

**Department of Veterans Affairs  
Federal Supply Service**

**Authorized Federal Supply Schedule Price List**

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through **GSA Advantage!**®, a menu-driven database system. The INTERNET address for GSA Advantage!® is: [GSA Advantage.gov](https://www.gsa.gov/gsaadvantage).

**Multiple Award Schedule**

**FSC Group: A - Office Management**

For more information on ordering Federal Supply Schedules go to the GSA Schedules page at [GSA.gov](https://www.gsa.gov).

<b>Contractor:</b>	<b>OPTP, LLC</b> 3800 Annapolis LN N STE 165 Minneapolis, MN 55447-5445 United States O: 763.553.0452
<b>Contract Number:</b>	47QSEA21D001N
<b>Contract Period:</b>	Jan. 4, 2021 - Jan. 3, 2026
<b>Contract Administration Source:</b>	Clare Cahill ccahill@optp.com
<b>Business Size:</b>	<b>Small Business</b>

Price list current as of Modification #[PS/PA/PO-XXXX] effective [effective date of Mod]

Prices Shown Herein are Net (discount deducted)

## CUSTOMER INFORMATION:

- 1a. Table of awarded special item number(s) with appropriate cross-reference to item descriptions and awarded price(s).**

SINs	Recovery	SIN Title
511130	511130RC	Books and Pamphlets
5191M	5191MRC	Entertainment, News and Library Media

- 1b. Identification of the lowest priced model number and lowest unit price for that model for each special item number awarded in the contract. This price is the Government price based on a unit of one, exclusive of any quantity/dollar volume, prompt payment, or any other concession affecting price. Those contracts that have unit prices based on the geographic location of the customer, should show the range of the lowest price, and cite the areas to which the prices apply.**

SINs	Part No.	Product/Name	UOI	Net GSA
511130	8753	Books and Pamphlets - Your Nerves. Knee Replacement Non-Returnable	Each	\$8.32
5191M	925DVD	Entertainment, News and Library Media - Franklin Method Pelvic Power DVD	Each	\$23.33

- 1c. If the Contractor is proposing hourly rates, a description of all corresponding commercial job titles, experience, functional responsibility, and education for those types of employees or subcontractors who will perform services shall be provided. If hourly rates are not applicable, indicate "Not applicable" for this item. Not Applicable**

**2. Maximum order:**

SINs	Maximum Order
511130	\$1,000,000
5191M	\$1,000,000

- 3. Minimum order:** \$100
- 4. Geographic coverage (delivery area):** 48 States, the District of Columbia, Alaska, Hawaii, and Puerto Rico
- 5. Point of production:** 3800 Annapolis LN N STE 165  
Minneapolis, MN 55447-5545  
United States
- 6. Discount from list prices or statement of net price. Government Net Prices** (discounts already deducted.)
- 7. Quantity discounts:** None.
- 8. Prompt payment terms. Information for Ordering Offices: Prompt payment terms cannot be negotiated out of the contractual agreement in exchange for other concessions:** Net 30 days
- 9. Foreign items:** None
- 10a. Time of delivery:** 15 Days (ARO) After Receipt of Order

- 10b. Expedited Delivery:** 2-day and 3-day shipping available. Co-ordinated at the Buying Activity level.  
Government customers are responsible for the difference between standard and expedited shipping costs.
- 10c. Overnight and 2-day delivery:** 2-day and 3-day shipping available. Co-ordinated at the Buying Activity level.  
Gov't customers are responsible for the difference between standard and expedited shipping costs.
- 10d. Urgent Requirements:** Contact Contractor
- 11. F.O.B. Points:** Destination
- 12. Ordering address:** 3800 Annapolis LN N STE 165  
Minneapolis, MN 55447-5545  
United States
- 13. Ordering procedures:** For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPA's) are found in Federal Acquisition Regulation (FAR) 8.405-3.
- 14. Payment address:** 3800 Annapolis LN N STE 165  
Minneapolis, MN 55447-5545  
United States
- 15. Warranty provision:** Please See Attached Warranty Statement
- 15b. Export packing charges:** N/A
- 16. Terms and conditions of rental, maintenance, and repair:** N/A
- 17. Terms and conditions of installation:** N/A
- 18a. Terms and conditions of repair parts indicating date of parts price lists and any discounts from list prices:**  
N/A
- 18b. Terms and conditions for any other services:** N/A
- 19. List of service and distribution points:** N/A
- 20. List of participating dealers:** N/A
- 21. Preventive maintenance:** N/A
- 22a. Special attributes:** N/A
- 22b. Section 508 EIT supplies and services:** N/A
- 23. Data Universal Number System (DUNS) number:** 116917895
- 24. System for Award Management (SAM) database:** Active



