

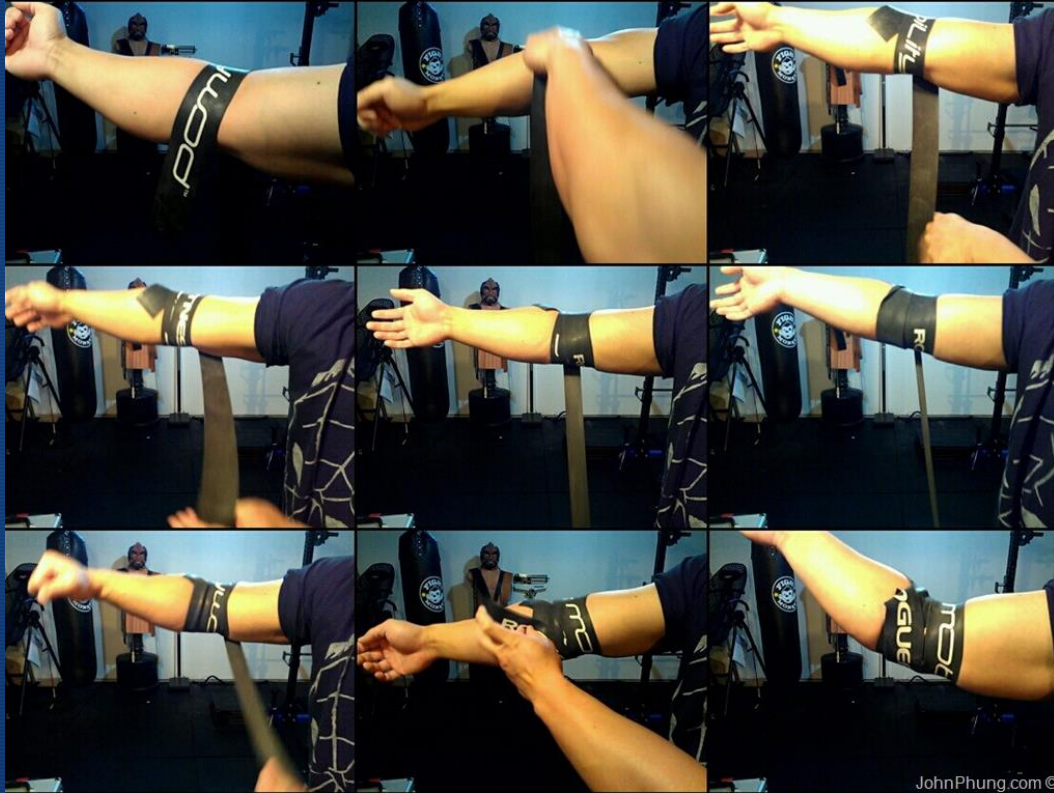
Voodoo Flossing:

