

THE POWER OF COMPRESSION FLOSS BANDS

ON YOUR
FITNESS
ROUTINE



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FITTEROY COMPRESSION FLOSS BANDS

ARE THE ULTIMATE IN HEALING POWER!

THEY ARE GREAT FOR THOSE HARD TO HEAL ELBOW JOINTS OR IF YOU'RE SUFFERING FROM A TORN MENISCUS. THEY HELP WITH RECOVERY AND MOBILITY.

Those who have tried compression floss bands have been amazed at how well their joint pain has healed. Plus, how quickly the pain disappeared.

This is a major breakthrough because fitness injuries are not easy to get over. The body takes a while to heal, but those who are injured really don't have the patience to wait that long.

However, some injuries such as elbow, knee or ankle injuries may take up to a year to heal. If the injury becomes chronic then it could take as long as several years to heal. Surgery is one option, but it doesn't always work in the way you want it to work. It also takes several months to heal after surgery.

So, that leaves the fitness worker out of luck as far as keeping up with his workout routine. It may also leave them in pain while the injury heals. What the fitness junkie does is put on an ace bandage or knee/elbow sleeve and workout anyway.

This keeps the body out of balance since you'll be favoring your injured side. This is a weakness, especially if you're a weightlifter, professional wrestler, athlete, or in training. This weakness can also end up being a failure if you're in a competition.

So, this is where the compression floss bands come into action. It's a major innovation for injuries, whether they are from working out, football, weightlifting, cross training, driving or jogging around the block, or any repetitive motion that causes strain on the muscles or joints.

WHAT ARE FITTEROY COMPRESSION FLOSS BANDS?

Fitteroy Compression Floss Bands are 7' long strips of rubber. They come in two widths: 2" wide or 4" extra wide. The bands are made of 100% natural latex rubber and are durable, thick and long-lasting. The original compression band used before voodoo floss was the inner tube from a bicycle. Compared to the bicycle tube, the floss bands are much more stretchy and softer in texture, which makes them a lot easier to use.

Fitteroy Compression Floss Bands come in two strengths:

- > **Black** heavy resistance is .051" thick
- > **Red** extra heavy resistance .060" thick



THE DIFFERENCE BETWEEN BLACK AND RED COMPRESSION BANDS

BLACK BAND:

They are 7 feet long and .051" thick. They can be stretched to 150% of their length. When wrapping your injured area, be sure to use 50% tension, but don't go more than 75% stretch when wrapping any area of your body. Tighter does not mean better! It means you could damage an already damaged area.

RED BAND:

Red bands are 7 feet long and .060" thick. This means they have a heavier resistance. You should still only wrap with 50% tension and never go over 75% stretch when wrapping any area of the body. The red band gives more compression for areas like your high hips or top of the thighs.

WHO USES RED BANDS?

World class weight lifters and athletes use the red band when they are training. It gives them a tiny boost in increased muscle power for lifting those heavy weights. Most other people are content with black bands since you can use them more often than the red. Remember, the red bands have a tighter compression. Use with caution: be aware they could damage the area where they are used. Only use for up to two minutes, then remove them.

WHY WOULD YOU NEED TWO OF ONE COLOR?

- > When using on a joint it's a good idea to use one above and one below the joint, especially the knee joint. It's rather a tender part of the body that is subject to injury more often than other joints in the body.
- > Instead of using two of one color, you can also use the extra wide 4" band for more coverage. It is best to leave the knee cap uncovered and just wrap above and below the knee. Other joints like elbow and ankle can be fully covered when using.

WHY USE COMPRESSION FLOSS BANDS?



Because they improve range, restore joint movement, and unstiffen injured tissue. They compress the injured area by releasing swelling from the tissue and joint. They don't actually heal the injury or lessen the inflammation, but they allow blood to flow back into the injured area to help prevent further inflammation and speed up the healing process.

Compression tack and flossing works on a level of the tissue by lessening the swelling that is caused by the injury. When you put them on, you'll be able to perform any movement since the bands affect the sliding surface of the skin. They also restore the tissue so you receive mobilization of the limb, whether it's an ankle, elbow, wrist, or knee.

FAST RESULTS:

The relief you'll receive using a compression floss band can be dramatic. A flossing session takes a few minutes to receive faster results from those nagging injuries. Of course, it does depend on the type of injury and the level of inflammation of the elbow, knee, or shoulder.



VERSATILITY:

Fitteroy Compression bands will wrap around most joints without any problems. If the problem is in the knees, one band will be wrapped about the top of the knee and the other will wrap around the bottom of the knee.

How COMPRESSION FLOSSING BANDS ARE USED?

