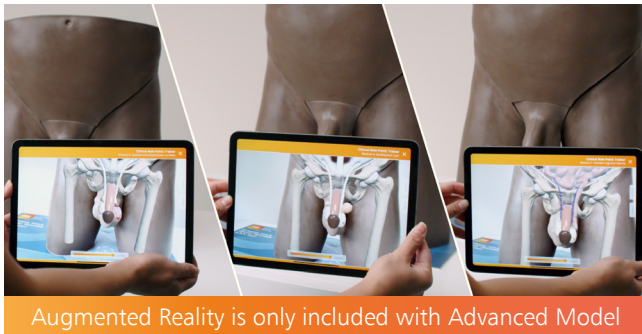
60950

60964



An ideal platform for teaching and learning hands-on male pelvic examination and diagnosis.

The user-friendly design, combined with clear anatomic landmarks, and a range of male conditions and pathologies creates a realistic training experience for students across all levels of healthcare education from undergraduate level upwards.



Augmented Reality is only included with Advanced Model

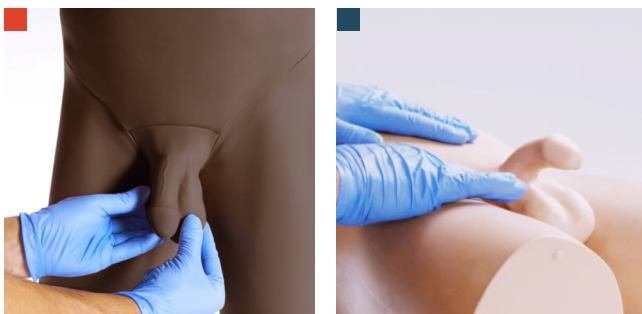
Validated in the *Journal of Surgical Education*
Volume 74, Issue 3, May–June 2017.

Developed in collaboration with:

- The Clinical Skills Resource Centre, University of Liverpool, UK
- Imperial College, London, UK
- Guy's Hospital, London, UK
- Southmead Hospital, Bristol, UK
- University of Southampton, UK

SKILLS

- Correct examination procedure of male pelvis
- Examination & evaluation of:
 - Normal anatomy
 - Testicular abnormalities
 - Abdominal & pelvic pain
- Dry catheterisation
- Professional-to-patient communication



Realistic training experience
Penile cancer

Pelvic examination, supine position
Diagnosis of pathologies

QUALITIES

ANATOMY

- Abdomen, pelvis & genitalia

Anatomy of the groin with clear anatomical landmarks:

- Anterior Superior Iliac Spine (ASIS)
- Pubic symphysis & tubercle

Genitalia includes:

- Penis with urethra
- 2 foreskins (to demonstrate circumcised & uncircumcised)
- Scrotum (containing testicles with epididymis & vas deferens)

Pathologies (Advanced model only):

- Varicocele
- Testicular tumour & penile cancer
- Epididymal cyst
- Hydrocele
- Orchitis/Epididymo-orchitis
- Indirect inguinal hernia

REALISM

- Soft tissue genitals & abdominal wall
- Accurate representation of internal anatomy & pathologies on the Augmented Reality app

VERSATILITY

Soft tissue inserts can be removed & replaced

KEY FEATURES

- Visualise underlying conditions with Augmented Reality

SAFETY

- Internal fabrication of modules 5 & 7 contain latex.

CLEANING & CARE

- Skin surface is washable using soap & water

ADVANCED

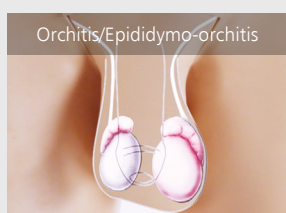
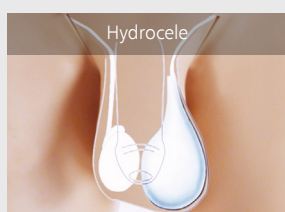
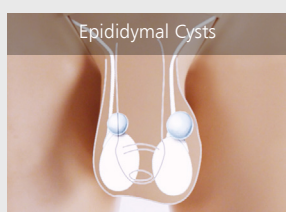
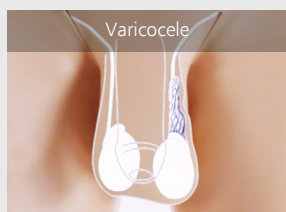
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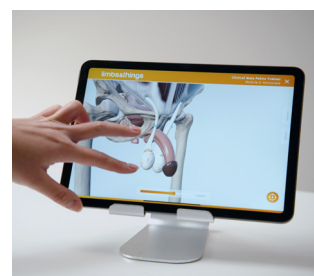
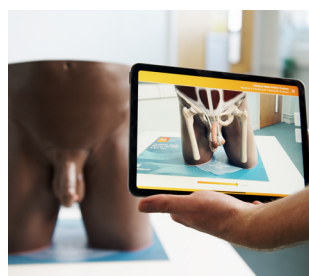
This model includes Augmented Reality

Modules included with the Advanced Model

COMPATIBLE WITH
AUGMENTED REALITY

Discover the benefits on page 6

- No ongoing costs and unlimited users
- Bridge the learning gap between theory and practice
- Interact with internal anatomy to build understanding
- Visualise the effects of different pathologies
- Multiple students learning at once
- Materials to learn with outside of the classroom



WHAT'S INCLUDED

STANDARD

ADVANCED

CMPT Module 1: Normal	✓	✓
CMPT Module 2: Varicocele	×	✓
CMPT Module 3: Testicular Tumour & Penile Cancer	×	✓
CMPT Module 4: Epididymal Cysts	×	✓
CMPT Module 5: Hydrocele	×	✓
CMPT Module 6: Orchitis/Epididymo-orchitis	×	✓
CMPT Module 7: Indirect Inguinal Hernia	×	✓
CMPT Abdominal Insert	✓	✓
CMPT Pubic Bone	✓	✓(x2)
CMPT Foreskins Pack (each pack contains 2 foreskins & 3 lubricant sachets)	✓	✓(x2 pks)
Lower Torso	✓	✓
Support Base	✓	✓
LED Pen Torch	×	✓
Carry Case	✓	✓(x2)
Augmented Reality Mat	×	✓

Patents granted: • US6336812 • EP099027 • DE69804793 • CA 2293585 • ZL98806331 • HK1023832 • 755575 Australia

CATHETERISATION TRAINER RANGE



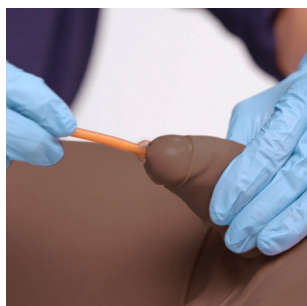
The Catheterisation Range facilitates the teaching of urethral and suprapubic catheterisation across all levels of training.

Interchangeable modules allow practice of the fundamental procedures of male and female urethral catheterisation, as well as more advance skills of

suprapubic management and ultrasound guided insertion.

The anatomically accurate trainers include a supple urethra and resistant sphincter providing a closer to life training experience.

Male Catheterisation Trainer



60850

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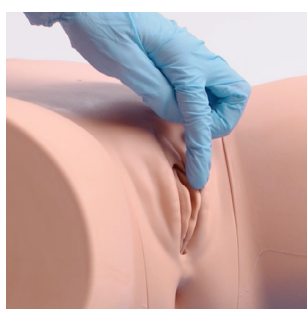
The male trainer has soft and lifelike genitalia to enhance the realistic experience of catheter insertion.

Retractable and removable foreskin.

This model includes Augmented Reality



Female Catheterisation Trainer



60851

60869

The female trainer has soft labia allowing trainees to practice parting using the aseptic non-touch technique, as well as suprapubic catheter management and care via the pre-ported bung.

This model includes Augmented Reality



Suprapubic Insertion Unit



60852

60873

Optional module, designed for advanced skills training, allowing trainees to master ultrasound guided suprapubic catheterisation insertion.

Fits into the pelvic shell and stand.



SKILLS

- Correct handling of male & female anatomy
- Aseptic catheterisation technique
- Withdrawal of catheter
- Urinary catheterisation
- Suprapubic catheter management - female module
- Suprapubic catheter insertion (blind & ultrasound-guided)*
- Ultrasound bladder scanning on a full bladder*
- Fluid management



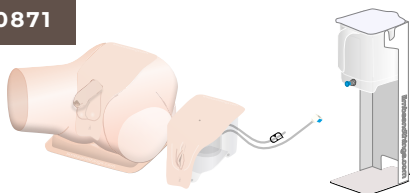
**INCLUDES
AUGMENTED REALITY**
Discover the benefits on page 6

- No ongoing costs and unlimited users
- Bridge the learning gap between theory and practice
- Interact with internal anatomy to build understanding
- Visualise the catheter pathway
- Multiple students learning at once
- Materials to learn with outside of the classroom

Standard Catheterisation Trainer Set

60853

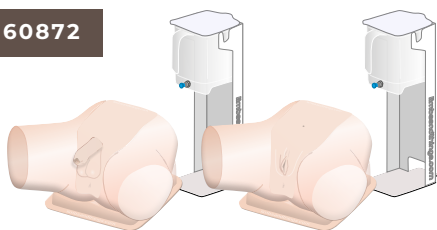
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Advanced Catheterisation Trainer Set

60854

60872



QUALITIES

REALISM

- Supple urethra & resistant sphincter providing realistic response
- Flaccid penis & removable foreskin
- Vaginal opening & realistic urethral meatus
- Anatomically accurate bladder

KEY FEATURES

- Ability to assess the student's progress
- Ultrasound compatible*
- Easy to set up
- Modular
- Visualise internal anatomy with Augmented Reality

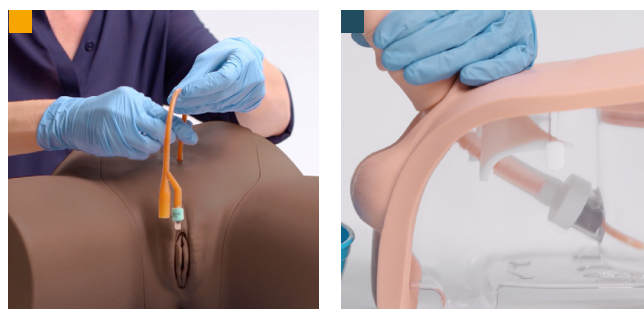
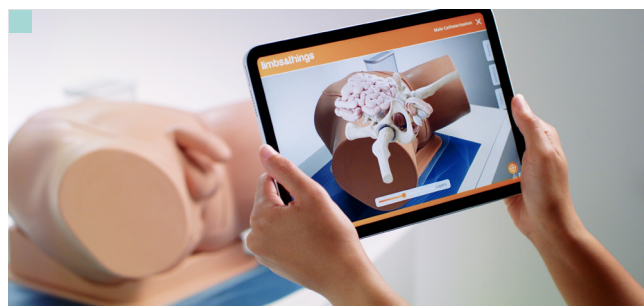
VERSATILITY

- Easily interchangeable male, female & suprapubic catheterisation modules

SAFETY

- Trainer is latex free (catheters provided contain latex)

* 60852 | 60873 Only



Compatible with Augmented Reality

Ability to view catheter path when module used without pelvic shell

Suprapubic management

WHAT'S INCLUDED

	MALE	FEMALE	SUPRAPUBIC (ULTRASOUND)	STANDARD	ADVANCED
Male Catheterisation Module	✓	×	×	✓	✓
Female Catheterisation Module	×	✓	×	✓	✓
Suprapubic (Ultrasound) Catheterisation Module	×	×	✓	×	×
Suprapubic Insertion Bungs (x2)	×	×	✓	×	×
Catheterisation Foreskins (x3)	✓	×	×	✓	✓
Aseptic Catheterisation Sleeves (x2)	✓	✓	×	✓	✓(x2)
Water System	✓	✓	✓	✓	✓(x2)
Pelvic Shell & Stand	✓	✓	×	✓	✓(x2)
Water Extension Tubing	✓	✓	×	✓	✓(x2)
Limbs & Things Lubricant	✓	✓	×	✓	✓(x2)
Antifungal Agent (Milton Sterilising Fluid)	✓	✓	✓	✓	✓(x2)
14 French Foley Catheter	✓	✓	×	✓	✓(x2)
Plastic Kidney Dish	✓	✓	×	✓	✓(x2)
Augmented Reality Mat	✓	✓	×	✓	✓(x2)

LUMBAR PUNCTURE & EPIDURAL RANGE



This range offers realistic, repeatable and cost effective training in the core skills of lumbar puncture and epidural anaesthesia for both palpation and ultrasound guided techniques.

All three models share a common base but offer different levels of complexity to support trainees from early through to advanced learning.

Designed in conjunction with clinicians, the models feature realistic feel and response while offering a safe environment for learning and skill maintenance.

Lumbar Puncture Model

61000

61023

This model is designed for early years training. It features replaceable tissue inserts, durable spine and dura that accurately recreate the feel of puncturing the dura and the collection and measurement of CSF.

Its separate spine and replaceable tissue means the model is a cost effective way to train large numbers of students.



Advanced Epidural & Lumbar Puncture Model

61001

61024

The Advanced model allows training in both lumbar puncture and epidural administration. Featuring two different epidural inserts: standard and an advanced version with steeper spine, the model is ideal for both early and advanced training for more complex procedures.

This model also features optional fat pads to fit below the skin to increase realism and difficulty for trainees.



Ultrasound Epidural & Lumbar Puncture Model

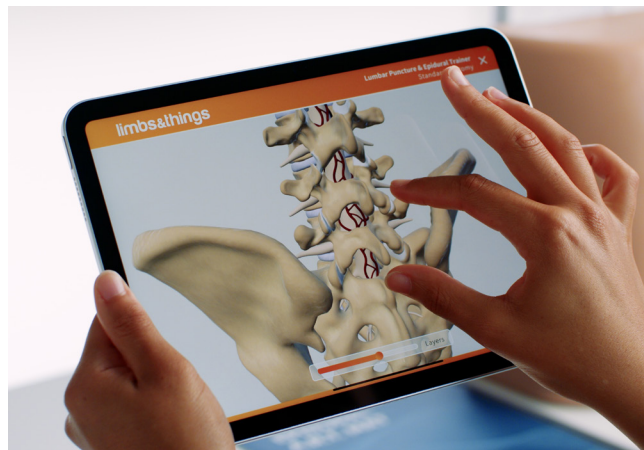
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61025

Ideal for those wishing to teach lumbar puncture or epidurals using the ultrasound guided technique.

Tested to work with all major ultrasound brands, this model includes visible facet joints.





