

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



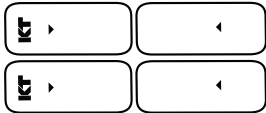
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

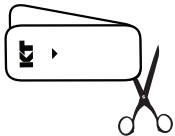
## YOU WILL NEED

4 HALF STRIPS



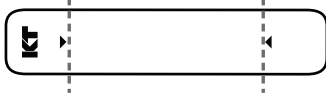
### STRIPS ONE, TWO, THREE & FOUR:

Tear backing paper two inches from end to create starting anchors.



**TO CREATE A HALF STRIP:**  
Fold a full strip in half and cut folded edge rounding the corners.

ANCHOR      STRETCH      ANCHOR

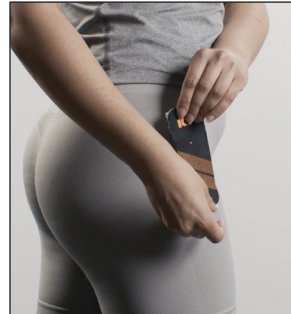


## HOW TO APPLY

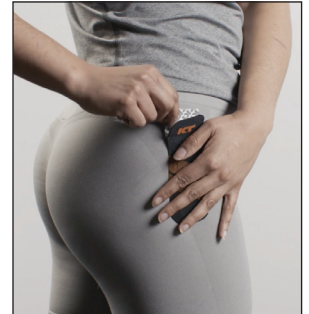
### STRIP ONE (shown over clothing for demonstration purposes only)



Tear backer paper in the center of the first strip and peel back to expose the middle segment of adhesive.



While placing a slight stretch on the outside of the hip, apply **moderate stretch** and adhere the tape directly across the pain point.



Lay down the last 2 inches at each end with **no stretch** as **anchors**, one at a time.

### STRIP TWO (shown over clothing for demonstration purposes only)



Tear backer paper in the center of the second strip and peel it back to expose the middle segment of adhesive. Repeat the same technique with the second strip, applying it directly across the first strip.



Lay down the anchors at both ends with **no stretch**.

### STRIP THREE & FOUR (shown over clothing for demonstration purposes only)



Repeat the same technique with the third and fourth strips, applying them diagonally across the other strips to create a star formation.



Lay down all anchors with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.