## About OPTP

OPTP (Orthopedic Physical Therapy Products) is a leading supplier of innovative therapy, fitness and wellness products for both healthcare professionals and individuals. OPTP was started in 1979 by the late Jim Woog, PT, and is now led by CEO Cathy Lindvall. For over 40 years, OPTP has proudly supported the health and wellness industry and earned a worldwide reputation for providing top-quality products.

## Our Mission

Our mission is to develop and distribute innovative therapy, fitness and wellness products that excel in professional settings and help at-home users achieve their health goals.

## Our Commitment to You

At OPTP, we collaborate with renowned experts and consult with active professionals to create and refine products that can be trusted to perform. In addition, we publish educational books and resources written by industry experts.

Whether you've relied on OPTP for many years, or you're shopping with us for the first time, we are committed to providing you with the finest products in the industry, along with exceptional customer service.

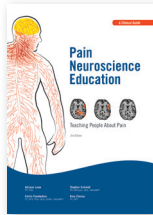
Thank you for your business.

## Featured Products

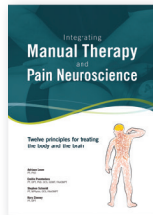
### Clinical Pain Education Resources From Adriaan Louw, PT, PhD



ITEM #8751

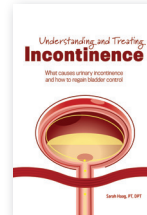


ITEM #8748-2

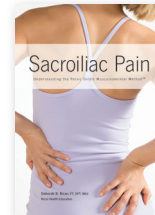


ITEM #8758

### Pelvic Health Books From Sarah J. Haag, PT, DPT, MS, Cert. MDT, RYT and Deborah B. Riczo, PT, DPT, MEd

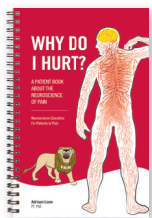


ITEM #8626

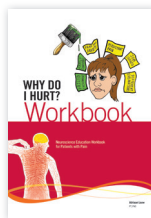


ITEM #8905

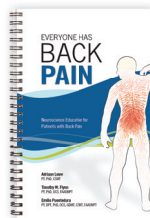
### Patient Pain Education Resources From Adriaan Louw, PT, PhD



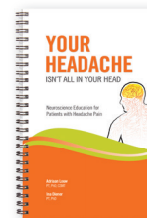
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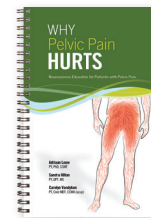
ITEM #8756



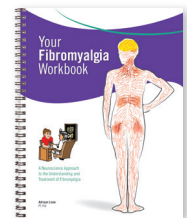
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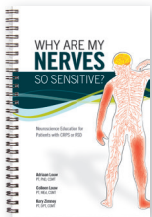
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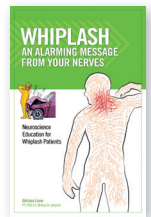
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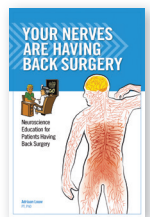
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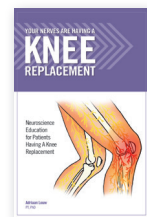
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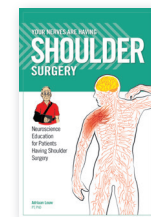
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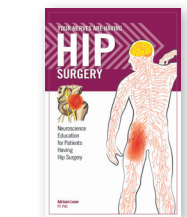
ITEM #8745



ITEM #8753

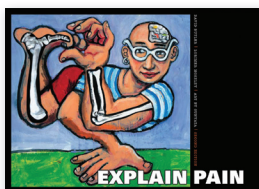


ITEM #8750



ITEM #8757

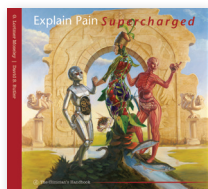
### Pain Education Books and Tools From David Butler, Ed D, B Phty, GDAMT, M App Sc, PT and Lorimer Moseley, DSc, PhD, FAAHMS, FPMANZCA, FACP (NOI Group)



