



Edition: 1st Edition 2016

pages: 104

Images: 240

Cover: Softcover, 18,5 x 26 cm; incl. Video-DVD (Runtime: approx. 30 min)

ISBN: 978-1-85097-296-9

Stock No.: 30199

Published: September 2016

Price 19,85 €

Subject to changes!

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## Book information

**Authors:** Roland Kreuzer / Klaas Stechmann / Hendrik Eggers / Bernard C. Kolster

**Title:** Flossing

**Subtitle:** Powerful Aid for Treating Pain and Injuries / Effective Muscle-Building Exercises

#### Short text:

Flossing, sometimes referred to as "voodoo flossing," is a method of wrapping muscles and joints for short periods to achieve rapid pain relief. Many elite athletes combine flossing with active movements to produce low-resistance muscle building. This authoritative guide to flossing provides step-by-step descriptions and demonstrations of how it can be used to treat a variety of chronic pain symptoms, including tennis elbow, golfer's elbow, painful conditions of the spine and sacral region, problems in the hips, legs, and feet, and pain in the shoulder, arms, and hands. The history of flossing, the theoretical basis for how flossing works, and a thorough explanation of the possibilities and limitations of this method are also provided. With the aid of the treatments demonstrated in this book and on the accompanying DVD, flossing practice can be learned easily and safely, allowing the reader to experience its amazing potential in controlling pain and building muscle.

#### Contents

##### Flossing–The Basics

- What is flossing?
- Mechanisms of action
- How to use flossing
- Where to use flossing
- General treatment tips
- BFRT: Blood Flow Restriction Training
- The BFR training procedure

##### Flossing–The Practice

- Flossing Band Wraps for Upper Extremity Pain
- Flossing Band Wraps for Abdominal and Back Pain
- Flossing Band Wraps for Lower Extremity Pain
- Flossing Band Wraps as Strength Training

**Categories:** Physiotherapy