

APPLICATION INSTRUCTIONS

INJURY: INNER ELBOW

SHAPE:  or 



TIME IT RIGHT

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



CUSTOMIZE STRETCH

Mild stretch (no more than 1/2") 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. **Apply the center of the L.** Press around your inner elbow to find the area of highest pain. Peel off the backing of the center of the L. Bend your arm to a 90 degree angle and place the center of the L directly over the area of highest pain. Press to secure bond.



2. **Apply the shorter arm of the L.** Peel off the middle backing of the shorter arm of the L, leaving the end tab in place. Customize stretch for level of activity and place parallel to the bone of your upper arm. Smooth the fabric onto the skin moving from the center of the L outwards. Remove the backing from the end tab and place on the skin (do not stretch this small piece). Press over the entire arm of the L for about 10 seconds to secure bond.



3. **Apply the long arm of the L.** With your arm still bent, have your thumb facing toward your shoulder and palm facing forward. As you apply the long arm of the L you will rotate your arm so that your palm finishes in the upward position. Peel off the middle backing of the longer arm of the L, leaving the end tab in place.



4. As you slowly rotate your arm, to palm up position, place the long arm of the L down your forearm towards your thumb customizing the stretch for level of activity. Smooth the fabric onto the skin moving from the center of the L outwards. Remove the backing from the end tab and place on the skin (do not stretch this small piece). Press over the entire arm of the L for about 10 seconds to secure bond.



5. The RAPIDFORCE Shape should look like the image shown when it has been applied. Wrapping the long arm of the L will provide more support and restriction in movement.



6. For less restriction, apply the long arm of the L straight down the forearm as shown.



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™