QUALITIES

ANATOMY

- Palpable sacrum, iliac crests & vertebrae L2-5

REALISM

- Can feel when the dura has been punctured
- Able to practise loss of resistance technique**
- Obese skin options*
- Optional steeper spine & smaller vertebral spaces*

VERSATILITY

- All inserts compatible with common base
- Rotatable skin and dura to ensure cost effective training
- Position in left lateral and sitting

* 61001 | 61024 Only

** 61001 | 61024 | 61002 | 61025 Only



INCLUDES AUGMENTED REALITY

Discover the benefits on page 6

- No ongoing costs and unlimited users
- Bridge the learning gap between theory and practice
- Interact with internal anatomy to build understanding
- Visualise the path of epidural & lumbar puncture procedures
- Multiple students learning at once
- Materials to learn with outside of the classroom

SKILLS

- Injection of local anaesthetics
- Lumbar puncture
- Collect & measure CSF
- Epidural administration
- Ultrasound-guided technique
- Obese option

LUMBAR PUNCTURE MODEL

✓
✓
✓
x
x
x

ADVANCED EPIDURAL & LUMBAR PUNCTURE

✓
✓
✓
✓
x
✓

ULTRASOUND EPIDURAL & LUMBAR PUNCTURE

✓
✓
✓
✓
✓
x

WHAT'S INCLUDED

LUMBAR PUNCTURE MODEL

ADVANCED EPIDURAL & LUMBAR PUNCTURE

ULTRASOUND EPIDURAL & LUMBAR PUNCTURE

- Epidural & Lumbar Puncture Torso with Torso Skin
- Epidural & Lumbar Puncture Stand
- Lumbar Puncture Insert - Bone
- Lumbar Puncture Insert - Tissue (x2)
- Epidural Insert (x2)
- Advanced Epidural Insert (x2)
- Epidural & Lumbar Puncture Ultrasound Insert (x2)
- Epidural & Lumbar Puncture Skin Pad
- Epidural & Lumbar Puncture Fat Pad (x3)
- Epidural & Lumbar Puncture Standard Dura (x2)
- Epidural & Lumbar Puncture Advanced Dura (x4)
- Epidural & Lumbar Puncture Iliac Crest Insert
- Epidural & Lumbar Puncture Insert Cartridge
- Epidural & Lumbar Puncture Sacral Insert
- Water Reservoir
- Marker Pen
- Augmented Reality Mat

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Chest Drain & Needle Decompression Trainer



60230

61230

Our Chest Drain & Needle Decompression Trainer has been designed to meet the specific requirements of healthcare professionals training in surgical or guidewire assisted thoracostomy and thoracentesis, chest drainage and needle decompression techniques. Chest tube insertion is possible on both types of pad, with the Advance model allowing practice of Seldinger's ultrasound technique.



QUALITIES

ANATOMY

- Representation of adult male thorax with arms raised
- Bony & soft tissue landmarks: manubriosternal joint, clavicles, ribs, pectoralis major & latissimus dorsi
- Internal ultrasound anatomy: diaphragmatic structures and collapsed lung

REALISM

- Can give the impression of breathing under ultrasound when using the advanced pad
- Needle decompression on the midclavicular lines, produces a realistic "hiss" of air releasing. A saline filled syringe can also be used to observe bubbles of gas releasing from the chest cavity
- Simulates movement within the liquid of the chest cavity when using ultrasound-guided procedures
- Standard pads offer a realistic "pop" on insertion of finger or forceps into the pleural space

KEY FEATURES

- Reservoirs can be filled with fluid or mock blood to represent pleural effusion
- Bilateral chest drain & needle decompression pads

VERSATILITY

- Suitable for supine, sitting or leaning forwards positions
- Compatible with thoracic seals when using the standard pad
- Affordable replaceable pads

SAFETY

- Latex free



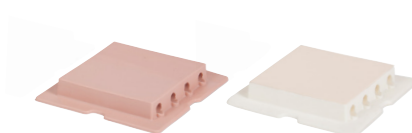
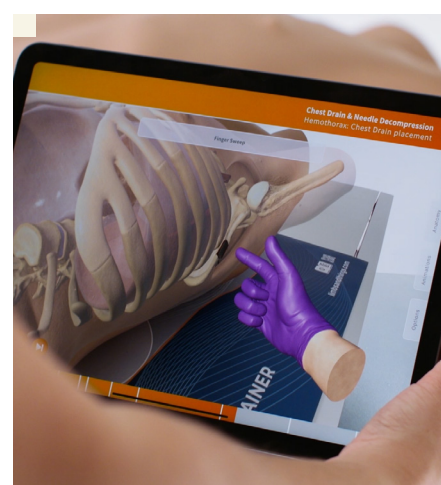
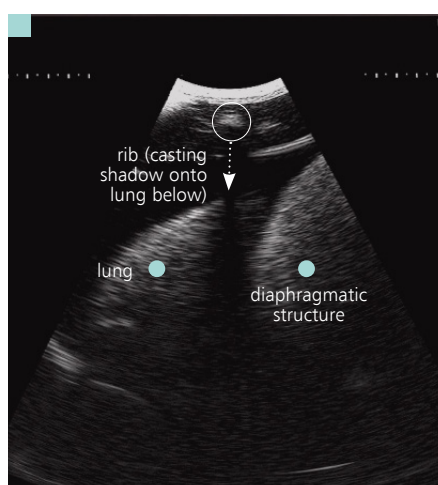
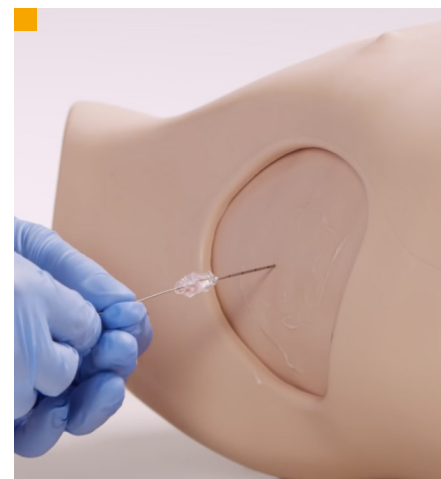
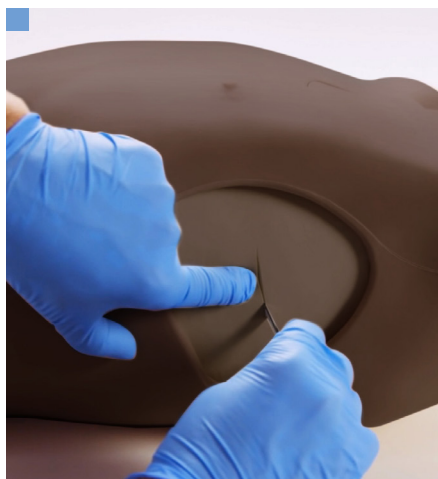
INCLUDES AUGMENTED REALITY

Discover the benefits on page 6

- No ongoing costs and unlimited users
- Bridge the learning gap between theory and practice
- Interact with internal anatomy to build understanding
- Visualise chest drain & needle decompression procedures
- Multiple students learning at once
- Materials to learn with outside of the classroom

SKILLS

- Needle decompression of a tension pneumothorax (at both the 2nd & 5th intercostal space)
- Open or cut-down chest drain insertion: recognition of correct position, surgical incision, blunt dissection through chest wall, perforation of pleura & finger sweep
- Application of adhesive dressings and/or suturing of chest tube
- Ultrasound-guided chest drain insertion (Seldinger technique): including insertion of needle under direct vision & ultrasonic recognition of chest structures
- Management of pleural effusion
- Increased understanding of internal anatomy & procedures with augmented reality



- Blunt dissection
- Chest tube insertion
- Seldinger technique
- Internal anatomy visible under ultrasound
- Realistic needle decompression
- Augmented Reality (AR)

PAD FEATURE COMPARISON

ADVANCED STANDARD

60232

60234

61232

61233

- Ultrasoundable
- Use with liquids
- Effusion
- Haemothorax simulation
- Pleural layer
- Blunt dissection
- Seldinger technique
- Can be sutured
- Needle insertion
- Guidewire insertion
- Dilator insertion
- Drain tube insertion
- Use with adhesive dressings
- Shows respiratory swing
- Latex free

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WHAT'S INCLUDED

60230

61230

- Needle Decompression Pads (x2)
- Advanced Chest Drain Pads (x2)
- Standard Chest Drain Pads (x2)
- Chest Drain Rib Frame (Left)
- Chest Drain Rib Frame (Right)
- Chest Drain Lungs (x2)
- Chest Drain Diaphragms (x2)
- Chest Drain Ribs (x12)
- Chest Drain Pump: Respiratory Swing
- Chest Drain Pump: Needle Decompression
- Chest Drain Slotted Retaining Knobs
- Key with Keyring
- Torso
- Carry Case
- Augmented Reality Mat

Clean Bleed® Mat

70400



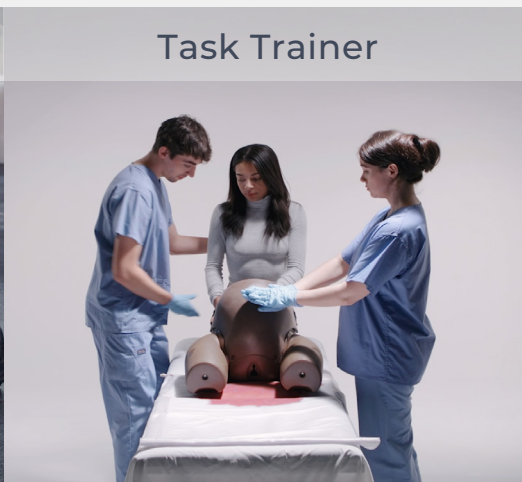
Designed to support any simulation scenario where external blood or fluid loss is a key indicator of a patient's condition such as gunshot wounds, postpartum haemorrhage or post-operative bleeds.

Support different scenarios

Simulated Patient



Task Trainer



Full Body Manikin



KEY FEATURES & BENEFITS

- No mess bleed is contained in a sealed mat
- Easy set up and cleaning
- Controllable blood flow
- Reusable blood & pads for multiple uses & cost-saving
- Portable
- For use indoors & outdoors
- Suitable for use with simulated patients, task trainers & full body manikins
- Simulate a range of fluids

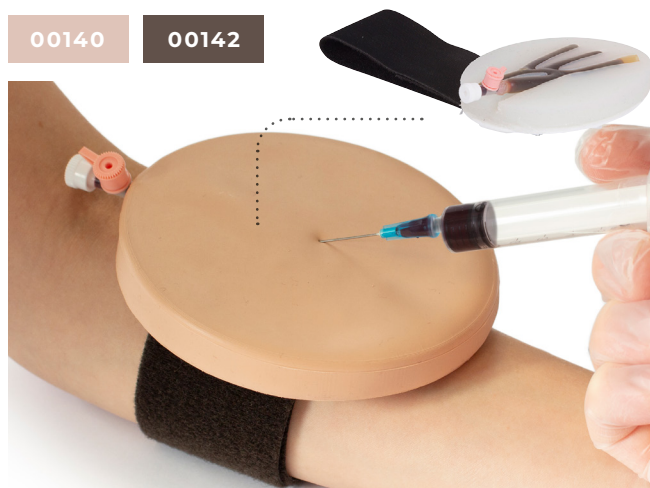
SKILLS

- Identify fluid loss
- Assess the speed & colour of the fluid loss
- Practice Quantitative Blood Loss (QBL)
- Monitoring of patient condition
- Intervention decision making
- Determine success of interventions

[Click here to find out more](#)



ACF Pad - Venepuncture



This soft tissue strap-on pad can be used to train in venepuncture and represents the antecubital fossa of the right arm.

SKILLS

- Professional-to-patient communication
- Recognition of the vein pattern through palpation
- Insertion of a needle & cannula
- Management of blood flow

WHAT'S INCLUDED

Vein for ACF Pad
Epidermis for ACF Pad
Pad Base with Strap

QUALITIES

KEY FEATURES

- Ideal for professional-to-patient communication & scenario-based training using a simulated patient
- Straps onto the antecubital fossa of the arm
- Veins are: self-sealing for repeated use, rechargeable via a one-way valve, supplied with mock blood under pressure and replaceable

VERSATILITY

- Only use Mock Blood - Venous (250ml) (**00223**) to refill these veins
- Compatible with Mock Blood Giving Set (**60651**)

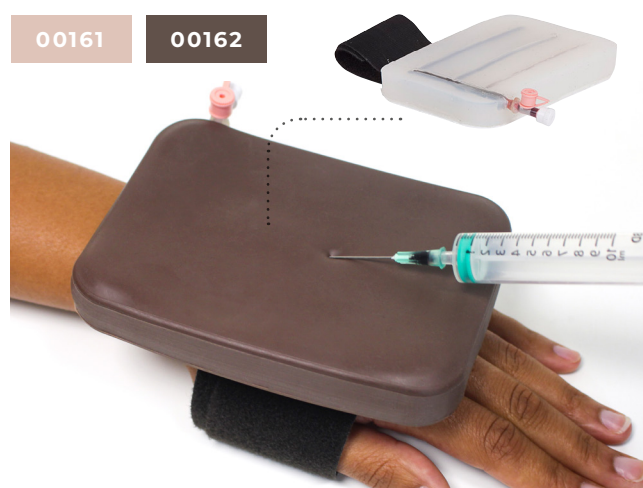
SAFETY

- Tough backing plate to prevent needlestick injuries
- Veins contain latex

CLEANING & CARE

- Replaceable epidermis
- Washable using soap & water

Three Vein Pad - Venepuncture



This soft tissue strap-on pad features 3 straight veins, one of which is paediatric size.

SKILLS

- Professional-to-patient communication
- Insertion of a needle
- Insertion of cannula
- Management of blood flow

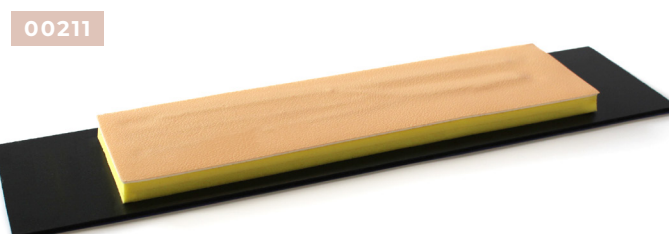
WHAT'S INCLUDED

Vein for 3 Vein Pad
Epidermis for 3 Vein Pad
Pad Base with Strap

Extended ACF Pad - Venepuncture

This soft tissue pad is supplied on a base for bench top training in venepuncture and insertion of cannulas. It represents the antecubital fossa of the right arm.

Improved, unidirectional skin texture.



ARTERIAL PUNCTURE WRIST



Designed to support the full learning journey, this model enables trainees to build confidence in both arterial blood gas sampling and arterial line placement.

Preset pulse and pressure rate options allow for standardised and repeatable training which is ideal for classroom teaching and exam settings such as OSCEs. Use with simulated or standardised patients for added realism.

