

# Table of contents

The authors	4	<b>BFR: Blood Flow Restriction Training</b>	23
Foreword	5	Flossing as strength training	23
		Flossing band wraps in strength training	23
		Contraindications and side effects	24
<b>FLOSSING– THE BASICS</b>		<b>The BFR training procedure</b>	24
What is flossing?	10	How strong should the resistance be?	24
The clear aims of flossing	10	How many sets are required?	24
Material	10	How often should training take place?	24
Material properties	11	BFR training basics – An overview	24
<b>Mechanisms of action</b>	12		
Blood flow and tissue drainage	12	<b>FLOSSING – THE PRACTICE</b>	
Skin and fascia network	12	<b>CHAPTER 1:</b>	
Joints	14	<b>Flossing Band Wraps for Upper Extremity Pain</b>	29
Biochemical factors	15	Acromioclavicular joint	30
Pain and endogenous inhibition	16	Shoulder, shoulder stiffness, impingement syndrome	32
		Biceps muscle and long biceps tendon	34
<b>How to use flossing</b>	16	Upper arm fascia	36
Areas of use	16	Elbow joint	38
Contraindications	17	Tennis elbow	40
After-effects and side effects	18	Golfer's elbow	42
Cleaning/disinfection and care	18	Forearm fascia	44
of the flossing band	18	Wrist joint	46
Practical application of the band	18	Finger joints, collateral ligaments	48
Patient information	18	Thumb joints	50
Tension	18	Swellings of the upper arm	52
Direction of pull and direction of effect	19		
<b>Where to use flossing</b>	20	<b>CHAPTER 2:</b>	
Application site	20	<b>Flossing Band Wraps</b>	
The movements	20	<b>for Abdominal and Back Pain</b>	53
Checking blood flow	20	Thoracic spine	54
		Ribs/breathing	56
<b>General treatment tips</b>	21	Lumbar spine	58
What information should be given	21	Sacroiliac joints, symphysis	60
to the patient?	21		
How often should flossing take place?	21	<b>CHAPTER 3:</b>	
At what intervals should the treatments	21	<b>Flossing Band Wraps for</b>	
take place?	21	<b>Lower Extremity Pain</b>	63
Treating unpleasant after-effects	21	Hip joint	64
How many treatments are required?	22	Adductors	66
Can it be combined with other forms	22	Lateral thigh	68
of therapy?	22	Posterior and anterior thigh muscles	70
		Knee joint, patella, patellar tendon	72

Medial collateral ligament of the knee, medial meniscus	74
Lateral collateral ligament of the knee, lateral meniscus	76
Calf muscles	78
Achilles tendon	80
Ankle joint	82
Twisted ankle (supination/pronation trauma)	84
Heel spur, plantar aponeurosis	86
Hallux valgus (bunion), toe joints	88
Swellings of the thigh	90
Scars	91

#### **CHAPTER 4:**

<b>Flossing Band Wraps as Strength Training</b>	<b>93</b>
Strengthening the thigh	94
Strengthening the lower leg	96
Strengthening the upper arm	98

<b>References</b>	<b>100</b>
-------------------	------------

<b>Index</b>	<b>101</b>
--------------	------------