A Pearl of Practice

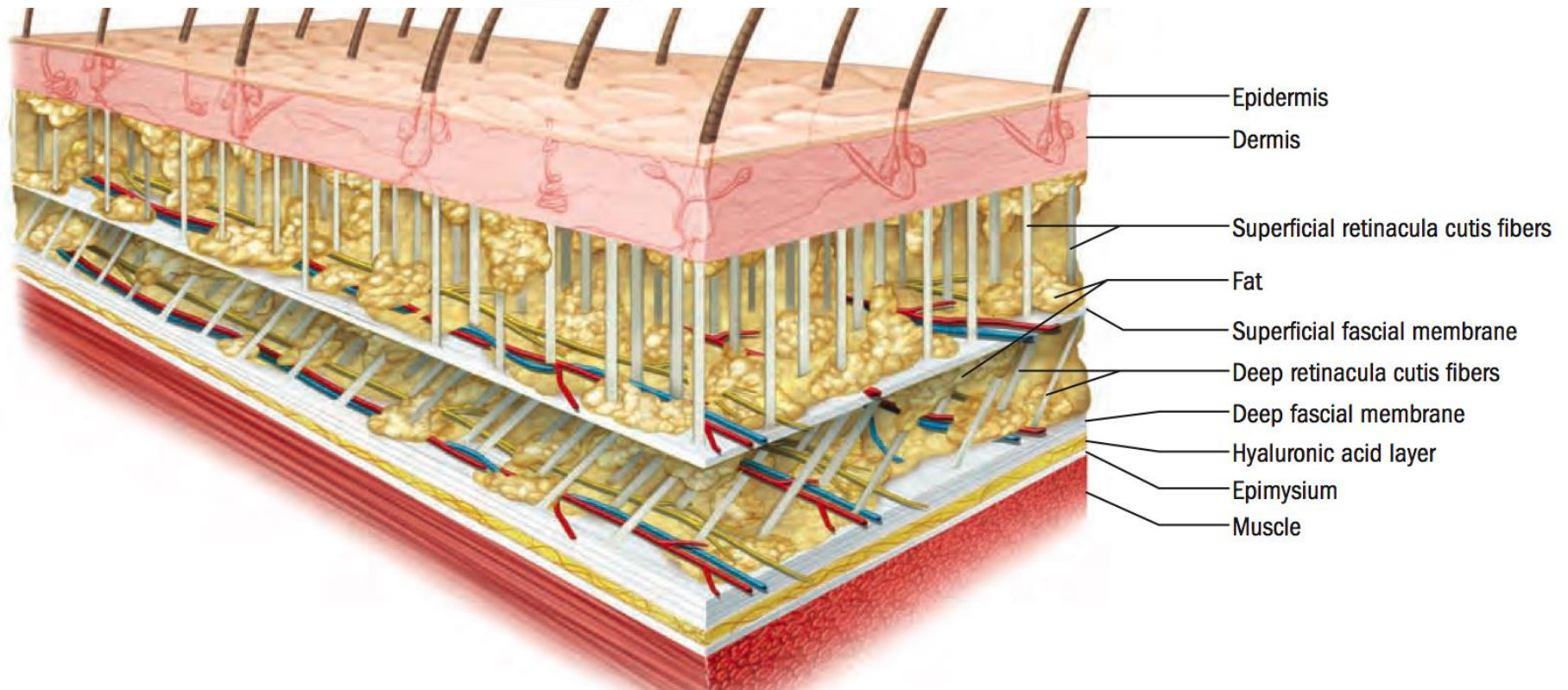
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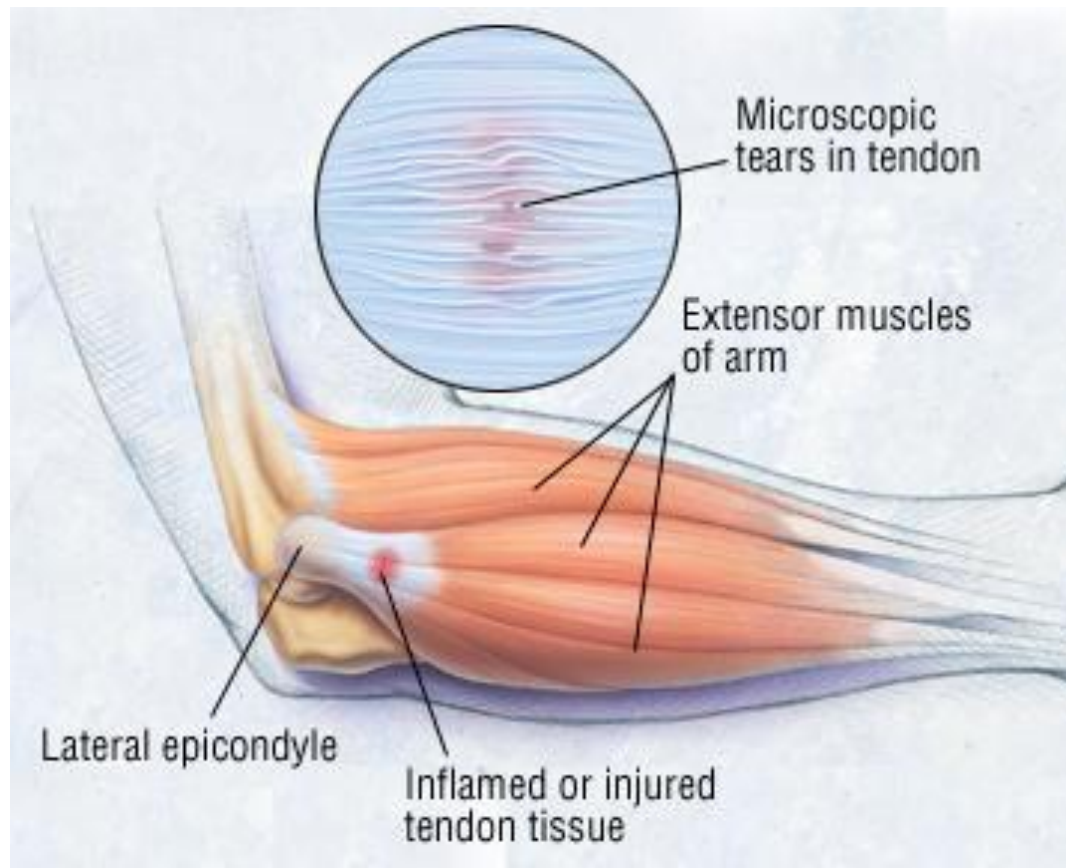
What is this voodoo that you do?



It's Hip! It's Now! It Works! But How?



Epicondylitis...No thank you.



Mobing, er I mean, moving on...

- ◆ Mechanical relocation of the soft tissue (extreme myofascial release)
 - ◆ All about that cross friction of tissue.
 - ◆ “You’re missing the corners in your mobility” - K-star
 - ◆ Let’s talk about epicondylitis
- ◆ Neural overload sending afferent signals to the brain (pay attention brain!)
- ◆ Hypoxia
 - ◆ Change in scar tissue formation causing inhibited motion of tissue.
 - ◆ Thought to work essentially the same way as ART.

Demonstration



[See for yourself!](#) 2:25

Woah, what do we think?



(Not Keanu Reeves)

Citations

- ◆ <http://therxreview.com/voodoo-floss-bands-review/>
- ◆ Kelly Starrett. *Becoming a Supple Leopard*. Victory Belt Publishing Inc. Las Vegas, NV. 2013.
- ◆ Hains, Guy, Martin Descarmieux, Francois Hains. Chronic Shoulder Pain of Myofascial Origin: A Randomized Clinical Trial Using Ischemic Compression Therapy. *J Manipulative and Physiological Therapies*. 2011. 33(5): 362-369.
- ◆ <http://www.anguscertified.com/how-to-use-a-voodoo-floss-band/>
- ◆ http://www.activerelease.com/what_patients.asp
- ◆ Howitt, Scott, Jerome Wong, Sonja Zabukovec. The Conservative Treatment of Trigger Thumb using Graston Techniques and Active Release Techniques. *J Canadian Chiropractic Association*. 2006. 50(4): 249-254