STANDARD

72500

ULTRASOUND

72501

QUALITIES

ANATOMY

- Wrist with lifelike movement
- Radial artery
- Pulse rate (40, 80, 120 BPM)
- Blood pressure (low, medium, high representation)

REALISM

- Quiet pump for minimal distractions
- Wrist cuff to conceal visual indicators
- Representation of 9 clinical presentations
- Blood flashback
- Self-fill a syringe
- Full cannula insertion compatible with:
 - Range of over the needle 20 gauge cannulas
 - Seldinger technique
- Realistic ultrasound imagery with the ultrasound insert

LEARNING VERSATILITY

- Classroom, skills lab, or immersive environment learning
- Ideal for exam settings
- Use with simulated patient or standalone

MAINTENANCE

- Easy cleaning mode
- Modular vessels & injection site tissue blocks for easy and cost effective replacement
- Popper system allows for easy access to vessels for replacement and effortless skin installation

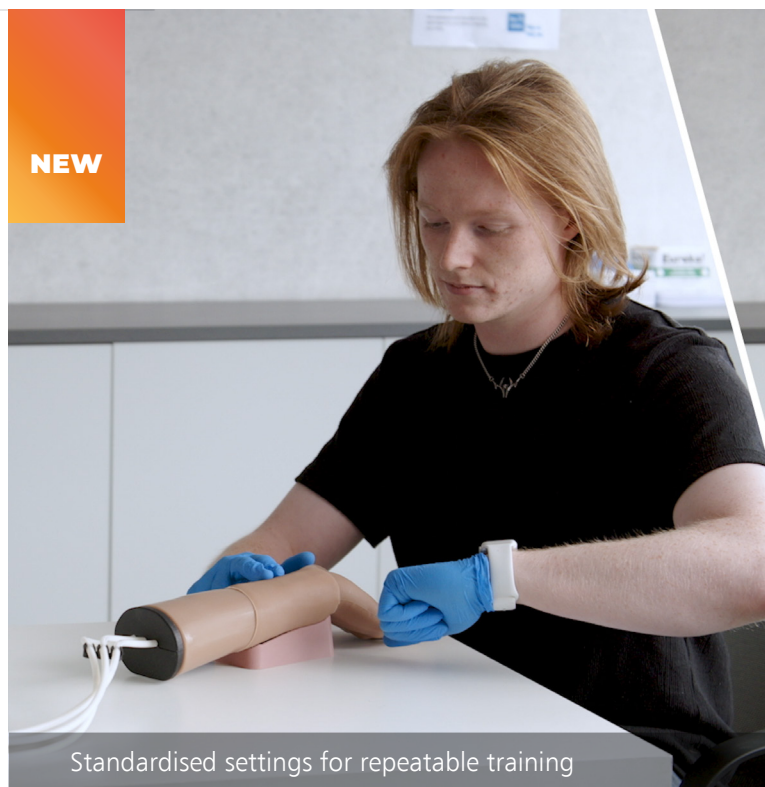
WHAT'S INCLUDED

STANDARD

ULTRASOUND

Arterial Puncture Wrist	✓	✓
Arterial Puncture Wrist Stand	✓	✓
Outer Skin	✓	✓
Inner Block	✓	✓
Pump Unit	✓	✓
Arterial Puncture Vessels	✓ x10	✓ x10
Standard Block	✓ x2	✓ x2
Ultrasound Block	×	✓ x2
Skin Cuff	✓	✓
Fluid Bottle	✓	✓
Concentrated Blood	✓	✓
International Power Cable	✓	✓

NEW



Standardised settings for repeatable training



Self cleaning

Ultrasound Arterial Puncture Wrist

Enhance training with the Ultrasound model which includes two additional inserts to support the practice of ultrasound-guided techniques. Trainees can use their existing ultrasound equipment to locate the artery, identify access points, and build confidence interpreting ultrasound images.

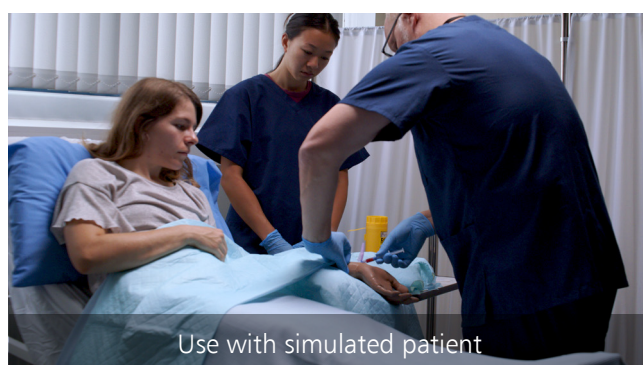
SKILLS

STANDARD ULTRASOUND

Wrist positioning	✓	✓
Palpation of artery	✓	✓
Assessing pulse & pressure	✓	✓
Identifying access points	✓	✓
Arterial blood gas sampling	✓	✓
Cannulation / Line placement	✓	✓
Ultrasound guided practice	×	✓



Ideal for classroom learning



Use with simulated patient

VENEPUNCTURE ARM RANGE



The Venepuncture Arm Range provides the ideal training platform for practising the skills related to venepuncture and IV cannulation.

Suitable for undergraduate and postgraduate level training.



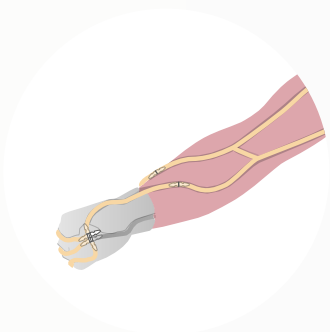
The patent pending* skin locking mechanism ensures the model is easy to re-skin whilst maintaining the lifelike haptics of the underlying and fully palpable basilic, cephalic and dorsal metacarpal veins.

Standard Venepuncture Arm

70302

70303

The Standard Venepuncture Arm features modular ACF and metacarpal vein anatomy connected to a gravity-fed fluid system, providing a realistic blood flow.

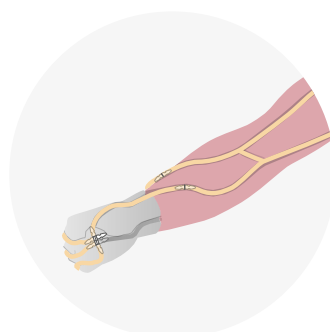


Advanced Venepuncture Arm

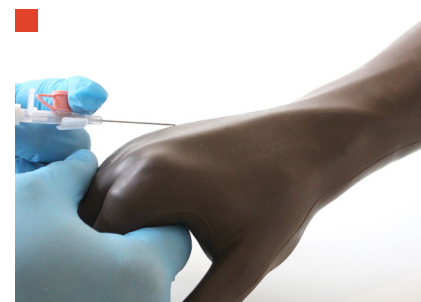
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The Advanced Venepuncture Arm features antecubital fossa (ACF) and metacarpal vein anatomy connected to a pressurised fluid system, providing a spill-proof blood supply.



* PCT/GB2021/052719



SKILLS

- Venepuncture
- IV cannulation
- IV infusion
- Practise of aseptic technique

- Visual inspection & palpation
- Gripping system provides true-to-life vein placement
- Ability to position the hand for life like cannula insertion

QUALITIES

REALISM

- Realistic blood flashback
- More realistic arm look & feel
- Gripping system provides true-to-life vein placement

KEY FEATURES

- Realistic & palpable vein haptics promote accurate clinical use
- Easy-to-fit skin locking system (patent pending*) increases anatomical realism
- Vein gripping feature facilitates correct vein positioning, repeatable training & an easier re-skinning process
- Enables the application of digital pressure to stem blood flow
- Infusion tube allows for IV fluids to be administered
- Can be used in conjunction with a simulated patient

VERSATILITY

- Compatible with vacuum blood collection systems, needle & syringe & IV cannulas
- Durable skin
- Extended tubing allows for simulated patient in a classroom setting
- Veins can withstand up to 500 punctures from a 21g needle
- Arm can be upgraded through purchase of modular veins & the Advanced Pressurised Pump

SAFETY

- Basic, standard & advanced veins contain latex
- Latex-free basic vein option available (reduced durability)

CLEANING & CARE

- Easy to clean, service & maintain

WHAT'S INCLUDED

	STANDARD	ADVANCED
Venepuncture Arm	✓	✓
Venepuncture Arm Skin	✓	✓
Basic Venepuncture Arm Vein	x	x
ACF Vein Module	✓	✓
Metacarpal Vein Module	✓	✓
Gravity Fed Blood System	✓	x
Pressurised Blood Pump System	x	✓
Concentrated Venous Blood - Starter Pack	✓	✓
Venepuncture Arm Rest	✓	✓
Refill Bottle	x	✓
Venepuncture Arm Infusion Tube	✓	✓
Lubricant	✓	✓

Make your investment go further with our **Venepuncture Arm Bundles**
Discover the cost-effective value packs and multipacks on the **next page**

NEW

Deliver greater value with our Venepuncture Arm Bundles



Introducing new ways to purchase our popular Venepuncture Arm Range and deliver better value for money

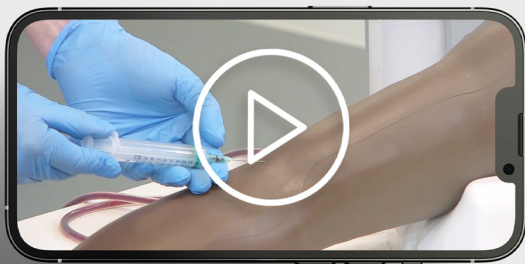
- Support multiple students' training simultaneously
- Extend product's life with multipacks of consumables

Choose the value pack that suits your needs:

VALUE PACKS	STANDARD VALUE PACK		ADVANCED VALUE PACK		CONSUMABLES MULTIPACK	
	PACK OF 5 70318	PACK OF 10 70324	PACK OF 5 70313	PACK OF 10 70314	PACK OF 5 7032	PACK OF 10 7032
Adv Trainer (Light)	-	-	5	10	-	-
Standard Trainer (Light)	5	10	-	-	-	-
Arm Skin (Light)	5	10	5	10	5	10
ACF Vein Module	5	10	5	10	5	10
Metacarpal Vein Module (2 pack)	5	10	5	10	5	10
Concentrated Venous Blood (2 pack)	5	10	5	10	5	10

Hints & Things

Your video guide to easy product set-up & use



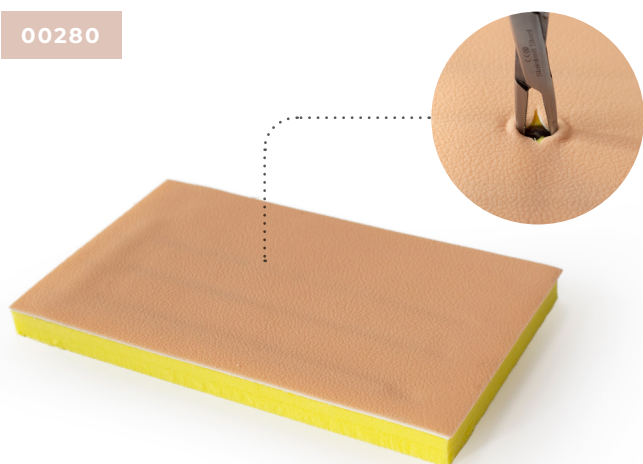
For smooth training sessions with our models visit our Hints & Things playlist on YouTube.

Our series of videos answer your how-to questions on Limbs & Things simulation with useful tips & tricks to get the most out of your models.

limbsandthings.com

Cutdown Pad

00280



A multi-layered pad containing filled veins for practising venous cutdown procedure.

Ultrasound Vascular Access Trainer

60530



A contoured representation of the skin and jugular vein for teaching needle insertion, handling & management of guidelines, and handling catheters under ultrasound.

Injection Trainer

00310

00312



Our soft tissue injection pad is designed for practising intradermal, subcutaneous and intramuscular tissue injection techniques.

The Injection Trainer has multiple tissue layers representing the epidermis, dermis, adipose and muscle layer and can easily attach to an arm or thigh to help teach professional-to-patient communication.

SKILLS

- Subcutaneous injection
- Intradermal & intramuscular injection
- Management of tissue
- Professional-to-patient communication

Concentrated Venous Blood

00020

STARTER PACK



00021

REFILL



Dilutes to the correct colour & viscosity of venous blood. Both make 2.5 liters. Works with: Venepuncture Arm Range, Postpartum Haemorrhage Kit & Clean Bleed Mat.

Prepared Mock Bloods

250ml of solution made to the correct colour & viscosity.

Mock Blood Venous

00223



Mock Blood Arterial

60653



Paracentesis Trainer

60100

60111



This trainer fulfills the fundamental component of Internal Medicine Training in diagnostic and therapeutic techniques of paracentesis. Both landmark and ultrasound guided techniques can be practised.

Trainees are able to identify the echogenic anatomy, enabling them to learn how to safely insert a needle or catheter into the peritoneal cavity.

QUALITIES

ANATOMY

- Torso featuring bony landmarks (pubis symphysis, iliac crest) & umbilicus
- Internal anatomy includes:
 - Liver
 - Spleen
 - Bowel
 - Floating bowel

REALISM

- Realistic tissue and needle response

KEY FEATURES

- Palpation or ultrasound techniques can be practised (side by side)
- Internal echogenic anatomy to allow recognition of landmarks under ultrasound
- Two 3.5 litre chambers can be filled with water for practise drainage
- Cost effective consumable pads

VERSATILITY

- Self-sealing pads, withstanding up to 200 needle or up to 100 rocket catheter insertions
- Ability to insert & remove a drain
- Positions both supine & lying on side

SAFETY

- Latex free

CLEANING & CARE

- Skin surface is washable using soap & water



- Trainer with skin removed, showing internal anatomy
- Catheter insertion for therapeutic drainage
- Needle insertion for diagnostic purposes
- Ultrasound guided technique

SKILLS

- Familiarity with the abdominal regions & underlying anatomy
- Palpation of anatomical landmarks
- Identification of ascites (change excess fluid)
- Identification of safe ultrasound guided needle & catheter insertion
- Insertion of needle into peritoneal cavity for therapeutic or diagnostic purposes
- Professional-to-patient communication

WHAT'S INCLUDED

Paracentesis Skin
Paracentesis Pads (x2)
Paracentesis Liver
Paracentesis Spleen
Paracentesis Bowel Insert (x2)
Paracentesis Floating Bowel (x2)
Paracentesis Clamping Frame (x2)
Paracentesis Large Volume Refill System
Base Unit
Carry Case

BSS Day 1 Kit

50070



WHAT'S INCLUDED

Double Layer Bowel 30mm
 BSS Lesion & Cyst
 BSS Surgical Skills Board
 BSS Tendon Repair Trainer
 BSS Knot Tying Trainer
 Skin Pad Jig with Skin Pad
 BSS soft tissue retaining set
 Haemostasis pad

BSS Day 2 Kit

50071



WHAT'S INCLUDED

BSS Abscess
 BSS Traumatic Wound with Simulated Foreign Bodies
 BSS AOCT Pad
 BSS AOCT Frame
 Drain
 8mm x 140mm artery
 8mm x 76mm graft patch

BSS Day 1 Refill Pack

50072



WHAT'S INCLUDED

Skin pad
 Bowel
 Haemostasis pad
 BSS lesion & cyst
 Tendon

BSS Day 2 Refill Pack

50073



WHAT'S INCLUDED

AOCT pad with drain
 BSS abscess
 BSS traumatic wound
 Artery with graft patch

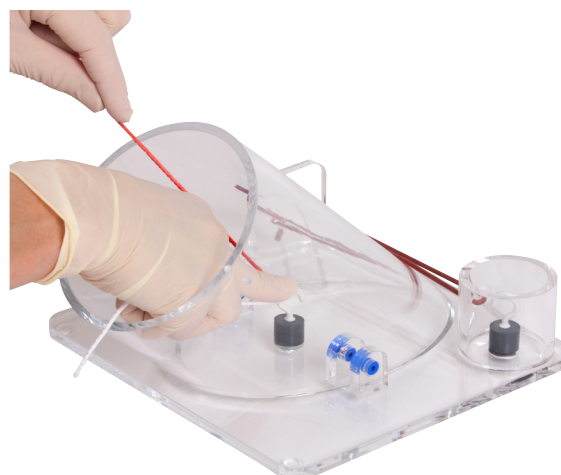
Knot Tying Trainer

50050

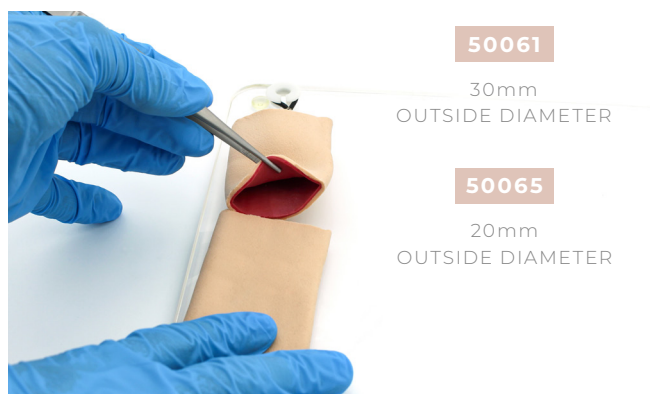
A comprehensive trainer for teaching all surgical knot tying techniques, including those specified in the GB and Ireland Intercollegiate Basic Surgical Skills Course.



