INTRODUCTION:
The Flossing Band (sometimes called Floss Band or Vodoo Band) is an essential performance tool and should be in the gym bag of every athlete looking to improve range of motion, restore joint mechanics, or unglue matted down or previously injured tissue. Generally spoken: we think it’s the most powerful tool in terms of restoring positions and movement.

Compression and flossing works on many levels simultaneously: increasing mobility and flexibility, including re-perfusing tissues that have become stiff or gone cold after injury, and by compressing swelling out of tissues and joints as well as improved joint mechanics. Increased recovery could be another interesting range of use.

Because the Floss Band can be used while actually performing the movement the athlete is trying to change, its effect on sliding surface and restoration and tissue mobilization is unmatched.

BACKGROUND INFORMATION:
If you wrap a 5 cm width and 1 – 1,5 mm thick band firmly around a bodypart or joint and use targeted movements for a couple of minutes; it is called “flossing”. The bodypart under compression is enclosed, coiled and bound.

In Rehabilitation and Physical Therapy this accompanying technique gets gradually used more often in the last years. Especially as a supporting therapy method to treat postoperative and post traumatic swellings and decreased range of motion, therapists find this method very effective. Many field reports show a positive result to improve joint function. Even though there is no evidence for this method yet – the effectiveness can be easily explained.

The intra-articular pressure increases significantly through compression of the Floss Band. Normally the fluid would only move in the sections of the capsule where the tension is lower. The band builds up tension across the entire area. Through the higher extracellular pressure the mucous membrane absorbs more fluid and hematoma or effusions dissolve very quickly. Furthermore the compression causes an inhibition of the blood flow. When releasing the band the bloodstream increases promptly into the undersupplied regions. Usually the patient feels a positive sensation and the metabolism may work on a higher rate, at least the blood supply in the treated area is increased short term.

Especially when Flossing is used at joints or very close to the joints you can imagine that the joint capsule gets mobilized and glued fascial tissue gets loosened. Therefore mobility increases.

Another hypothesis is the stimulus or the mechanoreceptors through the compression. The information pathway from the Nociceptors (pain or damage) gets interfered through the compression so that the patient tolerates bigger range of motion, if there is an acute pain. Therefore the mobility gets bigger. The same happens when you stretch under compression. You feel less pain and the stretch gets more intense. The result is an improved flexibility.
POWERBANDS FLOSS(ING) BAND

Before you use Flossing with your patients – make sure that the knowledge of Pathology Anatomy, Physiology is sufficient. Too intense or too long usage can be harmful!

Before you take a look at the practical recommendations, please notice that each patient and tissue is different. We recommend to ensure the following points:

- Wrap towards the heart, especially when treating a swollen area
- Wrap with 50% overlapping of the band
- Move your limb in every direction for about 2–3 minutes
- The general rule is 2–8 Minutes interval under compression
- The interval free of compression should at least be equal
- Series of 2–5x seem to be practical
- Problems with varicose veins may be a contraindication

GENERAL GUIDELINES:

50% overlapping of the band

SECURITY TEST:
if you touch the skin, it should turn white from the pressure of the fingertip and then return to normal.

INCREASED BLOOD CIRCULATION:
flush after releasing the band
POWERBANDS FLOSS(ING) BAND

EXAMPLE EXERCISES:

ANKLE

KNEE

At the knee – we usually use one band above and a second below.

ELBOW

SHOULDER