



BEFORE YOU START

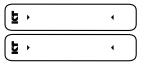
FOR BEST RESULTS



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED







STRIP ONE: Tear backing paper at the center of strips to begin application.

STRIP TWO: Tear backing paper at the center of strips to begin application.



HOW TO APPLY

STRIP ONE (shown over clothing for demonstrations purposes only)



Hinge forward to create a slight hinge on the low back. Apply moderate stretch and adhere the tape horizontally across the pain point.



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

STRIP TWO



Apply moderate stretch and apply the tape vertically across the pain point.



Lay down the last two inches at each end with no stretch as anchors one at a time. Smooth over the full application to insure tape is completely applied to the skin.