Developed in collaboration with Professor Jonathan Beard, Northern General Hospital, Sheffield (UK) and Mr. John Rochester, Rotherham General Hospital (UK).

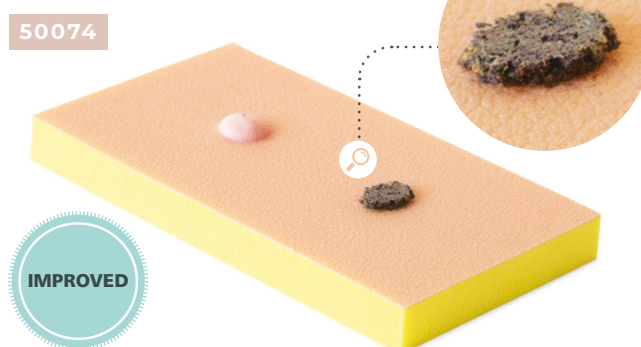


Double Layer Bowel



Realistic 2 layer bowel simulation for training in anastomosis techniques. Both models are approximately 200mm in length.

BSS Lesion & Cyst



For the practice of skin lesion removal, local anaesthesia and biopsy techniques. Cyst has a fragile epidermoid wall filled with simulated pus. This product is also available as part of the BSS Day 1 Kit (**50070**).

BSS Traumatic Wound



This product was developed in conjunction with the Royal College of Surgeons. It is also available as part of the BSS Day 2 Kit (**50071**).

BSS Abscess



For the practice of abscess drainage and necrotic wound debridement (abscess containing simulated pus). This product is also available as part of the BSS Day 2 Kit (**50071**). Contains latex.

Professional Abdominal Opening & Closure Trainer (AOCT)



An advanced abdominal wall pad consisting of epidermis, dermis, fat and linea alba. This pad has a separate peritoneal layer and is mounted on a base for teaching abdominal surgical access and closure techniques.

BSS Surgical Skills Board



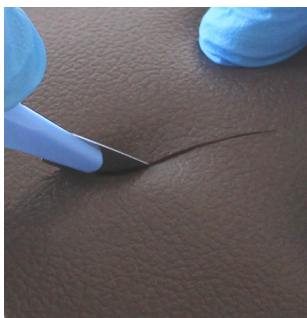
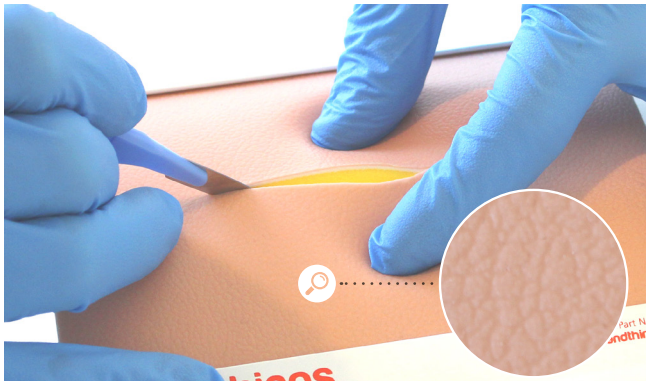
For use with all Limbs & Things skin pads and the BSS bowel, haemostasis pad, lesion & cyst and tendon.

Professional Skin Pad

00091**00093****00092****00094**

SMALL (x4) SMALL (x4)

LARGE (x2) LARGE (x2)



An advanced 3 layer skin pad for demonstrating and practising a variety of incisions and a wide range of suturing techniques.

SKILLS

- Incisions: linear, ellipse, flaps, shaped
- Subcuticular undermining
- Simple & advanced interrupted suturing techniques
- Subcuticular suturing
- Continuous suturing
- Stapling
- Use of adhesive strips

QUALITIES

REALISM

- Improved, unidirectional skin texture
- Realistic tissue response with a similar drag & strength to human skin
- All layers have realistic retention of sutures

KEY FEATURES

- Pad dimensions: large 145mm x 125mm, small 125mm x 72mm

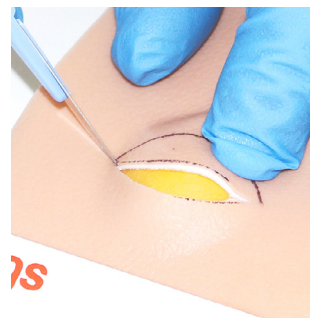
VERSATILITY

- Serves the needs of both specialist & beginner
- Use with the Skin Pad Jig (**00550**)

SAFETY

- Latex free

Lipoma Pad

00081

For practising the full lipoma removal procedure. 3 layer skin: epidermis, dermis and subdermal layer. Pad contains 2 lipomas.

SKILLS

- Designing the incision
- Marking out the lipoma
- Incising the skin
- Blunt dissection
- Removal
- Closure

QUALITIES

REALISM

- Improved, unidirectional skin texture
- Lipoma is consistent with that found in a patient
- Lipoma sited within the fat layer
- Precise replication of in-vivo adhesion
- All layers of tissue can be identified

KEY FEATURES

- Pad dimensions: 125mm x 72mm

VERSATILITY

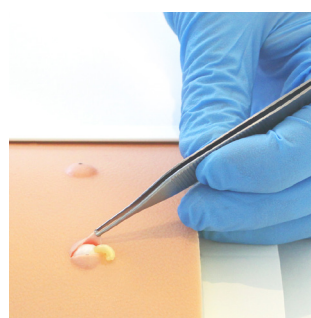
- Use with the Skin Pad Jig (**00550**)

SAFETY

- Latex free

Sebaceous Cyst Pad

00071



For practising the full sebaceous cyst removal procedure. A 2 layer skin pad with epidermis and subdermal layer. Contains 2 cysts.

SKILLS

- Marking out the cyst
- Planning & marking the ellipse
- Incising the skin
- Sharp dissection
- Blunt dissection
- Management of a burst cyst
- Removal
- Closure

QUALITIES

ANATOMY

- Improved, unidirectional skin texture
- 2 layer skin: epidermis & subdermal layer
- Contains 2 Cysts

REALISM

- Cyst is consistent with that found in a patient
- Cyst exhibits appropriate adhesion to other surrounding tissue
- Cyst sited immediately below skin layer & is attached firmly to its underside
- Fragile epidermoid wall filled with simulated pus

KEY FEATURES

- Pad dimensions: 125mm x 72mm

VERSATILITY

- Use with the Skin Pad Jig Mk 3 (00550)

SAFETY

- Latex free

Curettage, Snip & Shave Excision Pad

00104 SMALL (x4)



Combines a number of skin lesions (tags, naevi, seborrhoeic keratoses) for teaching superficial dermatological lesion removal techniques.

SKILLS

- Snip excision
- Shave excision
- Curettage

QUALITIES

REALISM

- Stretches to allow realistic extension of the tissue surrounding the skin tags during snip excision
- Stretches to allow realistic extension of naevi during shave excision
- Allows seborrhoeic keratoses to be removed using curettage technique

KEY FEATURES

- Cost effective: large pad with 4 skin tags, 4 naevi & 4 seborrhoeic keratoses. The small pad has 2 of each
- Pad dimensions: large 145mm x 125mm, small 125mm x 72mm

VERSATILITY

- Use with the Skin Pad Jig (00550)

SAFETY

- Latex free

Ingrowing Toenail Trainer

80060

80061



The Ingrowing Toenail Trainer closely simulates an adult inflamed toe end and allows for procedures such as wedge excision, ring block and total ablation of the nail bed.

Ingrown toenail removal is a common practice for both general practitioners and family medicine practitioners and is an essential skill that is required in general surgery training such as the intercollegiate surgical curriculum.



SKILLS

- Ring block techniques
- Application of a tourniquet
- Total nail avulsion
- Phenolisation techniques
- Ablation of the nail bed
- Wedge excision - partial nail avulsion

WHAT'S INCLUDED

Toe Jig
Toe Ends (x3)

Wound Closure Pad

00042

00044

00041

00043

SMALL (x12) SMALL (x12)

LARGE (x6) LARGE (x6)



A low cost, 1 layer pad, ideal for demonstrating, training and practising core skills associated with wound closure.

SKILLS

- Making an incision
- Application of skin adhesives
- Interrupted suturing & knotting
- Stapling



QUALITIES

REALISM

- Works with all major topical skin adhesives

KEY FEATURES

- An excellent starter pad for wound closure training
- Pad dimensions: large 145mm x 125mm, small 125mm x 72mm

VERSATILITY

- Use with the Skin Pad Jig Mk 3 (00550)

SAFETY

- Latex free

SUTURE TUTOR *PLUS*™

All you need to learn basic instrument handling, knot tying, suturing and more.

SUTURE TUTOR *PLUS*™ is a complete training package to help medical students and healthcare professionals master fundamental hands-on skills relating to instrument handling, knot tying and suturing.

The product consists of two parts which can be purchased individually, or together as a complete package.

Online, Video-based Course



An online, video-based course that can be accessed anytime, anywhere. Developed in collaboration with Professors of Surgical Education Jonathan Beard and Roger Kneebone, the 11 module course closely follows the Intercollegiate Surgical Curriculum Programme.

- Unlimited access
- Explanatory videos use computer graphics for clarity
- Demonstration videos use clinical footage
- Practical videos use Limbs & Things products from the Hands-on Kit

SKILLS

- Handling of instruments
- Needles & sutures
- Knot tying
- Incision of skin & subcutaneous tissue
- Suturing techniques
- Suture aftercare
- Patient management & consent
- Scrubbing, gowning & gloving
- Cleaning a wound
- Local anaesthesia
- Other methods of wound closure

Hands-on Kit

STP-KIT

STP-KIT-DST



A Hands-on Kit including a professional skin pad, 10 sutures, basic knot tying kit and all necessary instruments to allow repeated practice of suturing techniques.

Can be purchased on its own or with the online course.



WHAT'S INCLUDED

Single Professional Skin Pad Mk 3 - Large
 Skin Pad Jig Mk 3
 Basic Knot-tying Kit
 Pack of 10 Sutures (non-sterile)
 Scalpel
 Dissecting Forceps
 Scissors
 Needle Holder

BIRTHING SIMULATOR PROMPT FLEX RANGE

The **Birthing Simulator - PROMPT Flex** and its modules are anatomically correct and have been designed in collaboration with clinicians to aid the training and practise of normal and difficult births (including shoulder dystocia) to improve outcomes for mothers and babies during childbirth.



Explore the anatomy of PROMPT Flex outside the classroom and away from the trainer.



Augmented Reality (AR) allows learners to explore the trainer's internal anatomy on their smart device.

Additional modules

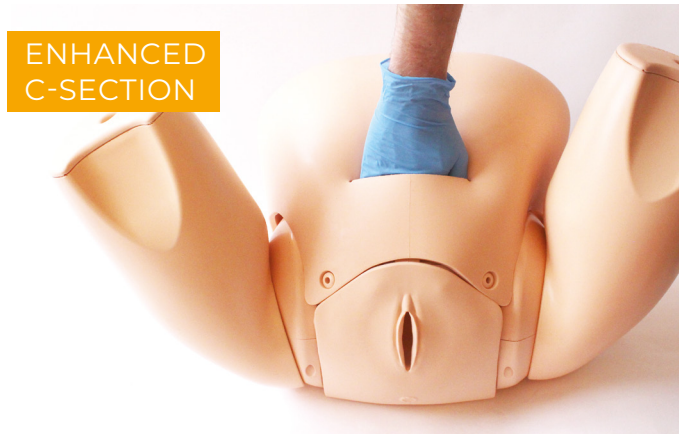
Fit either the Standard or the Advanced units allowing you to tailor your training needs.



CERVICAL DILATATION & EFFACEMENT



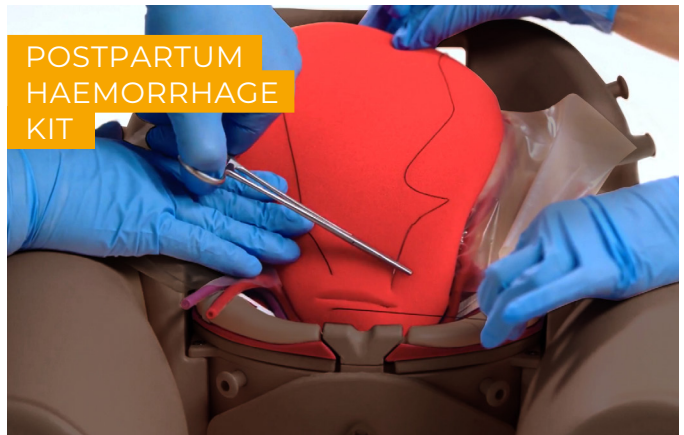
ENHANCED C-SECTION



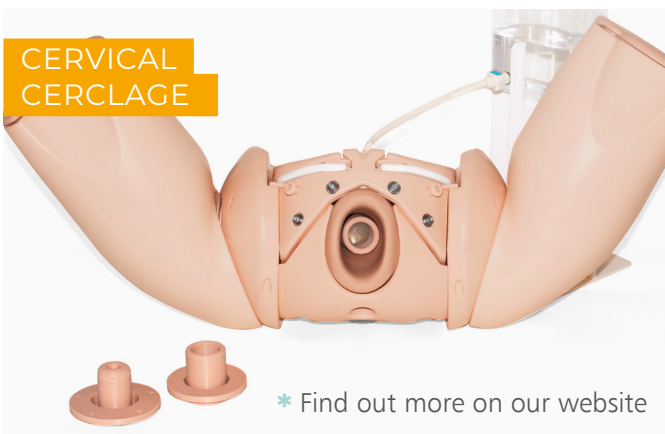
ASSISTED VAGINAL BIRTH



POSTPARTUM HAEMORRHAGE KIT



CERVICAL CERCLAGE



Clean Bleed™ Mat

This easy to setup and mess free product has the ability to create the impression of haemorrhages such as postpartum through a controlled flow into a sealed mat.