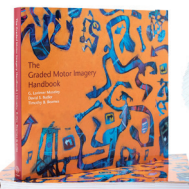
ITEM #8311



ITEM #8316



ITEM #8315



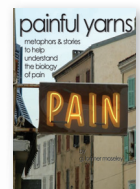
ITEM #8313



ITEM #8661-8667



ITEM #683

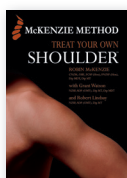


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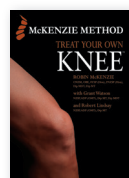
### Mckenzie Method® Treat Your Own Books From Robin Mckenzie, CNZM, OBE, FCSP (Hon), FNZSP (Hon), Dip MDT, Dip MT



ITEM #810



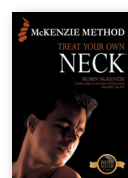
ITEM #805



ITEM #838



ITEM #802-9



ITEM #803-5



ITEM #804SP



ITEM #803-2SP

SIN	MFR NAME	MFR PART NO	PRODUCT NAME	UOI	NET GSA (including IFF)
<b>McKenzie Method</b>					
511130	OPTP	712-2	Lumbar Spine Assessment Forms (50/Pad)	Each	\$13.00
511130	OPTP	713-2	Cervical Spine Assessment Forms (50/Pad)	Each	\$10.04
511130	OPTP	714-2	Thoracic Spine Assessment Forms (50/Pad)	Each	\$10.04
511130	OPTP	716	Upper Extremities Assessment Forms (50/pad)	Each	\$10.04
511130	OPTP	717	Lower Extremities Assessment Forms (50/pad)	Each	\$10.04
511130	Spinal Publication	800SET	McKenzie Textbook Set (801-2, 806, 808-2)	Each	\$275.21
511130	Spinal Publication	801-2	The Lumbar Spine 2nd Edition Volumes 1 & 2 Softcover	Each	\$139.80
511130	OPTP	802-9	Treat Your Own Back 9th Edition	Each	\$17.90
511130	OPTP	803-2SP	Treat Your Own Neck Spanish 2nd Ed	Each	\$11.91
511130	OPTP	803-5	Treat Your Own Neck 5th Edition	Each	\$11.06
511130	OPTP	804SP	Treat Your Own Back Spanish 3rd Ed	Each	\$11.57
511130	OPTP	805	Treat Your Own Shoulder	Each	\$13.04
511130	Spinal Publication	806	The Human Extremities	Each	\$66.66
511130	Spinal Publication	808-2	Cervical & Thoracic Spine Softcover 2nd Ed	Each	\$137.06
511130	Spinal Publication	8131	Against the Tide	Each	\$32.69
511130	OPTP	838	Treat Your Own Knee	Each	\$22.11
<b>Manual Therapy</b>					
511130	OPTP	607-7	Manual Mobilization of the Joints, Vol II: The Spine 7th Edition	Each	\$63.23
511130	Mulligan	853-7	Nags, Snags, MWM's 7th Ed	Each	\$46.47
511130	Mulligan	8542-3	Self Treatments for Back, Neck & Limbs 3rd Ed	Each	\$32.17
511130	OPTP	8675	Symptom Localization..Spine & Ext Non-Returnable	Each	\$30.81
511130	OPTP	8903	Thrust Joint Manipulation Skills-Spine Non-Returnable	Each	\$78.07
5191M	OPTP	992DVD	Mobilization Belt Techniques-Extremities DVD	Each	\$35.11
5191M	OPTP	993DVD	Mobilization Belt Techniques-Spine DVD	Each	\$34.42
5191M	OPTP	994DVD	Mobilization Belt Techniques DVD PKG (992DVD & 993DVD)	Each	\$65.89
<b>Therapy Essentials</b>					
511130	OPTP	8627	Understanding and Treating Incontinence	Each	\$24.29
511130	OPTP	8715-2	Lumbar Spinal Stabilization Floor Exercises 2nd Ed	Each	\$16.12
511130	OPTP	8722-2	Cervical Spinal Stabilization Exercises 2nd Ed	Each	\$16.43
511130	OPTP	8905	Sacroiliac Pain Understanding the Pelvic Girdle	Each	\$15.62
<b>Neuroscience   Pain Management</b>					
511130	NOI Group	8315	The Explain Pain Handbook: Protectometer	Each	\$33.91
511130	NOI Group	829S	The Sensitive Nervous System -Softcover-Non-Returnable	Each	\$68.57
511130	NOI Group	8312	Explain Pain Poster Collection (Set of 4)	Each	\$41.84

