



CTMBAND

COMPRESSION, TENSION, AND MOVEMENT THERAPY



INSTRUCTION MANUAL



Note: For more protocols, head over to our website (www.CTM.Band) and check out our video library of uses. Also feel free to email any questions to Kyle@CTM.Band
Only use the CTM Band as directed. Discontinue use immediately if any excessive pain, bruising, or other issues arise

1 : Plantar Fascia

Use For Plantar Fasciitis And Heel Pain



- Remove 3 attachment knobs
- Press 1 remaining knob into painful area and wrap the band very tightly above and below

- 3 x10 repetitions pulling toes up into extension to stretch bottom of foot
- Also use calf protocol (see below) to help with plantar fasciitis - Repeat 3 times per day for 2 weeks or until symptoms resolve

2: Ankle

Use For Ankle Sprains And Tightness

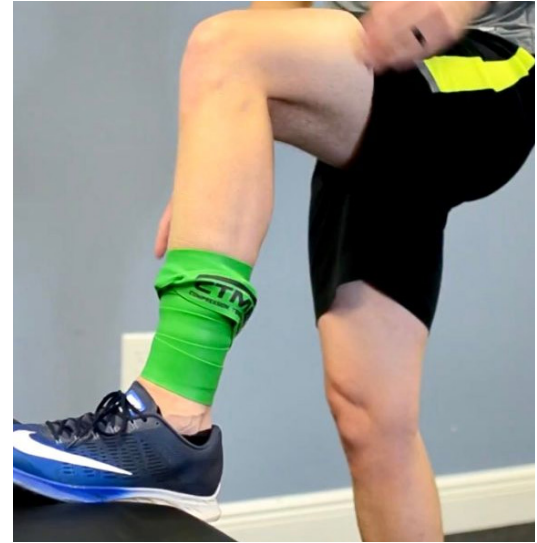
- Remove 3 attachment knobs
- Press one remaining knob into side of leg, approximately 4 inches above ankle bone and wrap band tightly around ankle

- 1x20 repetitions ankle circles clockwise
- 1x20 repetitions ankle circles counterclockwise
- Repeat 2 times per day for 7-10 days or until symptoms resolve



3: Achilles

Use For Achilles Pain, Swelling, Or Tightness



- Remove 2 attachment knobs
- Press 2 remaining knobs into lower calf/upper soleus and wrap band tightly down achilles.



- 1x20 repetitions ankle dorsiflexions standing or kneeling
- Repeat 2 times per day for two weeks or until symptoms resolve

4: Shin Muscles

Use For Shin Splints



- Remove 2 attachment knobs
- Press remaining knobs along painful area (careful not to press knob directly onto bone!) and wrap the band tightly above and below the knobs



- 1x10 ankle circles clockwise, counterclockwise alternating
- 1x10 ankle dorsiflexions
- Repeat 2 times per day for 1-2 weeks or until symptoms resolve

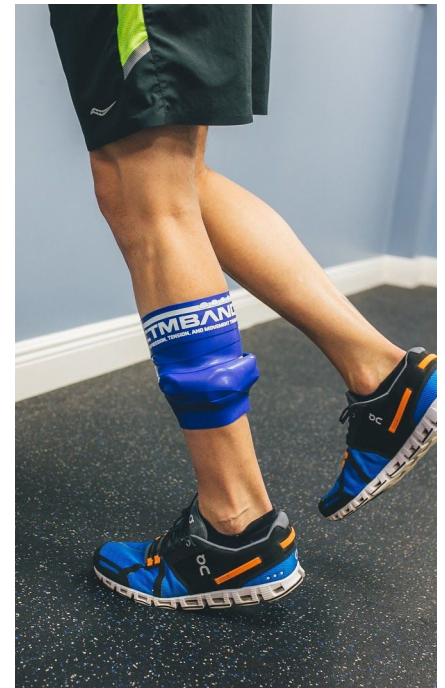
5: Calf

Use For Calf Pain, Soreness, Or Tightness



- Remove 1 attachment knob
- Press remaining 3 knobs into sore or tight areas and wrap the band tightly above and below
- 1x10 repetition ankle dorsiflexion
- 3x20 seconds calf stretch against wall
- 1x10 repetition heel raise
- Repeat 2 times per day for two weeks or until symptoms resolve