See page 55 for more details.

Birthing Simulator - PROMPT Flex - Standard

80100

80200

A modular birthing simulator allowing for numerous training scenarios.

Used either for stand-alone training or integrated into hybrid simulation, it is an ideal training solution for all skills relating to routine and difficult deliveries.



This model includes Augmented Reality

Birthing Simulator - PROMPT Flex - Advanced

80106

80206

Incorporates wireless force monitoring where force applied to the baby's head is measured during a shoulder dystocia drill. Works with an app with inbuilt scenarios allowing monitoring and recording of force, interventions made and time taken to deliver the baby.



Tablet not included
Download app at limbsandthings.com



This model includes Augmented Reality

QUALITIES

ANATOMY

- Birth canal & cervix
- Ischial spines & pubic bone
- Gynaecoid pelvis
- Articulating thighs
- IM injecting
- Fully articulated baby with detachable umbilical cord & placenta
- Baby includes clavicles, fontanelles & flexible head

KEY FEATURES

- Improved & more realistic pelvic floor
- Articulating thighs for McRoberts procedure
- Stretchable perineum
- Soft flexible birthing canal
- Additional modules to extend learning
- Optional lower legs for extended realism
- Optional wireless force monitoring for training in shoulder dystocia management

SAFETY

- Latex free

CLEANING & CARE

- Skin is washable using soap & water

SKILLS

STANDARD ADVANCED

- | | STANDARD | ADVANCED |
|---|----------|----------|
| • Communication & team work skills (SP) | ✓ | ✓ |
| • Normal | ✓ | ✓ |
| • Breech | ✓ | ✓ |
| • Shoulder dystocia management | ✓ | ✓ |
| • Instrumental (forceps & vacuum devices) | ✓ | ✓ |
| • Delivery of placenta | ✓ | ✓ |
| • Cord prolapse | ✓ | ✓ |
| • Urinary catheter placement | ✓ | ✓ |
| • IM injection pads | ✓ | ✓ |
| • Force feedback of baby's head | x | ✓ |
| • App with scenarios & force monitoring | x | ✓ |

WHAT'S INCLUDED

STANDARD ADVANCED

- | | STANDARD | ADVANCED |
|--------------------------------|----------|----------|
| Birthing Mother (+ Upper Legs) | ✓ | ✓ |
| Standard Baby | ✓ | x |
| Wireless Force Monitoring Baby | x | ✓ |
| Placenta | ✓ | ✓ |
| Abdomen for PROMPT Flex | ✓ | ✓ |
| Perineum and Birth Canal | ✓ | ✓ |
| Bed Straps | ✓ | ✓ |
| Lubricant | ✓ | ✓ |
| Wheeled Carry Case | ✓ | ✓ |
| Augmented Reality Mat | ✓ | ✓ |



AUGMENTED REALITY

NEW

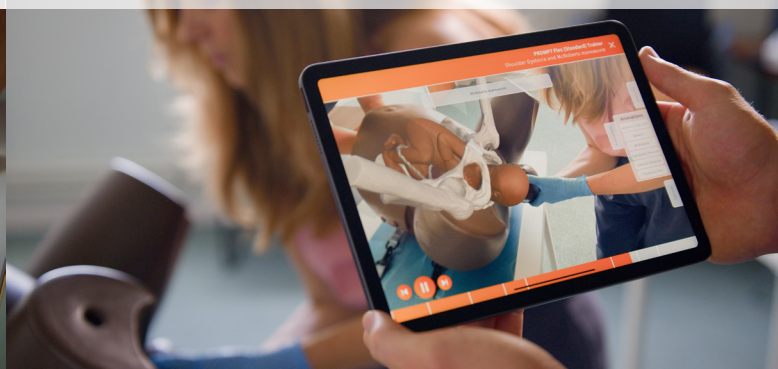


Interact with PROMPT Flex's internal anatomy on your smart device
No extra or ongoing costs and unlimited users

During independent study



With the trainer in class



By allowing learners to visualise anatomy, Augmented Reality (AR) bridges the knowledge gap between theory and practice.

AR shows how the mother and baby's anatomy behave during different birthing scenarios, breaking down concepts that are difficult to teach into visuals that are easy for students to grasp.

Multiple students can learn at once using AR, while others can get hands on with the trainer, easily creating engaging lessons.

FEATURES

- Interact with the PROMPT Flex internal anatomy
- Visualise different birthing scenarios with animations

VERSATILITY

- Run engaging & memorable lessons
- Multiple students learning at once
- Continued learning away from the model

SPECIFICATIONS

- Included with PROMPT Flex Standard & Advanced
- No extra or ongoing costs
- Unlimited users

Cervical Dilatation & Effacement Module (CD&E) - PROMPT Flex



80102

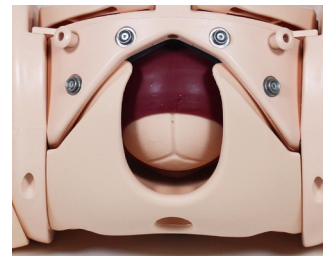
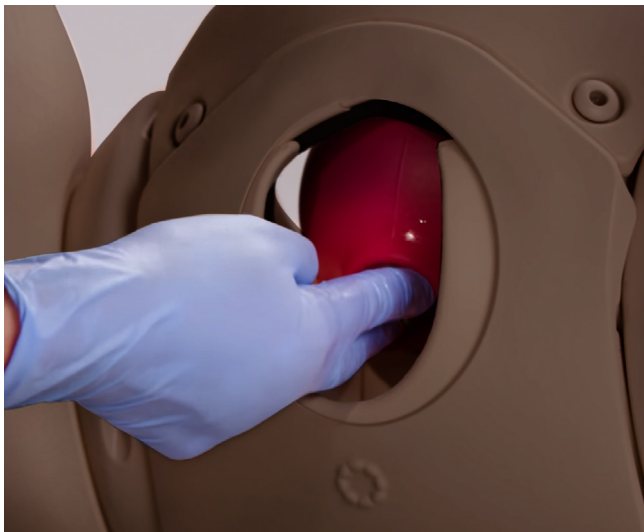
80202

Allows for training in assessment of both the latent and active first stages of labour.

This versatile module is an optional add-on to the PROMPT Flex Standard or Advanced.



Ideal for midwifery training.



Foetal station adjustment (-3 to +3) Cervical Dilation (1-10cm)

QUALITIES

REALISM

- Realistic representation of cervixes, including anterior lip, & presenting parts in soft birth canal, with palpable ischial spines

KEY FEATURES

- Inserts to represent early labour cervixes - effacement, dilation and ripeness in line with Bishop's scoring
- Positioning mechanism allows adjustment of station, dilation and tilt without removal from the simulator
- Dynamic positioning mechanism allows adjustment of dilation in active labour
- Markers allow tutor to read positioning in situ
- Numerous presenting part inserts including
 - flexed
 - deflexed
 - brow
 - face
 - breech
 - caput & moulding

VERSATILITY

- Presenting parts & cervix can be set up outside the model for demonstration, then placed inside for examination

SAFETY

- Latex free

SKILLS

- Assessment & Bishop's scoring of:
 - Cervical dilation (1-10cm)
 - Cervical effacement (0-100%)
 - Cervical ripeness/consistency (soft, medium, hard)
 - Cervical position (anterior, mid, posterior)
 - Foetal station (-3 to +3)
- Assessment of & artificial rupture of membranes
- Assessment of presenting part - flexed, deflexed, brow, face, breech, caput & moulding & caput formation

WHAT'S INCLUDED

Perineum
Pelvic Ring
Static Rig
Dynamic Rig
Set of 7 Latent Labour Cervixes
Dynamic Cervix
Set of 5 Presenting Parts
Set of 2 Difficult Labour Heads
Amniotic Membrane Set
Set of 3 Caputs (x2)

Assisted Vaginal Birth Module (AVB) - PROMPT Flex

80310

80410



This module has been developed to work with PROMPT Flex for the practice instrumental delivery procedures using both ventouse and forceps deliveries.

An innovative design allows the ventouse to realistically adhere to the baby's skin, while inserts within the uterus allow for forceps to be inserted and remain in place while the second blade is positioned and gives a realistic level of resistance whilst delivering the baby.



QUALITIES

REALISM

- Forceps are retained in place once inserted
- Realistic suction when attaching a ventouse
- Realistic resistance when delivering the baby

KEY FEATURES

- Tested with a wide range of instruments used during an assisted birth
- The perineum & inserts are designed specifically to give a realistic resistance during delivery
- Additional Baby Mask allows for successful suction when using a vacuum device
- Uterus holds the baby in the correct positioning, allowing for "hand's free" training can be used for both cephalic & breech deliveries

VERSATILITY

- This module is compatible with the PROMPT Flex Birthing Simulators, PROMPT Flex Baby models & Birthing Mother base units
- Allows for training in operative vaginal births, including: forceps delivery, ventouse delivery (Kiwi™ cup), breech delivery with Pipers forceps

SAFETY

- This product is latex free

SKILLS

- Direct cephalic delivery with the use of both forceps & ventouse
- Forceps – Classical style (Simpson, Elliot, Tucker Mc-Lane etc.)
- Ventouse (Kiwi™ Cup)
- Breech delivery (Pipers forceps)
- Rotational delivery (Kiellands, Kiwi™ cup)
- Other devices (OdonAssist™)
- Teamwork & human factors training in Assisted Vaginal Birth

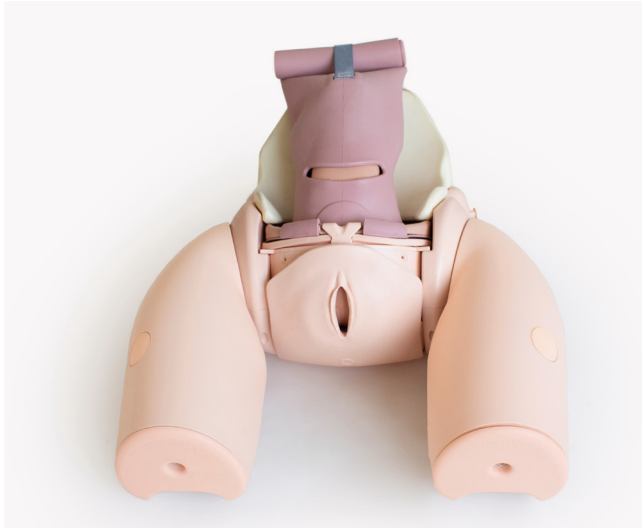
WHAT'S INCLUDED

Uterus for AVB
Perineum for AVB
Baby Mask for AVB
Foam Inserts for AVB
Foam Uterus Support

Enhanced Caesarean Section Module (ECSM) - PROMPT Flex

80300

80400



Ideal for practising the necessary skills required when performing both routine and complex caesarean section. Trainees can have exposure to delivering a difficult baby such as an impacted foetal head (IFH), or a transverse lie.

A pre-incised abdomen allows for repeated delivery practice to help improve confidence and familiarity of manoeuvres.

The module can be used to practise any of the following methods of delivering a deeply impacted foetal head:

- Manual cephalic extraction manoeuvres
- Vaginal push up
- Reverse breech extraction (pull technique)
- Patwardhan's technique

QUALITIES

REALISM

- Abdominal skin has realistic appearance, fat layer & feel of at-term abdomen
- Realistic feel of uterus interior during delivery
- Head & shoulders present at realistic level in relation to the uterine incision

KEY FEATURES

- Uterus holds baby firmly in position for cephalic, breech & transverse presentations
- Fundal pressure can be applied to aid delivery of the baby for IFH manoeuvres
- Pre-incised skin allows easy repeat delivery practice
- Realistically mimics the restrictive space of the pelvic inlet for IFH manoeuvres
- Accommodates retraction using metal, plastic or rubber retractors

VERSATILITY

- Allows for training in routine & complex caesarean section at full dilation

SAFETY

- Latex free

SKILLS

- Cephalic & breech delivery
- C-section at full dilation:
 - Head disimpaction using vaginal push methods
 - Use of balloon disimpacting device
 - Reverse breech extraction
 - Patwardhan's techniques
- Transverse lie
- Instrument assisted C-section delivery
- Delivery of the placenta for routine C-sections
- Teamwork & human factors training in emergency C-section

WHAT'S INCLUDED

Perineum
 Uterus for Caesarean Section Module
 Impacted Foetal Head Uterus
 Pre-incised Delivery Skin
 Cervix for Caesarean Section Module
 Foam Uterus Support
 Pelvic Floor

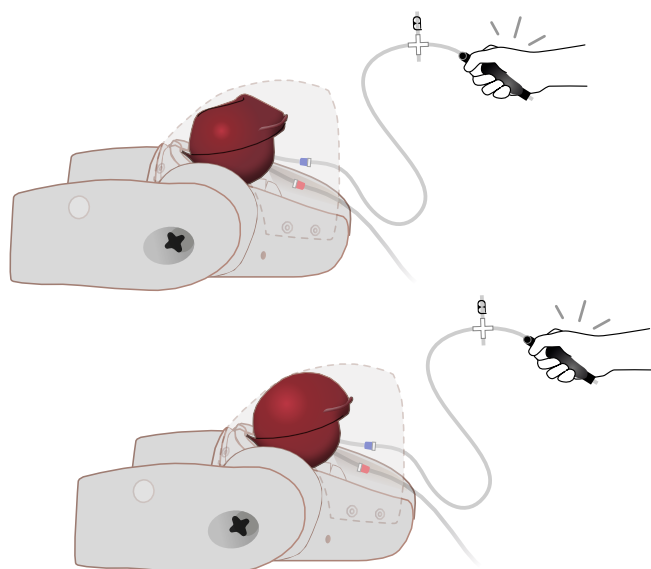
Postpartum Haemorrhage Module (PPH) - PROMPT Flex

80101

80201

This module is an optional add-on for the Standard or Advanced Birthing Simulators.

It allows training in the management of post-partum bleeding, and offers a realistic simulation of an atonic and contracting uterus.



SKILLS

Management of postpartum bleeding:

	PPH MODULE 80101 80201	PPH KIT 80112 80212
• Fundal massage	✓	✓
• Bi-manual compression	✓	✓
• Haemostatic balloon insertion & management	✓	✓
• Communications skills with mother	✓	✓
• Intramuscular injection	✓	✓
• Estimating blood loss	✓	✓
• Common types of compression suture	x	✓
• Dissection of broad ligament	x	✓
• Ligation of uterine arteries	x	✓



WHAT'S INCLUDED

PPH Uterus Assembly - PROMPT Flex
Concentrated Venous Blood - Starter Pack (x2)
PPH Blood Container - PROMPT Flex



QUALITIES

REALISM

- Atonic uterus can simulate contraction on fundal massage

KEY FEATURES

- Blood loss of up to 2 litres can be simulated
- Air bulbs are used to stimulate blood flow & control atonic state of the uterus

VERSATILITY

- Can be quickly & easily fitted into the birthing mother to allow simulation of situations where bleeding occurs directly after delivery

Postpartum Haemorrhage Kit - PROMPT Flex

80112

80212

For the management of postpartum bleeding and care including performing a compression suture and ligating the uterine artery.