SIN	MFR NAME	MFR PART NO	PRODUCT NAME	UOI	NET GSA (including IFF)
511130	NOI Group	8313	The Graded Motor Imagery Handbook (GMI)	Each	\$46.18
511130	NOI Group	8314	Neurodynamic Tech Book & DVD Set Non-Returnable	Each	\$126.69
511130	NOI Group	8316	Explain Pain Supercharged	Each	\$134.18
511130	OPTP	8318	Painful Yarns	Each	\$28.97
511130	OPTP	8626	Making Sense of Pain	Each	\$23.52
511130	NOI Group	8661	NOI Recognise Hand Flash Cards Non-Returnable	Each	\$55.72
511130	NOI Group	8662	NOI Recognise Foot Flash Cards Non-Returnable	Each	\$52.72
511130	NOI Group	8663	NOI Recognise Back Flash Cards Non-Returnable	Each	\$50.79
511130	NOI Group	8664	NOI Recognise Shoulder Flash Cards Non-Returnable	Each	\$49.95
511130	NOI Group	8665	NOI Recognise Neck Flash Cards Non-Returnable	Each	\$55.49
511130	NOI Group	8667	NOI Recognise Knee Flash Cards Non-Returnable	Each	\$55.49
511130	OPTP	8742	Why Pelvic Pain Hurts Non-Returnable	Each	\$19.41
511130	OPTP	8744	Whiplash An Alarming Message..Nerves Non-Returnable	Each	\$8.61
511130	OPTP	8744PKG	Whiplash An Alarming Message..Nerves 12/pkg Non-Return	Each	\$47.80
511130	OPTP	8745	Your Nerves Are Having Back Surgery Non-Returnable	Each	\$14.14
511130	OPTP	8745PKG	Your Nerves Are Having Back Surgery 12/pkg Non-Returna	Each	\$45.21
511130	OPTP	8746	Why Do I Hurt? A Patient Book Non-Returnable	Each	\$17.91
511130	OPTP	8746PDF	Why Do I Hurt? A Patient Book PDF	Each	\$21.41
511130	OPTP	8747	Your Fibromyalgia Workbook Non-Returnable	Each	\$22.26
511130	OPTP	8748-2	Pain Neuroscience Ed: Teaching People About Pain	Each	\$73.46
511130	OPTP	8748-2PDF	Pain Neuroscience Ed: Teaching People About Pain PDF	Each	\$53.24
511130	OPTP	8749	Your Headache Isn't All In Your Head Non-Returnable	Each	\$15.31
511130	OPTP	8750	Your Nerves Are Having Shoulder Surgery Non-Returnable	Each	\$14.13
511130	OPTP	8750PKG	Your Nerves..Having Shoulder Surgery 12/pk Non-Returna	Each	\$50.27
511130	OPTP	8751	Why You Hurt Pain Neuro Ed Non-Returnable	Each	\$196.93
511130	OPTP	8752	Why Are My Nerves So Sensitive? Non-Returnable	Each	\$20.40
511130	OPTP	8753	Your Nerves..Knee Replacement Non-Returnable	Each	\$8.32
511130	OPTP	8753PKG	Your Nerves...Knee Replacement (12/Pkg) Non-Returnable	Each	\$51.72
511130	OPTP	8754	Everyone Has Back Pain	Each	\$27.05
511130	OPTP	8756	Why Do I Hurt? Workbook Non-Returnable	Each	\$10.46
511130	OPTP	8756PKG	Why Do I Hurt? Workbook (Pkg of 12) Non-Returnable	Each	\$45.65
511130	OPTP	8757	Your Nerves Are Having Hip Surgery Non-Returnable	Each	\$14.28
511130	OPTP	8757PKG	Your Nerves Are Having Hip Surgery (12/Pkg) Non-Return	Each	\$42.30
511130	OPTP	876SET	Pain Neuroscience Posters (Set of 4) Non-Returnable	Each	\$33.14



