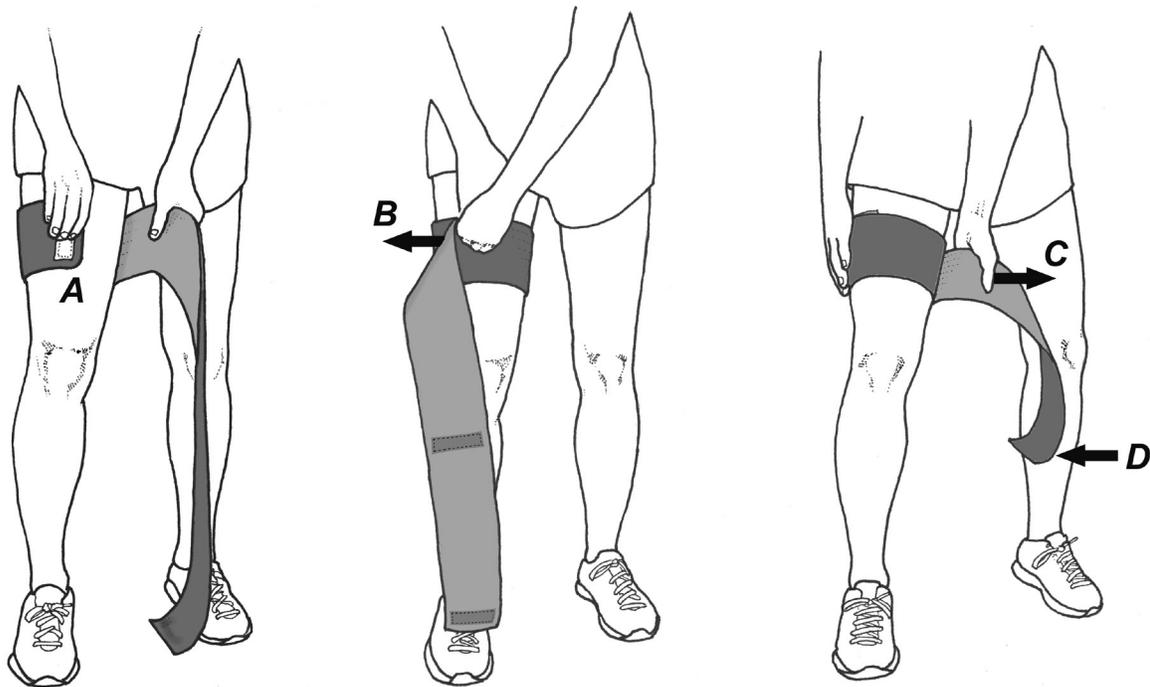


# THANK YOU for Purchasing The Triple Stick Strap

The *Triple Stick Strap* is designed to create the lowest level of muscle compression proven to accelerate muscle remodeling: approximately 50 mmHg as measured with a blood pressure cuff . This is about one third the pressure used in the original studies on blood flow restriction. This level of compression feels similar to the pressure associated with a firm but comfortable handshake. The three Velcro locking points allow you to easily increase or decrease muscle compression while exercising, and the soft edges make the strap comfortable enough to wear while performing your workouts. To get accustomed to the strap, adjust the tension to the point of mild compression and perform an easy workout. Over time, you can gradually increase compression, always staying within a comfortable zone.



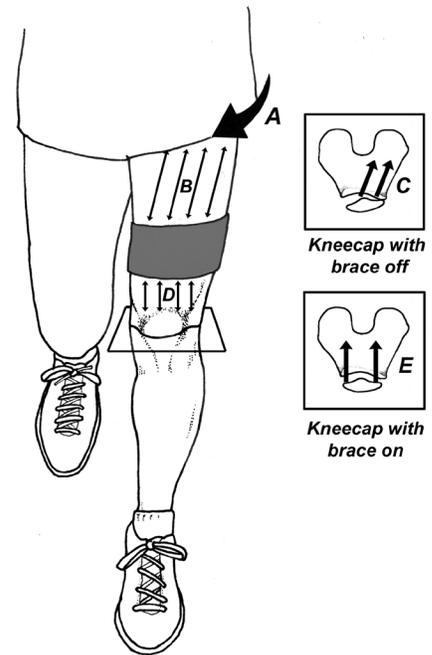
1. Place the strap along the center of your thigh with the white Velcro pointing out (**A**).
2. Use opposite hand to wrap the strap firmly against your thigh, stretching the band before attaching the other two pieces of black Velcro (**arrows B, C, and D**).
3. At first, place only mild tension on the strap and gradually increase tension as you get accustomed to the feeling of compression. At all times, tension on the strap should be firm but comfortable. Immediately remove the strap if you feel pain, discomfort, and/or swelling.

GO TO [HUMANLOCOMOTION.ORG](http://HUMANLOCOMOTION.ORG) TO READ THE FULL ARTICLE ON THE *TRIPLE STICK STRAP*.

Because you can build muscle with even light resistance, the *Triple Stick Strap* is perfect for people with knee arthritis, as they can significantly increase muscle mass while lifting light weights through a smaller range of motion.

The *Triple Stick Strap* is also great for managing muscle strains. Laboratory studies show that even badly strained muscles can be exercised with light resistance without worsening the muscle tear. In my experience, recovery rates for adductor and hamstring injuries can be cut in half by using the *Triple Stick Strap*.

The *Triple Stick Strap* is especially helpful for managing kneecap tracking disorders. By firmly compressing the quad muscle, the strap prevents the kneecap from shifting as the thigh rotates while exercising (Fig. 2).



**Fig. 2. Managing patellofemoral pain with the *Triple Stick Strap*.** Excessive inward rotation of the thigh while running (A) causes the quadriceps muscle to pull the kneecap sideward (B and C). Placing the *Triple Stick Strap* securely above the kneecap compresses the quadriceps muscle, allowing for improved alignment of the kneecap (D and E).

An additional benefit of wearing the strap for kneecap disorders is that by slightly reducing blood flow to the thigh while exercising, you can increase the size and strength of the quad muscle with minimal effort.

Whether your goal is to accelerate recovery, improve patellar tracking, or increase muscle mass and aerobic capacity, the *Triple Stick Strap* can be a great addition to your exercise routine. Even though wearing compressive straps while exercising has been proven to be safe and effective for almost everyone, **people who have recently had surgery, especially joint replacements, should consult with their doctor prior to wearing any compressive strap. This is also true for people with a history of clotting disorders and/or people with symptoms such as unexplained swelling, pain, soreness and/or discolored skin.** In their 2019 paper evaluating the risk/rewards associated with blood flow restriction training, Bond et al. claim that while the collective literature indicates that blood flow restriction training poses little risk of directly causing injury (even at high strap pressures), the ideal candidate for this type of training is an active person who exercises regularly, but has difficulty with high intensity workouts. This is especially true for people over 60, who would like to avoid the proven risks associated with heavy resistance exercises. Refer to the article, *The Triple Stick Strap*, on our website, HUMANLOCOMOTION.ORG, for references and more information.

**WARNING AND DISCLAIMER: BECAUSE INJURY MAY RESULT FROM INAPPROPRIATE USE WHICH IS BEYOND CONTROL OF THE MANUFACTURER AND DISTRIBUTOR, USER ASSUMES ALL RISKS. UNDER NO CIRCUMSTANCES SHALL THE BUYER BE ENTITLED TO DAMAGES ASSOCIATED WITH THE USE OF THIS PRODUCT. USE OF THIS PRODUCT CONSTITUTES AGREEMENT TO THESE TERMS.**