WHAT IS ROCKFLOSS?
RockFloss is a new, reusable mobility tool that can help you move better and with less pain. RockFloss is a simple, latex, elastic band that fits easily in your gym bag or backpack. It’s easy, convenient and reusable.

WHY SHOULD I USE ROCKFLOSS?
RockFloss uses the science of compression and fascial shearing to help ‘unstick’ muscles and joints so they move better and with less pain. RockFloss can:
- Improve mobility
- Reduce inflammation
- Prepare muscles and joints to help you perform and move better
- Decrease muscle and joint pain

WHEN SHOULD I USE ROCKFLOSS?
RockFloss can be used before or after training, or as part of a rehabilitation program. If you are currently being seen by a medical professional, you should talk to your medical professional about using RockFloss.

HOW SHOULD I USE ROCKFLOSS?
You can use RockFloss on almost any part of the body; the only limitation is the size of the body part you intend to treat. Shoulders, knees, wrists, elbows, hips and ankles are all great target areas. You should never use RockFloss on your head or neck.

Simply follow the enclosed instructions to target the problem area or watch instructional videos at rocktape.com

PREPARE TO PERFORM
Use RockFloss before training or competition. Get muscles and joints ready for maximum speed, strength and agility.

Consult a physician before using RockFloss. Do not use if you have a history of skin diseases, varicose veins (varicosi), vein inflammation (phlebitis), thrombosis, tumors, diabetes, fractures, open wounds, pathological neoplasms, cardiac insufficiency stage C and D, chronic inflammatory processes, latex allergy, lymphedema or intake of blood thinners or high-dose corticosteroids. Never tighten to completely stop blood flow. Always inspect the RockFloss band prior to use, as damaged bands may snap and cause injury.
1. Always wrap toward the heart.

2. Wrap with 50% overlap of previous loop.

3. Continue wrapping target area while adding tension (up to 50%) to tolerance.

4. Finish by tucking in the end.

5. Move Joint/Muscle through range of motion for no longer than 2 minutes.

6. For additional benefit use with RockTape.

**FOOT & ANKLE**

1. Start on top of foot.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, flex toes towards shin, then push away (1 min).

4. Weight-Bearing Movement, e.g. perform calf raises (1 min).

**Calf**

1. Start below the calf.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, flex toes towards shin, then push away (1 min).

4. Weight-Bearing Movement, e.g. perform calf raises (1 min).

**Knee**

1. Start below the knee joint.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, pull heel toward glute, then extend straight (1 min).

4. Weight-Bearing Movement, e.g. perform an air squat (1 min).

**Thigh**

1. Start below the thigh.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, pull heel toward glute, then extend straight (1 min).

4. Weight-Bearing Movement, e.g. perform an air squat (1 min).

**Shoulder & Upper Arm**

1. Start at the upper arm.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, raise arm overhead, then lower (1 min).

4. Weight-Bearing Movement, e.g. perform a push-up (1 min).

**Elbow**

1. Start below the elbow.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, flex arm toward shoulder, then extend straight (1 min).

4. Weight-Bearing Movement, e.g. perform a push-up (1 min).

**Forearm & Wrist**

1. Start in the palm.

2. Wrap toward the heart.

3. Non-Weight-Bearing Movement, raise fingers up palm forward, then flex fingers down (1 min).

4. Weight-Bearing Movement, e.g. perform a push-up (1 min).

**Blood Flow Restriction (BFR)**

1. Wrap upper part of your arm or leg (tightness of 7 out of 10).

2. Should not feel any numbness or tingling.

3. Move your arm or leg with light to moderate resistance (30% of max).

4. Perform 3 sets of 20 reps (or to max effort) / 30 seconds rest periods.

Find more application guidelines at RockTape.com.