KEY FEATURES

- Includes the PPH module
- Has a uterus suitable for all common types of compression sutures
- Practice ligation of the uterine artery
- Dissection of broad ligament



WHAT'S INCLUDED

Postpartum Haemorrhage Module - PROMPT Flex
Compression Suture Uterus (Pack of 2)
Pre-incised Delivery Skin for PROMPT Flex

Clean Bleed® Mat

70400



Integrate blood loss into your birthing scenarios effortlessly



Use the Clean Bleed Mat in conjunction with our PROMPT Flex Birthing Simulator to create realistic haemorrhage scenarios.

Adding blood to birthing simulation encourages trainees to consider blood loss as a key indicator of a patient's condition and practice identifying when different interventions need to be made.

4 WAYS THE CLEAN BLEED MAT MAKES FLUID SIMULATION SIMPLE

- Easy set-up
- Controlled speed: use the dial to adjust flow
- No mess: the bleed is contained in a sealed mat
- Reusable: pads and blood can be used multiple times

SKILLS

- Recognition of blood loss
- Visual assessment of severity
- Perform Quantification of Blood Loss (QBL)
- Initiate interventions
- Evaluate success of interventions

Midwifery & Obstetrics Value Packs

NEW



Deliver effective Midwifery & Obstetrics Training with a full suite of resources to teach specialty techniques with confidence and ease at a cost-effective price.

- Support multiple student's training at once
- Create a range of birthing scenarios
- Meet different curriculum needs

Choose the value pack that suits your needs:

Midwifery Value Pack

80115

- 1 Standard Birthing Simulator
- PROMPT Flex **80100**
- 1 Clean Bleed Mat **70400**
- 1 Postpartum Haemorrhage
Module **80101**
- 1 Cervical Dilatation & Effacement
Module **80102**

Obstetrics Value Pack

80116

- 1 Standard Birthing Simulator
- PROMPT Flex **80100**
- 1 Clean Bleed Mat **70400**
- 1 Postpartum Haemorrhage Module **80101**
- 1 Enhanced Caesarean Section
Module **80300**
- 1 Assisted Vaginal Birth (AVB) Module **80310**

Mediolateral Perineal Repair Trainer



61141

61151



Midline Perineal Repair Trainer

61140

61150



This model allows trainees to learn the suturing techniques for repairing a 1st or 2nd degree perineal repair. The fabric construction can accommodate repeated early learning training ideal for skill acquisition.

SKILLS

- Recognition of internal anatomy
- Tissue handling
- Classification of injury
- Repair of a lacerated perineum

QUALITIES

ANATOMY

- Hymenal remnants, vaginal mucosa, perineal skin, perineal dermis, perineal muscles & palpable anal sphincter

KEY FEATURES

- Durable insert for cost-effective procedural training
- Anatomically accurate, key anatomical layers can be sutured
- Illustration pack representing each degree of perineal trauma to aid identification of key landmarks & internal anatomy

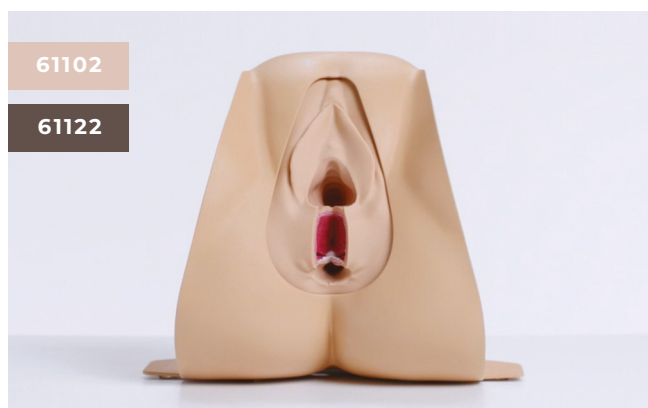
VERSATILITY

- Can be used alongside PROMPT Flex by placing in front of the birthing mother to add further realism
- Quick & easy to set up
- Clamps provided to secure trainer to benchtop
- Compact & portable
- Available in either Midline or Mediolateral presentation for regional variation

WHAT'S INCLUDED

- Midline Repair Pad (x1) **OR** Mediolateral Repair Pad (x1)
- Perineal Repair Stand with Clamps
- Perineal Repair Block Loading Frame
- Perineal Repair Illustration Pack

Anal Sphincter Repair Trainer



This model allows trainees to learn how to perform a 4th degree perineal repair. A stand accommodates one anal sphincter repair block.

SKILLS

- Recognition of internal anatomy
- Tissue handling
- End-to-end repair of the external anal sphincter
- Overlap repair of the external anal sphincter
- Repair of the internal anal sphincter & anal mucosa

QUALITIES

ANATOMY

- Hymenal remnants, vaginal mucosa, perineal skin, perineal muscles, external anal sphincter, internal anal sphincter, anal mucosa & pararectal fat

REALISM

- Soft skin with a similar drag & strength to human skin

KEY FEATURES

- Anatomically accurate, all key anatomical layers can be sutured
- Illustration pack representing each degree of perineal trauma to aid identification of key landmarks and internal anatomy

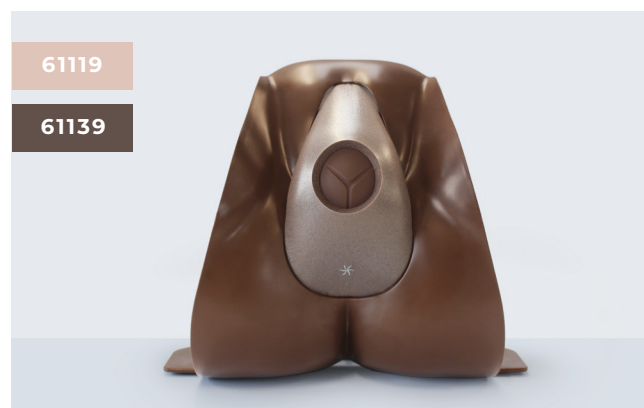
VERSATILITY

- Can be used with a simulated patient
- Quick & easy to set up
- Clamps provided to secure trainer to benchtop
- Compact & portable

WHAT'S INCLUDED

Anal Sphincter Repair Block (x2)
 Perineal Repair Stand with Clamps
 Perineal Repair Block Loading Frame
 Perineal Repair Illustration Pack
 Water Based Lubricant

Episiotomy Trainer



This cost effective model is designed to be used with the Perineal Stand in a classroom setting to ensure acquisition of confidence in the training of episiotomy.

It offers repeatable training and contains an illustration pack that supports trainees in gaining confidence in performing this procedure.

SKILLS

- Identification of fontanelles
- Handling of a stretched perineum
- Reducing the risk of damaging the baby or mother
- Infiltration of perineum prior to episiotomy
- Performance of mediolateral (or midline) episiotomy
- Use of instruments

QUALITIES

REALISM

- Realistic representation of tissue to represent a stretched perineum

KEY FEATURES

- Baby head has realistic look and feel, providing landmarks and appropriate tactile response when inserting fingers to guard the baby's head
- Repair tape increases the longevity of the episiotomy pad, allowing for multiple uses per pad
- Illustration pack to help trainees get familiarised with key landmarks and where to place the cut

WHAT'S INCLUDED

Episiotomy Incision Pad (x2)
 Perineal Repair Stand with Clamps
 Episiotomy Repair Tape (x24)
 Episiotomy Baby Head
 Episiotomy Illustration Pack

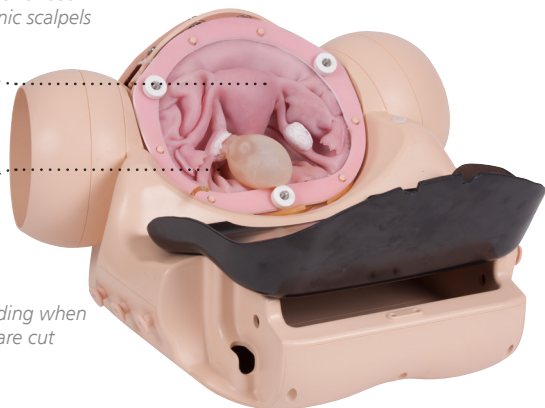
Surgical Female Pelvic Trainer (SFPT) Mk 2

60251

A simulator for training in a wide range of laparoscopic gynaecological surgical techniques and procedures. The uterus component can be easily removed and replaced after use.

Compatible for use
with harmonic scalpels

Lifelike bleeding when
arteries are cut



Abdominal Skin with realistic tissue properties for trocar insertion

Realistic representation of uterus & pathologies



QUALITIES

ANATOMY

- Includes:
 - Uterus
 - Cervix
 - Bladder
 - Ovaries
 - Ureters
 - Ovarian artery
 - Dunn's pouch
 - Ovarian cyst
 - Fibroid
 - Cardinal ligament
 - Abdominal skin with realistic tissue properties for trocar insertion
 - Pelvic floor with sympathetic features
 - Vagina
 - External introitus
 - Fallopian tube
 - Broad ligament
 - Uterine artery
 - Pouch of Douglas
 - Bowel & sigmoid
 - Ectopic pregnancy
 - Uterosacral ligament

REALISM

- Insufflation of abdomen is represented

KEY FEATURES

- Provides practice & role playing for gynaecological perioperative teams
- Includes a realistic vaginal canal & cervix for inspection, in which a uterine manipulator can be used
- Realistic bleeding when arteries are cut

VERSATILITY

- Compatible for use with harmonic scalpels

SAFETY

- Capsule in uterus contains latex

SKILLS

- All skills relevant to performing the following procedures:
 - Salpingectomy
 - Myomectomy
 - Hysterectomy
 - Salpingostomy
 - Cystectomy
 - Oophorectomy
- Dissection down to & location of ureters
- Insertion & use of uterine manipulator
- Working with various gynaecology instruments
- Identification of anatomical landmarks

WHAT'S INCLUDED

SFPT Mk 2 Abdomen
 SFPT Mk 2 Surgical Uterus
 SFPT Mk 2 Abdominal Skin Pad
 SFPT Mk 2 Perineum
 SFPT Mk 2 Bowel
 Venous Blood Starter Kit
 SFPT Mock Blood Kit (includes reservoir and pump)
 Blunt Dispensing Needle and Syringe

CONSUMABLES

60256 SFPT Uterus (x5)
 60257 SFPT Uterus (x10)
 00021 Concentrated Venous Blood

Patents granted

• US6336812 • EP099027 • DE69804793 • CA 2293585
 • ZL98806331 • HK1023832 • 755575 Australia

Infant Hip Exam



42000

42010

42004

42014

Our Infant Hip Exam (IHE) Trainer has been designed to meet the specific requirements of healthcare professionals training to identify and diagnose developmental dysplasia of the hip (DDH). This simulator represents a 1-month-old female and can simulate a normal, dislocated and

dis-locatable or 'lax' hip joint, allowing for practice of Barlow and Ortolani manoeuvres as well as the Galeazzi sign. The baby has been designed with interchangeable normal and abnormal leg modules and one upper torso.



QUALITIES

ANATOMY

- Palpable greater trochanter on the left and right femurs to aid correct hand placement
- Articulating hip, knee & ankle joints for the Barlow & Ortolani manoeuvres and Galeazzi sign

REALISM

- Realistic 'clunk' can be felt when resetting the dislocated hip
- Anatomically accurate 1-month-old female infant

KEY FEATURES

- Quick & easy to set up
- Durable model that allows for repeated training using the Barlow & Ortolani manoeuvres
- Normal hip module – allows trainees to understand the haptics of a normal hip
- Abnormal hip module - one hip that is dislocated & can be manoeuvred into & out of the correct position using the Barlow/ Ortolani technique & one dis-locatable or 'lax' hip that can be dislocated & relocated when using the Barlow/ Ortolani technique
- Articulating knee & ankle joints mean the baby's feet can be placed flat replicating the Galeazzi sign
- Realistic weight to practice manoeuvring

VERSATILITY

- Interchangeable lower modules allow trainees to recognise normal hips as well as two types of abnormal hip joint

SAFETY

- Latex free

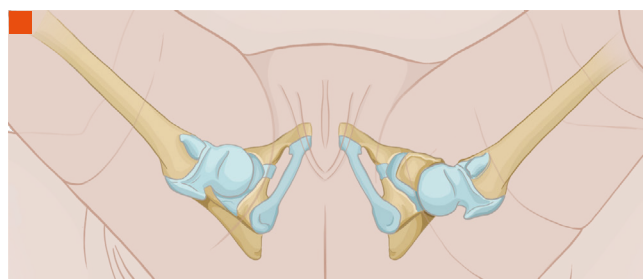


Illustration of internal hips & how they present in the model
Barlow manoeuvre
Galeazzi sign

WHAT'S INCLUDED

	42000 42010	42004 42014
IHE Upper	✓	✓(x2)
IHE Lower Normal	✓	✓
IHE Lower Abnormal	✓	✓
IHE Illustration Card	✓	✓

SHOULDER INJECTION TRAINER RANGE

This range combines physical practice with the guidance of technology. It provides a repeatable teaching and training platform for shoulder injections in the 4 most common sites.

Both models share a common torso but offer different levels of complexity to support trainees from early learning through to specialist level.

Shoulder Injection Trainer - Palpation Guided

70201

70220

70200*

70219*

*With tablet included

The accompanying Android app allows learners and teachers to visualise the underlying anatomy, as well as clearly signalling success.

SKILLS

- Practise multiple approaches to specific sites
- Identification of anatomical landmarks using palpation guidance
- 4 common injection sites:
 - Acromioclavicular joint
 - Glenohumeral joint
 - Bicipital groove
 - Subacromial space
- Rotation of the shoulder to locate head of the humerus

QUALITIES

REALISM

- Discrete muscle & skin layers for realistic needle feel

KEY FEATURES

- Palpation to find the four most common injection sites
- Instant feedback for the trainee when a site is correctly located
- Injections from multiple approaches to allow for different preferences
- Suitable for postgraduate learning
- App features full 360-degree view of underlying anatomy & injection sites to aid learning
- Cost effective replacement skins

VERSATILITY

- Each skin can withstand up to 500 injections per site (1 x spare shoulder skin supplied)
- Simple bluetooth connection between app & trainer
- Requires a 21 gauge needle (supplied)
- Batteries (2 x AA supplied) last for up to 500 hours

SAFETY

- Latex free

WHAT'S INCLUDED

Shoulder Module - Palpation Guided

Shoulder Skin (x1 spare)

Shoulder Torso

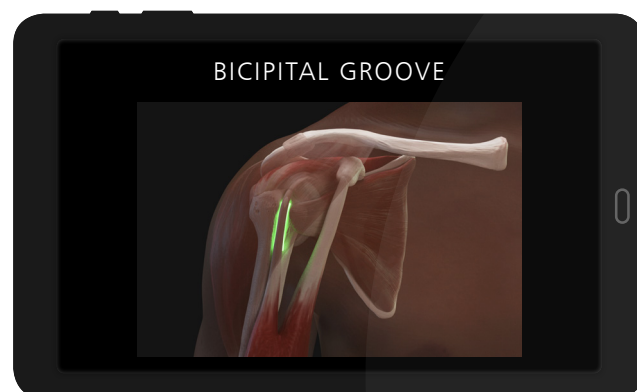
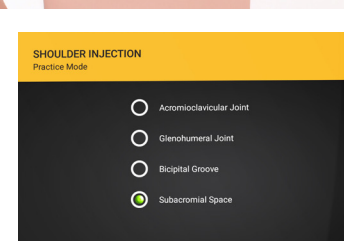
Needle Set

Android Tablet (optional)

Elbow

AA Batteries (x2)

Carry Case



The application includes interactive shoulder anatomy and links to injection technique guides.