The word **FLOSS** means the wrap of the affected area. They work by increasing the range of motion in the affected joint. The recommended time using the compression floss bands is no more than 2 minutes per area. You work on your range of motion when they are on, then take them off after a couple of minutes. The "**compression**" part of the band puts restriction on the blood flow to the injured area, which is why you don't want to leave the bands on too long.

You can use the bands on your shoulders, arms, elbows, wrists/hands, thighs/hamstrings, knees, calves, ankles, and feet. When wrapping, you want to get at least a 50% overlap to ensure you're covering the complete area.

The ankle, thigh or knee can suffer from chronic overload and connective tissue adhesions. The compression band can sometimes break up these adhesions. Compression floss bands can speed up recovery time such as using the bands to floss the knee after squats, the thigh after deadlifts, and the arm after muscle ups. It helps reduce muscle tightness and flushes out the waste products such as lactic acid, scar tissue and other matter that denotes inflammation.

Flossing after doing repetitious WOD exercises can help you recover quickly, so the next day you won't feel so stiff and sore.

WHEN DO YOU TAKE THE BAND OFF?

Usually you only use the bands for a minute or two. However, if you feel a tingling, the limb looks pale or you feel a rise in blood pressure, then take them off right away. The whole point of compressing the joint is to keep it mobile, not to de-mobilize. You may suffer more damage to the area if you leave them on too long. Remember, they slow or stop the blood flow to the area.

WHY DO FITTEROY COMPRESSION FLOSS BANDS WORK?

In order to understand how these bands work, you need to understand how the blood flows through the body. Blood returning to the heart is poor in oxygen. The right side of the heart pumps the blood into the lungs where it takes up oxygen and then flows through the left side of the heart to return to the body.

Your body, including your muscles, needs oxygen to perform at its best. If the body doesn't have enough oxygen or nutrients like vitamins and minerals, you won't have the energy to perform your workouts. It also can't heal the damaged areas such as your elbows, knees, or wrists.

When you temporarily cut off blood flow to damaged areas, it cuts off the oxygen and nutrients. When you release the compression bands, blood flows back into the area, flushing out toxins, excess white blood cells and other matter that caused inflammation and swelling.

The compression bands change the way your muscles orient themselves. The rush of blood to the damaged area brings in blood loaded with oxygen and nutrients needed to heal the damaged area.

Otherwise, the damaged area becomes what is called stagnate or stagnation of the blood. The blood flow actually reroutes around the damaged area because the inflammation won't allow the blood to flow through the area as it should.

Using Fitteroy compression floss bands allows new blood into the area, hence, they help with healing faster and bringing more movement to the injured area.

WHO NEEDS TO USE COMPRESSION FLOSS BANDS?

The Fitteroy Floss Band is mainly used as a compression band for mobility issues. It is a great recovery tool for athletes and strength trainers.

It is a tool used by all to get relief from injuries of the connective tissues and joints, such as: muscle fatigue, pulled muscle, tendinitis and tennis elbow.

They help reduce inflammation and pain.

They can also help improve and strengthen ankles and knees.



THE MAJOR BENEFITS OF USING COMPRESSION FLOSS BANDS

Used for Treating Tendinitis: Many fitness junkies suffer from tendinitis of the elbow, knee, or shoulder. Using Fitteroy compression floss bands will help keep the inflammation down in the area where you're suffering from repeat damage. Many people who use compression bands find once they use them, the area suffering from tendinitis will heal permanently.

Used for Mobility: Keeping your body's mobility is a major benefit of using Fitteroy compression floss bands. They allow for great blood supply to any area where they are used. By wrapping the muscle tightly, forcing it through a range of motions, then releasing the band, it helps the muscle fibers break up lactic acid in the muscle. It also keeps the soreness and stops the muscles from stiffening after a workout.

Refuting RICE and use MCE instead: Although, you can use RICE, (*rest, ice, compression, and elevation*) on the injured area, the compression bands work quicker by allowing the blood to flow into the damaged area. The body deals with inflamed tissue by routing the excess fluid into the damaged area.

The compression bands temporarily stop the fluid, then allow good oxygenated, nutrient rich blood into the area when they are released. This is MCE, which means to move the injured area safely, compress the soft tissue with the compression bands, and elevate to ease the area.

Keeping oxygenated blood flowing to muscles is important for performance. Cells need oxygen to repair themselves as well as to move toxins such as lactic acid, which is produced when exercising, out of the body. Lactic acid increases soreness and decrease the performance of the muscle.

INSTRUCTIONS FOR APPLYING COMPRESSION BANDS

The key to wrapping these bands is in the tension you use. 50% tension means using half the amount of tension the bands can produce. 75% tension means using $\frac{3}{4}$ the amount of tension. Any tighter and you can damage your muscle or joints. Also, be aware not to use them longer than two minute for each wrap. You can floss as often as you like, just not all at one time for any given area of the body.

