

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



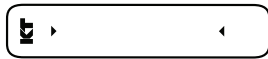
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

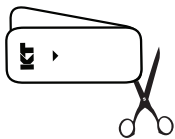
1 FULL STRIP +
2 OPTIONAL HALF STRIPS



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

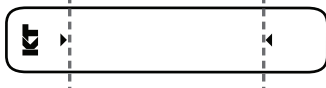


STRIPS TWO & THREE: Tear backing paper two inches from end to create starting anchors.



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

ANCHOR STRETCH ANCHOR



HOW TO APPLY

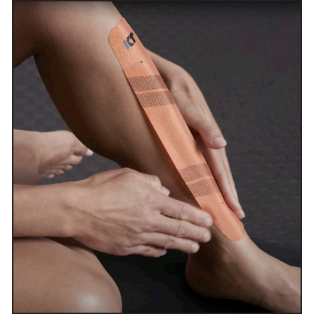
STRIP ONE



While pointing the toes to create a stretch on the shin, place the **anchor** below the point of pain at the top of the shin with **no stretch**.

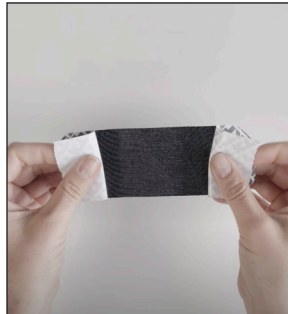


Apply tape with **moderate stretch** along the shin.



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

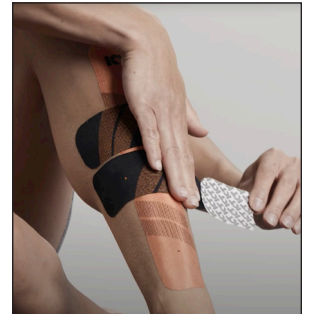
STRIPS TWO & THREE



One at a time, tear backer paper in the center of the half strip and peel back to expose the middle segment of adhesive.



Apply **moderate stretch** and adhere the strips across the first strip, above and below the pain point.



Lay down the last 2 inches at each end with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.