

APPLICATION INSTRUCTIONS

INJURY: BICEPS TENDONITIS (SHOULDER)

SHAPE: 



TIME IT RIGHT

Shapes can be applied at any time. When beginning activity, participating in athletics or fitness, apply 1-2 hours before



CUSTOMIZE STRETCH

Mild stretch (no more than 1") for daily wear or moderate to light athletics.



PREP SKIN COMPLETELY

Thoroughly wash and dry area to remove oils, moisture or dirt from skin. Shorten any hair present through trimming or remove with shaving. Apply with skin and the RAPIDFORCE shape at room temperature.



SECURE BOND

Once shape is applied, rub vigorously to activate and maximize adhesive bond to skin.



1. **Locate the top portion of the bicep tendon as shown.**



2. **Anchor the end of the I.** Peel off the backing of one end of the I and place over the tendon. Press to secure bond.

3. **Apply remainder of I.** Peel off the backing of the majority of the I, leaving the opposite end tab in place. While stabilizing the end tab with one hand, customize stretch for level of activity and pull downward along the bicep. Smooth the fabric onto the skin moving from the end tab upwards. Remove the backing from the last end tab and place on the skin (do not stretch this small piece). Press over the entire I for about 10 seconds to secure bond.



4. The RAPIDFORCE Shape should look like the image shown when it has been applied



REMOVE SLOWLY

To remove pull from the end of strip to the center. If hair is present, to reduce discomfort, pull in the direction of the hair's growth.

Tip: For easier removal, remove in shower using mild soap and warm water.

This is a single use product. Discontinue use immediately if your pain increases or your skin reacts. Do not use a heating pad with this product. Do not place product over an open wound.

RAPIDFORCE™