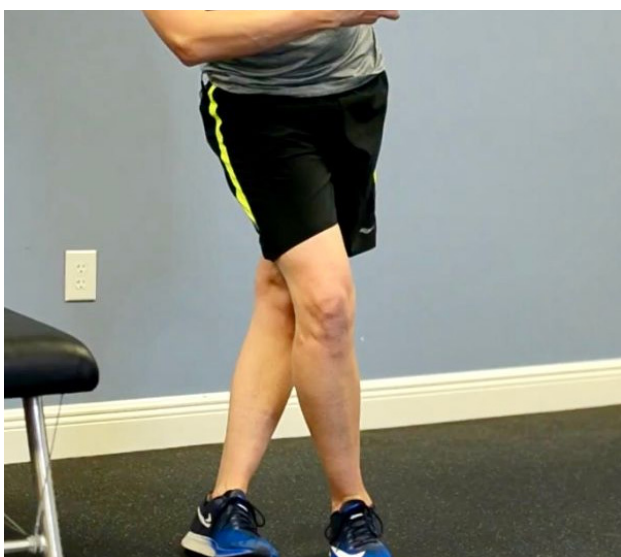


6: IT Band

Use For IT Band Pain And Tightness



- Remove 1 attachment knob
- Press the remaining three knobs approximately 3 inches above where IT band crosses knee joint and wrap band tightly above and below
- 3x20 seconds IT Band stretch
- 2x10 repetition lateral leg swings
- 2x10 repetition air squat
- Repeat 2 times per day for two weeks or until symptoms resolve



7: Knee

Use For Patellar Tendon Pain, Runner's Knee, Jumper's Knee, Patellofemoral Pain

- Remove 2 attachment knobs
- Press remaining knobs into area approximately 2 inches above knee cap and wrap band above and below around patellar tendon



- 2x15 repetition air squats
- 3x20 second standing quad stretch hold

8: Quadricep

Use For Quadricep Pain, Tightness, Or Soreness

- Use all 4 attachment knobs
- Press attachments into painful or sore area and wrap band tightly above and below
- 3x20 second hold standing quad stretch





- 3x20 second hold kneeling quad stretch
- 1x10 repetition air squat
- Repeat 2 times per day for two weeks or until symptoms resolve

9: Hamstring

Use For Hamstring Pain, Tightness, or Soreness



- Use all 4 attachment knobs
- Press attachments into painful or sore area and wrap band tightly above and below
- 3x20 second hold standing hamstring stretch
- 1x20 repetition supine hamstring stretch with knee hold





- 1x10 repetition air squat
- Repeat 2 times per day for two weeks or until symptoms resolve

10: Elbow

Use for Elbow Pain or Soreness, Golfer's Elbow, and Tennis Elbow

- Remove 3 attachment knobs
- Press remaining attachment knob into painful spot and wrap the band tightly above and below



- 1x10 repetition wrist flexion stretch (arm straight, stretch wrist towards floor)
- 1x10 repetition wrist extension stretch
- 1x10 repetition wrist supination stretch (arm straight, twist wrist clockwise)
- 1x10 repetition wrist pronation stretch (arm straight, twist wrist counterclockwise)
- Repeat twice a day for two weeks or until symptoms resolve

11: Shoulder

Use For Shoulder Pain or Tightness



- Remove 2 attachment knobs
- Press remaining knobs into painful or sore area and wrap band tightly above and below



- 3x20 second doorway stretch
- 1x10 repetition external rotation stretch
- 1x10 repetition internal rotation stretch