



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

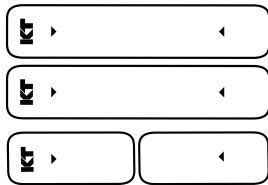


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

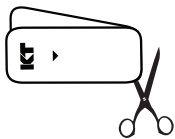
YOU WILL NEED



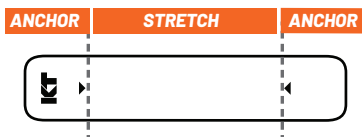
STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.



ALTERNATIVE: STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

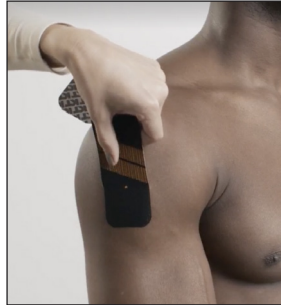


TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.



HOW TO APPLY

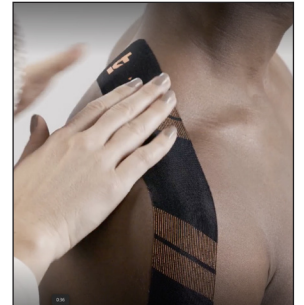
STRIP ONE



Bring the arm slightly away from the body while keeping posture upright. Place the anchor on the outside of the upper arm with **no stretch**.

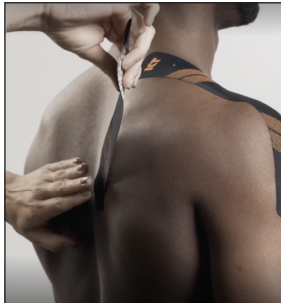


Apply tape with **moderate stretch** toward the top of the shoulder curving around the top of the shoulder blade.

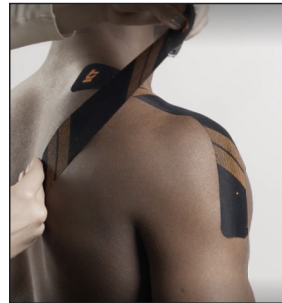


Lay down the second anchor with **no stretch** using the last two inches of tape.

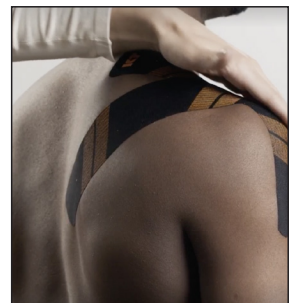
STRIP TWO



For the second strip create your first anchor and place it just below the shoulder blade with **no stretch**.

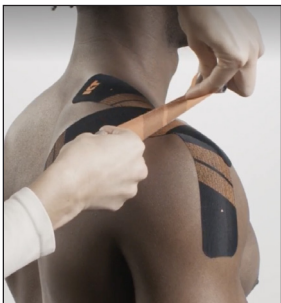


Apply tape with **moderate stretch** toward the top of the shoulder.



Lay down the second anchor with **no stretch** using the last two inches of tape.

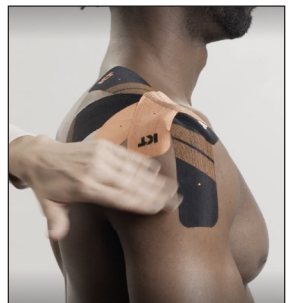
STRIP THREE & FOUR



With a half strip, apply **moderate stretch** and adhere the strip diagonally across the point where the first two strips cross.



Lay down the last two inches at each end with **no stretch**.



With a second half strip, apply **moderate stretch** and adhere the strip across the first three strips to create full coverage on the top of the AC joint. Lay down the last two inches at each end with **no stretch**.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.