Shoulder Injection Trainer - Ultrasound Guided

70202

70221



Caters for ultrasound guided techniques, as well as allowing injection and aspiration of fluids under ultrasound.

*With tablet included

SKILLS

- Patient positioning & management
- Identification of anatomical landmarks using ultrasound guidance
- 4 common injection sites:
 - Acromioclavicular joint
 - Glenohumeral joint
 - Biceps tendon sheath (which lies in the bicipital groove and surrounds the tendon)
 - Subdeltoid bursa (in the subacromial space)
- Competence using ultrasound technology to perform injections in different planes using different approaches
- View the suprascapular nerve under ultrasound



QUALITIES

REALISM

- Innovative materials within the shoulder create close to life ultrasound images

KEY FEATURES

- Echolucent materials visible under ultrasound represent the key internal landmarks
- Successful injection or aspiration can be confirmed by visualising fluid entering or leaving the site
- The quantity of fluid in the subdeltoid bursa can be adjusted, from no fluid present to a fluid-filled distension for differing skill levels
- Nerve block functionality - allows trainees to view & inject around the suprascapular nerve

VERSATILITY

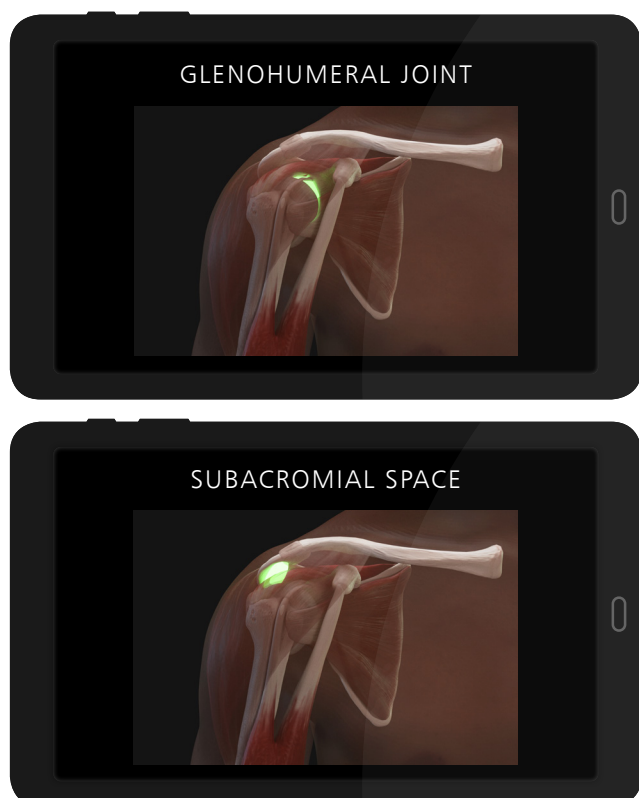
- Watertight and durable for up to 400 injections per site
- Altering the size of the bursa allows trainers to change the level of training difficulty (less fluid is more challenging to inject)
- Synovial fluid has a realistic colour

SAFETY

- Latex free

WHAT'S INCLUDED

Shoulder Module - Ultrasound Guided
Shoulder Torso
Needle Set
Synovial Fluid (250ml)
Elbow
Ultrasound gel
Carry Case



Knee Aspiration & Injection Trainer with Ultrasound Capability

70103

70114



An anatomically accurate adult knee model for aspiration of synovial fluid and joint injection from both the lateral and medial aspects, using ultrasound-guidance or palpation.

The robust sealed knee includes knee joint, patella, patellar tendon and the suprapatellar space.

SKILLS

- Injection into joint cavity
- Aspiration of synovial fluid from both the lateral & medial aspects
- Competence using ultrasound technology to perform systematic scanning techniques & examination of the knee joint
- Identification of anatomical landmarks using ultrasound guidance or the palpation method
- Patient positioning & management
- Recognition of joint effusion
- Ballottement of the patella

ANATOMY

- Key anatomical landmarks are realistic to palpate:
 - Skin
 - Subcutaneous fat, quadriceps tendon & patellar ligament
 - Prefemoral, suprapatellar & hoffa (infrapatellar) fat pad
 - Femur
 - Medial & lateral collateral ligament
 - Tibia
 - Patella
 - Joint space & synovial recess
 - Meniscus
 - Muscle mass of quadriceps



Key internal landmarks visible under ultrasound



QUALITIES

REALISM

- Discrete muscle & skin layers provide realistic tissue & needle response
- Anatomically accurate synovial sac & palpable patella
- Realistic colour & consistency of synovial fluid

KEY FEATURES

- 1000+ stabs per module with 21 gauge needle
- Precise, palpable anatomy with bony landmarks
- Robust, sealed knee unit that holds all anatomy
- Key internal landmarks visible under ultrasound
- Compatible with all standard ultrasound machines
- Echolucent material allows aspiration & injection under ultrasound-guidance
- Suitable for undergraduate & postgraduate medical study
- Knee skin is watertight

VERSATILITY

- Caters for ultrasound-guided technique as well as palpation
- Can be used with leg supports for supine position, or without leg supports for side of bed position
- Separate fluid bag & stand ensure the model is easy to use and mobile
- Indicator on fluid bag to prevent overfilling

SAFETY

- Latex free

WHAT'S INCLUDED

- Ultrasound Knee Module for Aspiration & Injection
- Fluid Bag & Stand
- Synovial Fluid (including Syringe)
- Needle Set – 3 Green Needles, 1 Syringe, 1 Sharps Bin
- Leg Unit, including Removable Supports
- Carry Case

Hand & Wrist Injection Trainer

70230*

70232

*With tablet
included

Suitable for all levels of training, the Hand & Wrist Injection Trainer allows trainees and clinicians to practise and teach injections in five different locations (carpal tunnel, De Quervain's sheath, trigger finger, first carpometacarpal joint and the distal radioulnar joint). The model also highlights when incorrectly injected, ensuring trainees learn to avoid the median nerve.

The trainer comes equipped with an optional Android tablet, which works in unison with our newly developed app. The app, coupled with innovative sensory technology, provides learners with wireless, real-time feedback from the procedure.

SKILLS

- Model allows for injection into:
 - Carpal tunnel
 - De Quervain's sheath
 - Trigger finger
 - 1st carpometacarpal joint
 - Distal radioulnar joint
- Patient positioning & management
- Identification of anatomical landmarks

ANATOMY

- Injection sites:
 - Carpal tunnel
 - De Quervain's sheath
 - Trigger finger
 - First carpometacarpal joint
 - Distal radioulnar joint
 - Median nerve
- Bone structures:
 - Radial styloid
 - Ulnar styloid
 - Trapezius and scaphoid
 - First carpometacarpal joint space
 - Distal radioulnar joint space
 - Lister's tubercle
- Internal product anatomy:
 - Palmaris longus
 - Flexor carpi radialis
 - Extensor digitorum group
 - Extensor digiti minimi
 - Abductor pollicis longus
 - Extensor pollicis brevis
 - Extensor pollicis longus



QUALITIES

REALISM

- Interactive model anatomy
- Anatomically correct
- Includes important ligament & skeletal structures

KEY FEATURES

- Facilitates injection in 5 key sites
- Presence of median nerve allows for negative feedback
- New app provides interactive real-time feedback
- Each site can withstand over 200 injections
- Skin can be easily removed & changed

VERSATILITY

- Lightweight & easily portable
- App can be set to English UK, English USA, French, Mandarin, Spanish, German & Russian

CLEANING & CARE

- Skin surface is washable using soap & water

SAFETY

- Fluid should not be injected into any of the sites, due to the electronics contained
- Latex free

WHAT'S INCLUDED

- Hand & Wrist Model
- Hand & Wrist Skin (1x spare)
- Android Tablet (optional)
- Needle Set – 3 Orange Needles, 1 Syringe, 1 Sharps Bin
- AA Batteries (x2)

Elbow for Joint Injection



For practising soft tissue joint injection used for the treatment of injuries and arthritis. The arm is presented for the treatment of both golfer's and tennis elbow.

SKILLS

- Patient posture & management
- Palpation techniques
- Identifying anatomical landmarks & painful areas
- Injections for:
 - Tennis elbow (lateral epicondylitis)
 - Golfer's elbow (medial epicondylitis)
- Training in fan or cone infiltration techniques

QUALITIES

REALISM

- Flexed right elbow, which rotates on the stand

KEY FEATURES

- Easy-to-use feedback Console: LEDs light up when correct injection sites have been acquired, point of maximal tenderness has been palpated & when the ulnar nerve has been hit

VERSATILITY

- Supplied with 'No Trace' marker (non-permanent rapidly fading ink) for illustrating underlying anatomical landmarks

SAFETY

- Latex free

WHAT'S INCLUDED

'No-Trace' Marker
 Elbow Needle Set
 Elbow Skin
 Elbow for Joint Injection
 Feedback Console with batteries

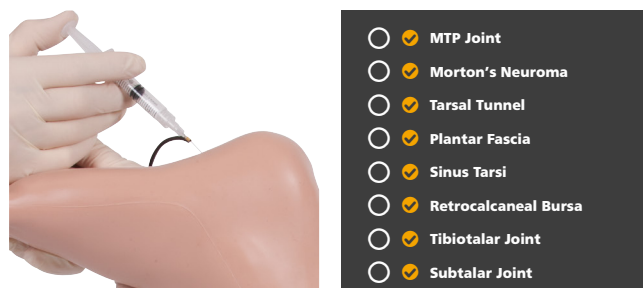
Foot & Ankle for Joint Injection



A foot and ankle for practising soft tissue injection for the treatment of injuries and arthritis. Designed in collaboration with Mr Jim Pickard and Dr Chris Davies from the University of Huddersfield, UK.

SKILLS

- Patient posture & management
- Palpation techniques
- Identifying anatomical landmarks
- Injection sites for:
 - Metatarsophalangeal (MTP) joint
 - Tarsal tunnel
 - Sinus tarsi
 - Tibiotalar joint
 - Morton's neuroma
 - Plantar fascia
 - Retrocalcaneal bursa
 - Subtalar joint



QUALITIES

ANATOMY

- Represents normal anatomy as required for palpation purposes

KEY FEATURES

- Easy-to-use feedback console: LEDs light up when correct injection sites have been acquired

SAFETY

- Latex free

WHAT'S INCLUDED

Foot & Ankle Needle Set
 Foot & Ankle Skin
 Foot & Ankle Musculature
 Foot & Ankle for Joint Injection
 Feedback Console with Batteries

Colles' Fracture Reduction Trainer

70250



The Colles' Fracture Trainer is an ideal training tool for learners looking to gain confidence in the reduction of Colles' fractures occurring at the distal end of the radius.

The portrayal of an elderly female arm coupled with a fractured distal fragment of the radius provides trainees with a platform for repeatable and consistent practice of manual Colles' reduction (closed) and plastering techniques. As is typical in a real-life emergency setting, the model allows trainees to perform visual inspections and identification before facilitating a team focussed Colles' fracture reduction.

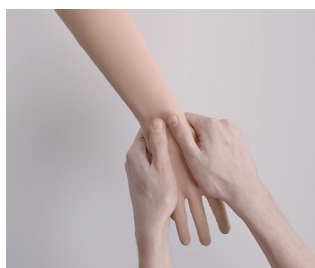
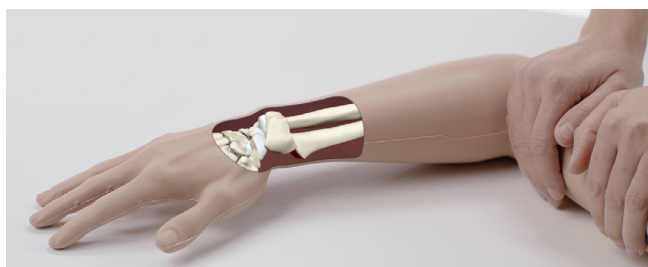
An adjustable tension mechanism allows trainers to alter the difficulty of the procedure for advanced learning.



Developed in collaboration with Dr Salwa Malik of Brighton and Sussex University Hospitals NHS Trust and Dr Yasir M. Shaukat of Surrey and Sussex Hospitals NHS Trust

SKILLS

- Visual inspection & identification
- Reduction of the fracture (closed reduction)
- Plastering techniques
- Adjustable tension for different difficulties to be simulated
- Teamwork & communication when reducing the fracture



QUALITIES

ANATOMY

- Fractured distal fragment of radius
- Head and body of the ulna

REALISM

- Realistic representation of a 'dinner-fork' deformity
- Lifelike haptic feedback when carrying out the procedure

KEY FEATURES

- Adjustable tension allows for progressive levels of difficulty
- Trainees can perform all three stages of reduction: exaggeration (to disimpact the fracture), traction & flexion
- Accommodates a number of plastering techniques, including: back slab, circular cast, sugar-tong splint & 3-point moulds
- Variable height stand allows users to adjust the height of the model for training ease
- Replaceable hand and skin

SAFETY

- Latex free

WHAT'S INCLUDED

- Colles' Fracture Arm (with skin included)
- Adjustable Height Stand
- Hex Keys (x2) - Large and Small

eoSim™

The eoSim™ range of Laparoscopic box trainers allows trainees to practice their laparoscopic skills on a range of up to 18 curated tasks. Each box comes complete with four modular task bases, Laparoscopic instruments, an integrated digital camera and rechargeable light-source.