**** It is preferable to have a friend do these for you, but it could be done alone. ****

1. WRISTS / HANDS



- Start at the hand.
- Wrap 2-3 times around the hand.
- Go across the top of the hand and wrap the wrist a few times.
- Continue going from wrist to hand and back until you reach the end.
- When you've reached the end of the band, tuck it under itself.

To increase the range of motion in your wrist

- Make a fist, then open it.
- Bend the wrist forward and back making circular motion.
- Remove band.

For wrist mobility, do pushups.

2. SHOULDERS: SELF-WRAPPING

- Lean on a wall with the band at the back of the shoulder against the wall.



- Wrap the floss band forward around the front of the shoulder, still leaning against the wall, hold with you chin to bring it forward.
- Wrap once around to get it in place, then continue wrapping until the shoulder is covered pulling the band tight.



- When you're at the end of the band, tuck it under itself. It should end up at your bicep.



- Take your arm through a range of motions such as flexion or extension, abduction or adduction, internal and external rotation of no more than a minute, then do restricted motion before removing the band.

3. ELBOWS: SELF-WRAPPING

- Use the wall if you have to and start above the elbow with 50% tension on the band, wrapping it down until the elbow is covered.



- Continue wrapping away from the body, increasing to 75% tension.
- Stop wrapping below the elbow, then wrap up the arm.



- When you're done wrapping, tuck the band under itself.



- Working for only a minute or two, use a range of motions by bending and straightening the arm, then take the band off.

4. THIGHS / HAMSTRINGS: SELF-WRAPPING



- Start at the lower quad and come up to mid-thigh, then back down to the lower quad.



- When you reach the end of the band, tuck it under itself.



- Do some squats, deadlifts or leg swings. After two minutes, remove the bands.

5. KNEE: SELF-WRAPPING

Do not put the compression floss bands over the entire knee. They should go on top of the knee and below – never directly on the knee.



- Start either above or below the knee with the band.



- Wrap 3-4 times, then go behind the knee to go above or below the knee cap.
- Continue until you reach the end of the band and tuck it under itself.



- Work the knee with squats or lifts for two minutes, then remove the bands.

This is best done with the extra wide 4" Floss Band. You can also use two bands if needed. Wrap one above the knee and tuck under itself, then wrap the other one on the bottom of the knee.

6. ANKLE: SELF-WRAPPING

- Always start at the foot and wrap up to the ankle.
- Go just above the ankle and then wrap down again, being careful not to put too much tension on the wrap.
- When you've reached the end of the band, tuck it under itself.
- Use flexing and extending motions with the foot, then rotate clockwise and counterclockwise for two minutes. Remove the band.



7. FOOT: SELF-WRAPPING

- Do not wrap your toes, but start just before them to wrap the foot.
- Wrap in a counterclockwise direction to the bottom of the ankle.
- When you're at the end of the band, tuck it under itself.
- While standing on the band, rotate the foot back and forth like you're walking on it. Make circular motions, then remove the band.



Fitteroy compression floss bands can help release Plantar fasciitis. This is one of the major problems of the foot area.



WHEN TO USE FITTEROY COMPRESSION FLOSS BANDS?

1. YOU CAN REALLY USE FITTEROY FLOSS ANYTIME -- WARM UP, COOL DOWN, OR IN BETWEEN WORKOUTS.
2. USE BEFORE A WORKOUT UTILIZING EXERCISE FOR SPECIFIC MOVEMENTS, DEPENDING ON THE WORKOUT.
3. USE AFTER A LIFT, IT REALLY SEEMS TO KEEP SORENESS DOWN AND HELP SPEED UP RECOVERY.
4. USE ON THE DAY(S) AFTER A TOUGH WORKOUT.
5. OR BETTER YET, FLOSS EVERY NIGHT BEFORE YOU GO TO SLEEP..... GET IT?

A NOTE OF CAUTION:

Contains NATURAL LATEX - do not use if you are allergic to latex;
Do not use on neck, head, face, chest, abdomen, back, and above the hips.

Maximum use time is TWO MINUTES. In the beginning, it is recommended to use for less than two minutes and gradually work up to 2 minutes.

The blood flow restriction should not be so great as to cause arterial occlusion. If you feel that your blood is occluded too much or you have tingling or numbness, are turning blue, feeling faint, or are generally very uncomfortable and in pain, stop using immediately. It can damage the joints, and muscles if you have the bands too tight or on too long.

Fitteroy compression floss bands are no substitute for a doctor's care.

If you are suffering more pain and inflammation than you should, see your doctor immediately. Fitteroy compression floss bands are part of a self-care program that can keep you in the competition longer. The bands will also help you recover faster and keep you fit and your body healthy.