



STRENGTHTAPE®

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

2 pre-cut strips of StrengthTape Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



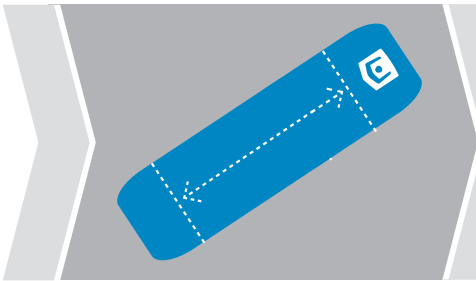
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

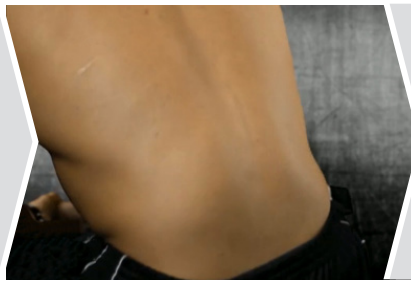
SPINE/BACK INJURY

TIP:



Always anchor the first and last two inches with absolutely no stretch.

BODY POSITION:



In a seated position, lean forward to stretch the lower back comfortably.

PREPERATION:



Cut the 1st strip in half with rounded corners.

STEP 1:



Apply the 1st half strip with a 75% stretch directly over the area of pain.

STEP 2:



Apply the 2nd half strip with a 75% stretch over the area of pain forming an 'X'.

STEP 3:



Repeat steps 1-3 staggering each half strip forming a star as the end result. Firmly rub to activate adhesive.