

## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

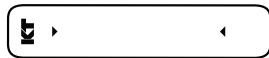


TRIM HAIR



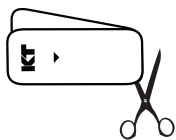
CLEAN SKIN WITH RUBBING ALCOHOL

## YOU WILL NEED

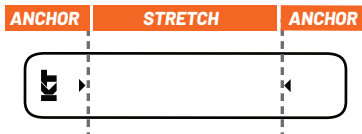


### STRIPS ONE & TWO:

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



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

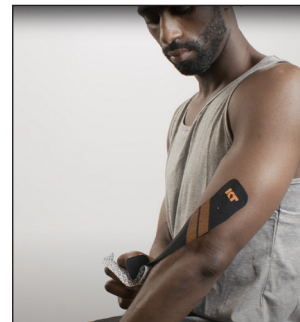


## HOW TO APPLY

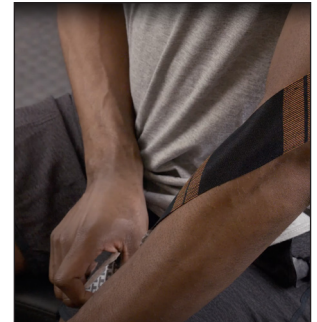
### STRIP ONE



Position the elbow at a 90-degree angle. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor on the outside of the upper arm with **no stretch**.



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



Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

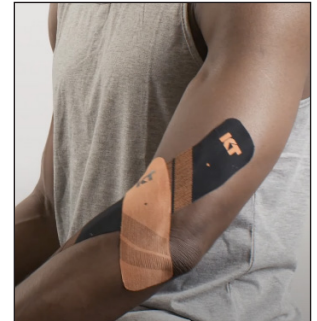
### STRIP TWO



Create an anchor at one end of a half strip. Targeting the point of pain, place the anchor on the outside 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.