# TAPE LOW BACK



## **BEFORE YOU START**

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

### **YOU WILL NEED**

**2 FULL STRIPS** 

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**STRIPS ONE & TWO:** Tear backing paper two inches from end to create starting

anchors.



# **HOW TO APPLY**

#### **STRIP ONE**



Hinge forward to create a slight stretch on the low back. Apply moderate stretch and adhere the tape just below the pain point.



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

#### **STRIP TWO**



Repeat the same technique with the second strip appying it just above the pain point with moderate stretch.



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



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.