

Find more application guidelines at [RockTape.com](https://RockTape.com)

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## START HERE



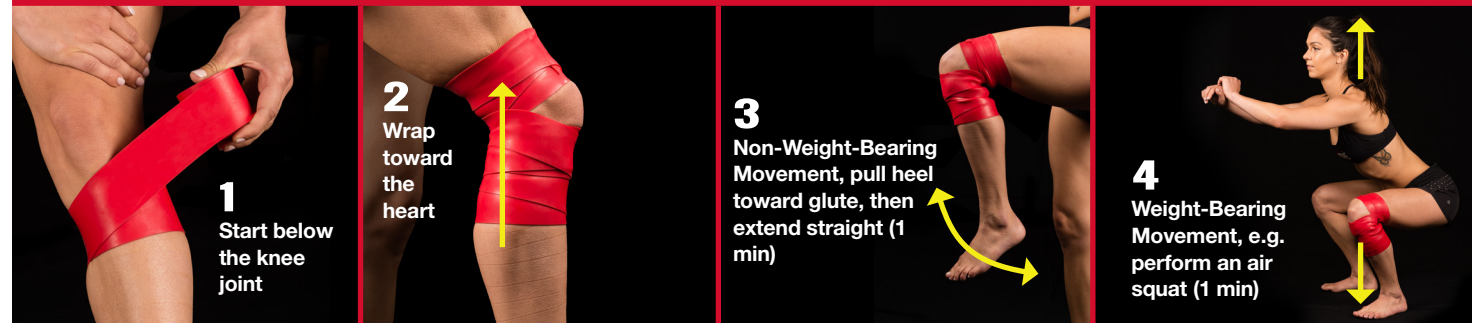
### FOOT & ANKLE



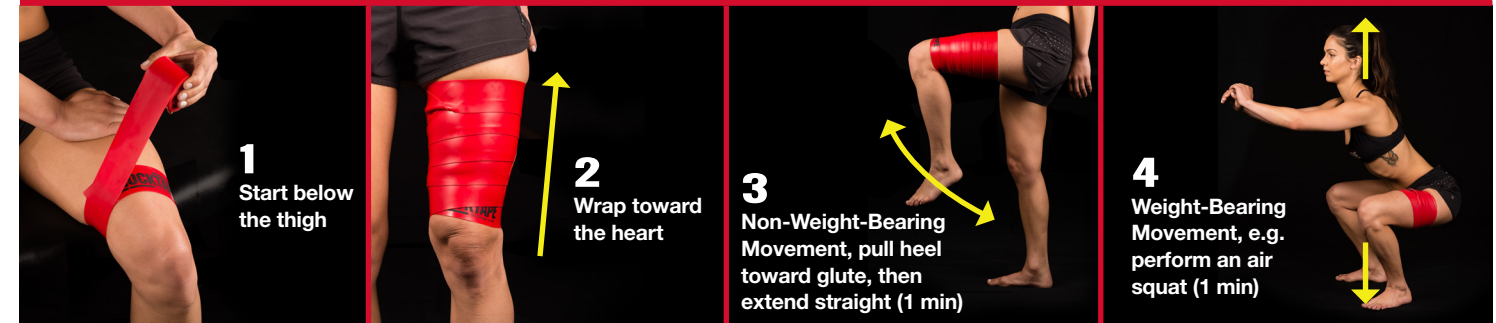
### CALF



### KNEE



### THIGH



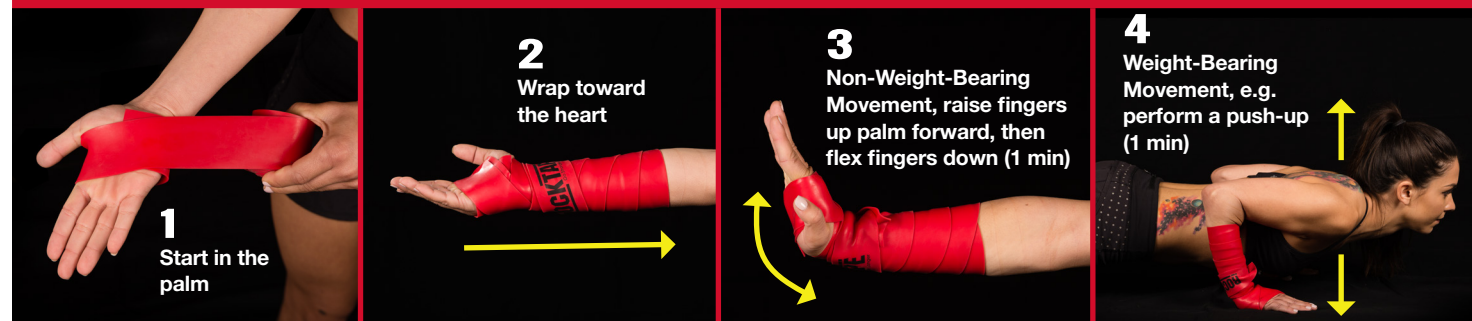
### SHOULDER & UPPER ARM



### ELBOW



### FOREARM & WRIST



### BLOOD FLOW RESTRICTION (BFR)





START HERE

©  
**ROCKFLOSS**



#### PREPARE TO PERFORM

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

**UNGLUE**  
**STICKY & STIFF**  
**MUSCLES**

**REDUCE**  
**MUSCLE & JOINT PAIN**

**IMPROVE**  
**FLEXIBILITY**

### 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.

Need someone to help you move? Find a medical professional near you at [rocktape.com](https://rocktape.com)

### 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](https://rocktape.com)