QUALITIES

KEY FEATURES

- Portable brief-case design for maximum portability
- Comes with everything you need
- Quick & easy to set up trainer
- Easily interchanged tasks
- Works with mobiles & tablets
- Built-in HD webcam for use with PC or Mac

SKILLS

- Minimally invasive surgery
- Psycho-motor skills associated with laparoscopic surgery
- Instrument handling
- Includes 18 different tasks to practice

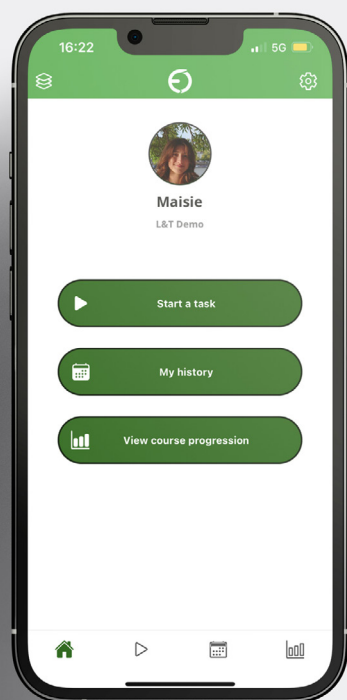


WHAT'S INCLUDED

		EOSIM™ ELITE EO003	EOSIM™ INSTITUTION EO008	EOSIM™ INSTITUTION PLUS EO009
Box	eoSim Box Trainer (includes Camera and LED Light)	✓	✓	✓
Instruments	5mm Ratcheted Grasper	✓	✓	✓
	5mm Non-Ratcheted Grasper	✓	✓	✓
	5mm Scissors	✓	✓	✓
	5mm Knot Pusher	✓	✓	✓
	5mm Needle Holder	✓	✓	✓
Hardware	22 inch Monitor	×	✓	✓
	USB-C to HDMI Cable	×	✓	✓
	Lightning to HDMI Cable	×	✓	✓
	Height Adjustable Trolley	×	×	✓
SurgTrac Modules	SurgTrac Elite – 18 Tasks	✓	✓	✓

SurgTrac™

SurgTrac™ is an integrated skills training platform designed by surgeons, for surgeons. Mirroring Kolb's experiential learning circle, SurgTrac offers a curriculum of skills, instrument tracking software, objective performance feedback and metrics synced to an online portfolio, all through your mobile device.



TM

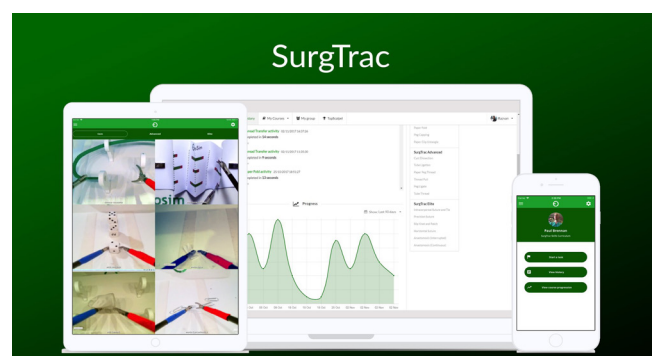
QUALITIES

KEY FEATURES

- Instrument tracking software records 20 metrics, generating instant quantitative performance feedback
- Additional formative, natural language feedback to support self-directed development
- Video recording of task attempts, which can be submitted for remote assessment by surgical trainers
- Evidence-backed by over 30 peer-reviewed validation studies
- Institutions can easily manage learner access and create groups using SurgTrac™ Manager

VERSATILITY

- Tiered curricula for advancing skill levels
- Curated courses of tasks for surgical specialties
- Available on iOS, Android, Windows & MacOS
- Connect with your colleagues & classmates in groups
- Invite trainees & track their progress on group dashboards
- Assign assessors to grade task submissions and track development



SKILLS

COURSE	TASKS	
CORE	Dice stacking	Precision cutting (paper)
	Paper fold	Thread transfer
	Peg capping	Paper clip untangle
ADVANCED	Tube ligation	Paper peg thread
	Thread pull	Peg ligate
	Cyst dissection	Tube thread
ELITE	Intracorporeal suture & tie	Slip knot & patch
	Anastomosis (continuous)	Anastomosis (interrupted)
	Precision suture	Horizontal suture

FUNDAMENTALS OF LAPAROSCOPIC SURGERY™

Approved by the SAGES-ACS FLS Committee, the FLS trainer system is the only approved hands-on equipment for training and assessment.

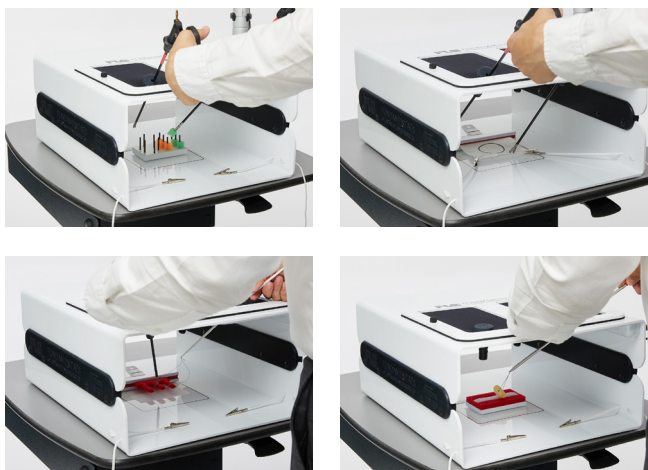
FLS is a joint educational offering of the American College of Surgeons (ACS) and the Society of American Gastrointestinal and Endoscopic Surgeons (SAGES). The FLS trainer system is appropriate for learning fundamental skills needed in many laparoscopic surgery specialties, including general surgery, gynaecology and urology.

The systems are complete with training box and TV camera alongside a range of tasks designed to develop the skills necessary to perform the fundamentals of laparoscopic surgery.



QUALITIES

- Skin frame constructed from durable neoprene
- 2 pre-incised holes for the trocars
- Trainer systems come with a TV camera
- Trainer design allows for ambient light to enter the training area
- Overhead LED lighting strip



SKILLS

- Laparoscopic surgery
- Tasks:
 - Peg transfer
 - Precision cutting
 - Ligating loop
 - Intra- and extra-corporeal knot tying



■ FLS Trainer Box 50302

Economical and portable laparoscopic trainer box

■ FLS Trainer System 50304

Incorporates all of the features of the FLS trainer box, plus a 19" television and Mobile SimCart

■ FLS All-In-One Trainer System 50306

Includes everything from the FLS trainer system, plus ligating loops, sutures & a set of FLS approved instruments

Want to see our trainers in action?



Click on the Play icons on the product pages to watch a product video or head to the webpage.

UNDERGRADUATE MEDICINE

Designed to meet the core training needs and essential skills required at undergraduate level.

CaRE

8



ABDOMINAL EXAMINATION

10



MALE RECTAL EXAMINATION

16



BREAST EXAMINATION

14



FEMALE PELVIC EXAMINATION

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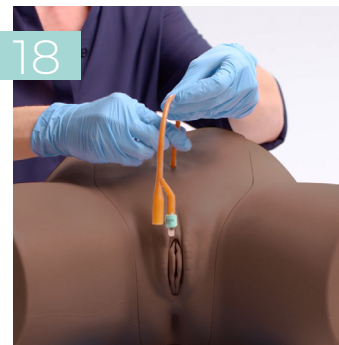
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VENEPUNCTURE

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BASIC SURGICAL SKILLS

36



INJECTIONS

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NURSE TRAINING

Nursing is at the heart of healthcare and these products reflect the core simulation training needs required for undergraduate and postgraduate nursing.

CLEAN BLEED MAT



PELVIC EXAMINATION



BREAST EXAMINATION



ABDOMINAL EXAMINATION



VENEPUNCTURE



MALE RECTAL EXAMINATION



CaRE



CATHETERISATION



OSCE TRAINING

It's important students feel confident taking the Objective Structured Clinical Examination. These products are designed to train and test clinical skill performance for the OSCE.

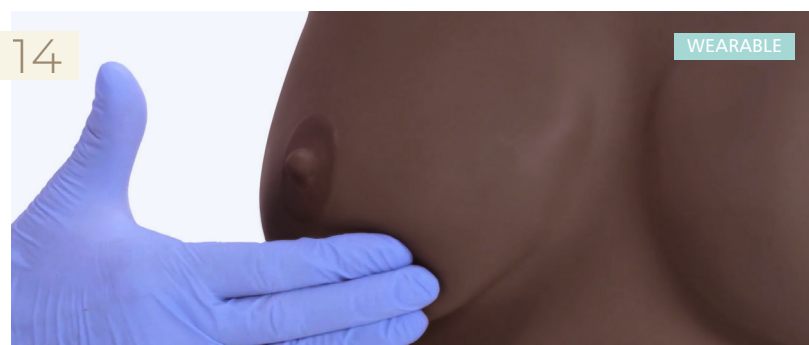
ABDOMINAL EXAMINATION



MALE RECTAL EXAMINATION



BREAST EXAMINATION



PELVIC EXAMINATION



CATHETERISATION



LUMBAR PUNCTURE & EPIDURAL



CaRE



ARTERIAL PUNCTURE WRIST



CLINICAL ULTRASOUND

For training in ultrasound guided procedures, the range is made of materials similar to human tissue, allowing trainees to practise advanced visualising or injecting techniques while using ultrasound imaging for accuracy.

SUPRAPUBIC CATHETERISATION



CHEST TRAUMA MANAGEMENT



ULTRASOUND EPIDURAL



ARTERIAL PUNCTURE WRIST



PARACENTESIS TRAINER



KNEE - ULTRASOUND CAPABILITY



SHOULDER - ULTRASOUND GUIDED



ULTRASOUND VASCULAR ACCESS

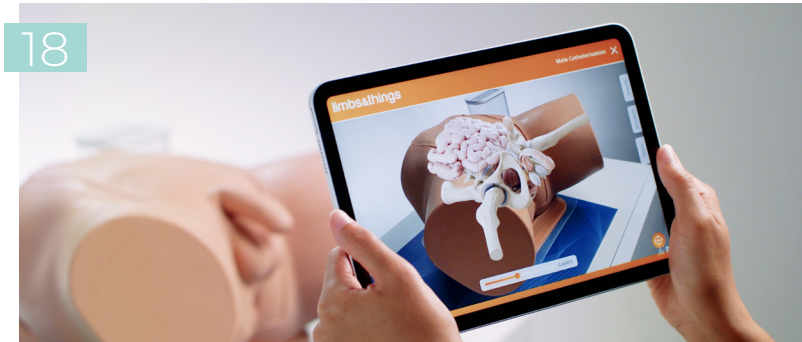




AUGMENTED REALITY (AR)

AR bridges the knowledge gap between theory and practice by allowing users to interact with the trainer's anatomy on their smart device. Discover our compatible models below, or find out how AR enhances learning on Page 6.

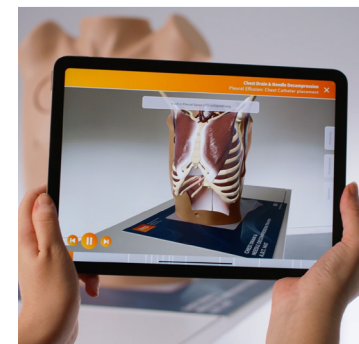
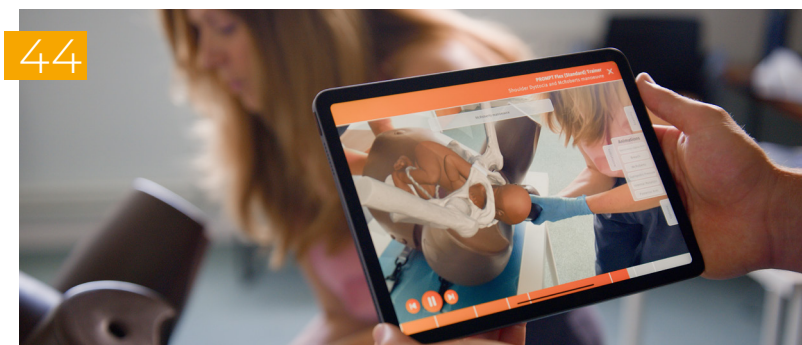
CATHETERISATION TRAINER



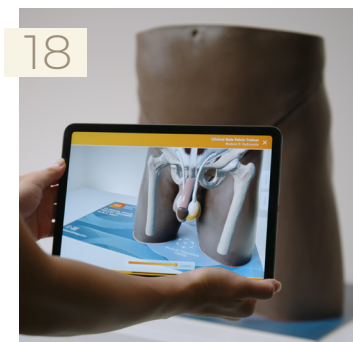
CHEST TRAUMA MANAGEMENT



PROMPT FLEX BIRTHING SIMULATOR



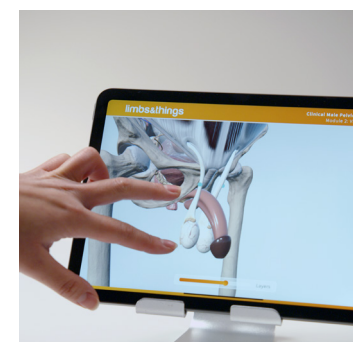
MALE PELVIC TRAINER



LUMBAR PUNCTURE & EPIDURAL



ABDOMINAL EXAMINATION TRAINER



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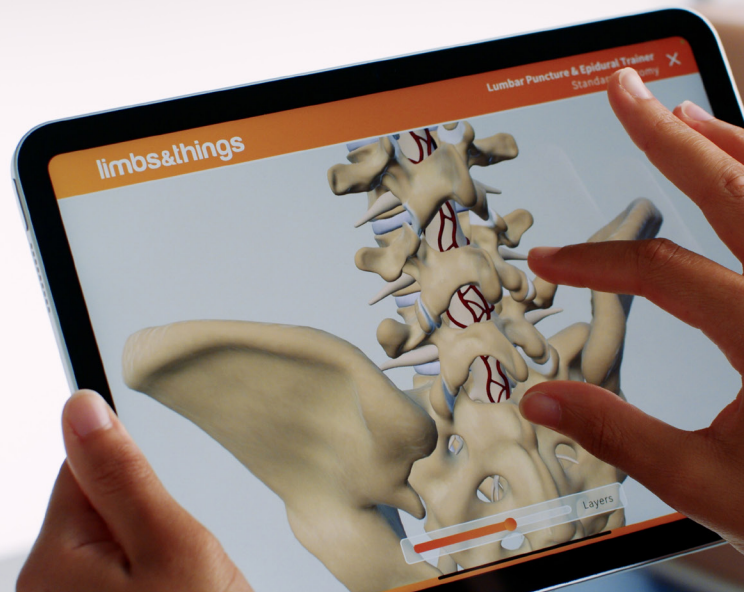
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Download our Augmented Reality app to start exploring now

Whether you have an AR compatible model or not, you can download the app for free and start discovering the interactive anatomy straight away.



Visit page 6 for more information on Augmented Reality

1

Visit
limbsandthings.com/augmentedreality



Click to download the app

2

Select one of the app stores
depending on the operating system
of your device



3

Open the app,
head to products and download
the model you're interested in

Download

4

To use without a model,
select **Interactive Anatomy**,
and start exploring

Interactive Anatomy

i

Watch our video guide on our website for easy instructions
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Product changes

As we have a policy of continual product improvement, the specification of products may occasionally vary from those shown in the catalogue.



Warranty

The Limbs & Things products featured in this catalogue are produced with the utmost care and are covered by our Guarantee. This applies to all models that have been used according to the user guide supplied and covers functionality and durability. Please see full details on limbsandthings.com/global/terms-conditions

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Patents granted

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