

## Mobility Band Exercises

There are now several different mobility band brands. I have had luck using the **Rogue Fitness VooDoo X Bands**, **EDGE Mobility Bands**, and the more aggressive [CTM Band](#). Use code **MTA15** for a 15% discount.

There are many variations of how the bands can be used as a mobility and treatment tool. Below is an example of one method in which I use a CTM Band for treating a calf strain. *(If you suffer from any form of blood clotting disorder or are on blood thinning medications, I would advise against utilizing mobility bands for any type of aggressive, deep compression.)*



The use of mobility bands affects blood flow to the area and which can speed up healing. Mobility bands also help reset some of the receptor cells in the muscle tissue that cause excessive muscle tightness. Always wrap the band with no more than 50-75% stretch. The entire treatment should take only a couple of minutes. If you start to experience numbness, tingling, excessive pain or your foot turns completely white, please discontinue the treatment.

After completing the following sequence, remove the mobility band and move your ankle back and forth to restore blood flow. You may even want to attempt stretching the calf muscles. As long as your symptoms don't worsen, you may utilize the mobility bands several times during the day. Discontinue if your symptoms worsen.

### CTM Band Calf Variation – Step 1a

Depending on the area of pain, you may need to start wrapping the **CTM Band** mid-calf to ending just below the knee or lower if you want to end mid-calf. In this example I start **mid-calf**. Wrap the mobility band with 50-75% stretch. Tuck the end of the mobility band inside part of the mobility band already wrapped.



### CTM Band Calf Variation – Step 1b

Sit with your ankle unsupported and free floating. Pump your ankle back and forth for as much motion in each direction as possible with the mobility band in place.

Perform the movement for approximately 30 seconds.



### CTM Band Calf Variation – Step 2

Sit with your ankle unsupported and free floating. Pump your ankle back and forth for as much motion in each direction as possible with the mobility band in place.

Perform the movement for approximately 30 seconds.



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