

BEFORE YOU START

FOR BEST RESULTS



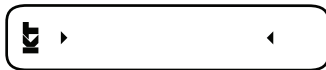
APPLY ONE HOUR BEFORE ACTIVITY



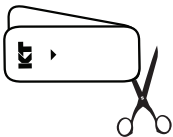
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL



STRIPS ONE & TWO: 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.



HOW TO APPLY

STRIP ONE



For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor just above the elbow with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** across the inside of the elbow joint and along the forearm.

STRIP TWO



Create an anchor at one end of a half strip. Targeting the point of pain, place the anchor on the inside of the arm below the elbow with **no stretch**.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** across the first strip, through the pain point.



Lay down the second anchor 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.