

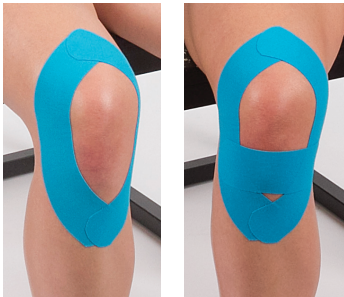
Physio Tape Usage Instructions

Body Sport® Physio Tape can help enhance your athletic performance without restricting movement or reducing your power. Use Physio Tape to combat muscle soreness so you can train harder, recover smarter and focus on your goals.

Physio Tape can be worn up to 4 days after application. It is sweatproof, waterproof and made for high performance.

As you work harder, so does the heat-activated adhesive, responding to your body's rising temperature with extra stick.

KNEE



Bend knee to 90° angle. Apply one piece of tape below the knee and wrap it around the outer side of the knee. Run the second piece of tape on the inner side. Apply little to no stretch to the tape. Finish by having the top end of the inner piece overlap the top of the outer piece.

Apply a piece across and below knee cap. Stretch the tape in the middle, but no stretch at ends.

SHOULDER



With arm in front of body, place tape at top of shoulder and run along back of shoulder to the mid-upper arm with no stretch.

Run the second piece of tape from

top of shoulder along front of shoulder to mid-upper arm with no stretch.

Apply support strip front-to-back across the middle of shoulder with no stretch.

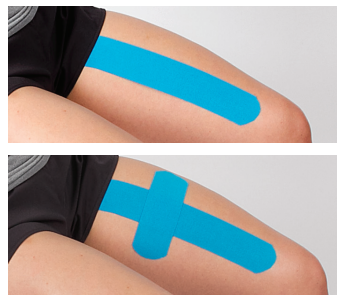
CALF



Place leg in stretch position, flex foot and apply tape at lower calf to the top of the calf with 50% stretch in the middle, no stretch on ends.

Apply a strip across the painful area with no stretch.

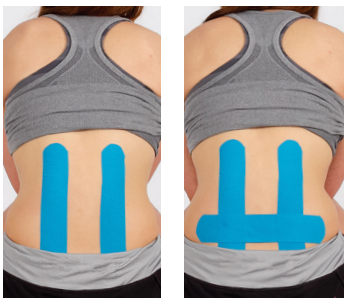
THIGH



With lower leg tucked under thigh and the subject leaning back, place tape at top of thigh and run to area above knee with no stretch.

Apply one piece across the painful area.

BACK



With subject bent forward at waist, place tape at lowest part of back on one side of spine. Without stretching tape, extend it up alongside the spine. Run the second piece of tape the same way, on the other side of spine.

Apply a support strip across the painful area, stretching tape 50% in middle, no stretch in ends.

FOOT



Flex foot, place tape from heel to below toes.

For arch support, wrap tape from one side of foot to the other, with no stretch.