SIN	MFR NAME	MFR PART NO	PRODUCT NAME	UOI	NET GSA (including IFF)
<b>Pelvic Health</b>					
511130	OPTP	8494	The Psoas Integrating Your Inner Core	Each	\$17.47
511130	OPTP	8627	Understanding and Treating Incontinence	Each	\$24.29
511130	OPTP	8742	Why Pelvic Pain Hurts Non-Returnable	Each	\$19.41
511130	OPTP	8905	Sacroiliac Pain Understanding the Pelvic Girdle	Each	\$15.62
<b>Soft Tissue   Myofascial   Trigger Points</b>					
511130	OPTP	8207	Ball Rolling for Happy Healthy Hands	Each	\$22.02
<b>Foam Roller Therapy</b>					
511130	OPTP	8208	Rolling for Resilience	Each	\$16.47
511130	OPTP	8209	PRO-ROLLER Pilates Challenge	Each	\$14.36
511130	OPTP	8210-2	PRO-ROLLER Pilates Essentials 2nd Ed	Each	\$14.36
511130	OPTP	8211-3	PRO-ROLLER Massage Essentials 3rd Ed	Each	\$15.49
511130	OPTP	8691-2	SMARTROLLER Guide to Optimal Movement 2nd Ed	Each	\$32.36
511130	OPTP	8739-2	Foam Roller Posters (Set of 2) Updated	Each	\$25.24
511130	OPTP	8740-2	Foam Roller Techniques 2nd Ed	Each	\$25.05
<b>Movement Therapy</b>					
511130	OPTP	8843	Happy Feet, Dynamic Base, Effortless Posture	Each	\$23.96
511130	OPTP	8207	Ball Rolling for Happy Healthy Hands	Each	\$22.02
511130	OPTP	8491	Franklin Method Ball & Imagery Exercises	Each	\$22.52
511130	OPTP	8494	The Psoas Integrating Your Inner Core	Each	\$17.47
511130	OPTP	8625	Grow Younger Daily	Each	\$22.12
511130	OPTP	8844	Fascia Release and Balance	Each	\$17.91
511130	OPTP	8845	The Art & Science of Cueing	Each	\$24.86
5191M	OPTP	925DVD	Franklin Method Pelvic Power DVD	Each	\$23.33
<b>Pilates &amp; Yoga</b>					
511130	OPTP	8207	Ball Rolling for Happy Healthy Hands	Each	\$22.02
511130	OPTP	8209	PRO-ROLLER Pilates Challenge	Each	\$14.36
511130	OPTP	8210-2	PRO-ROLLER Pilates Essentials 2nd Ed	Each	\$14.36
511130	OPTP	8211-3	PRO-ROLLER Massage Essentials 3rd Ed	Each	\$15.49
511130	OPTP	8215-2	Desk Pilates: Living Pilates Every Day 2nd Ed	Each	\$13.51
511130	OPTP	8216	Stretch Out Strap Pilates Essentials 2nd Ed	Each	\$10.77
511130	OPTP	8216PKG	Stretch Out Strap Pilates Pkg (8216 & 440S)	Each	\$21.39
511130	OPTP	8493	Pilates Triadball Manual	Each	\$43.48
511130	OPTP	8493PKG	Triadball & Triadball Manual (LE8012 & 8493)	Each	\$50.68
511130	OPTP	8561	The Intrinsic Core Using The Soft Gym Overball	Each	\$17.32
511130	OPTP	8564	Age Perfected Pilates	Each	\$27.04



SIN	MFR NAME	MFR PART NO	PRODUCT NAME	UOI	NET GSA (including IFF)
<b>Stretching</b>					
511130	OPTP	8216	Stretch Out Strap Pilates Essentials 2nd Ed	Each	\$10.77
511130	OPTP	8216PKG	Stretch Out Strap Pilates Pkg (8216 & 440S)	Each	\$21.39
<b>Core Strength &amp; Stability</b>					
511130	OPTP	8596-2	Spinal Stabilization 2nd Ed	Each	\$30.00
<b>Training &amp; Conditioning</b>					
511130	OPTP	8902	Activating Functional Mobility	Each	\$22.25
<b>Foot Therapy</b>					
511130	OPTP	8843	Happy Feet, Dynamic Base, Effortless Posture	Each	\$23.96