

PERFORMANCE MEETS SCIENCE™



Tape GLUTEAL PAIN



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1 Lean forward at hips and keep knees straight.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape

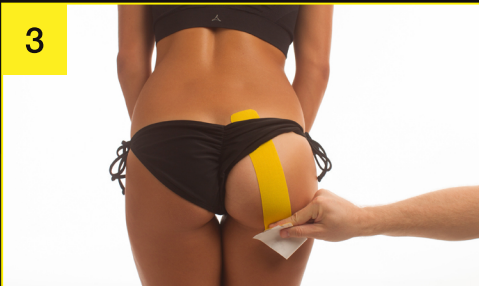


Rub entire application well after applying each strip



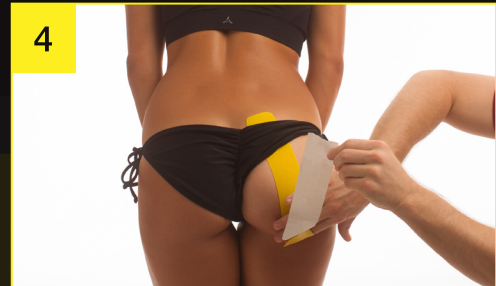
2

Anchor full-strip at the top of the buttocks.



3

Apply with 25% towards the outer leg.



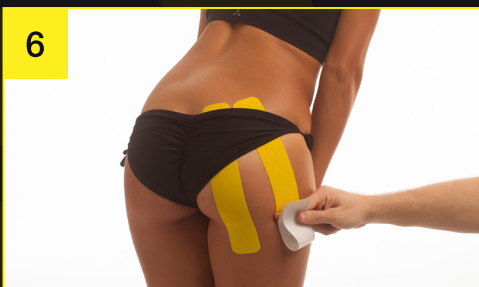
4

Lay end down with no stretch.

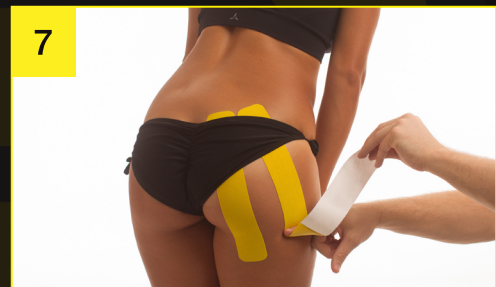


5

Anchor second full-strip just inside the first strip. Apply with 25% stretch to the bottom of the buttocks.

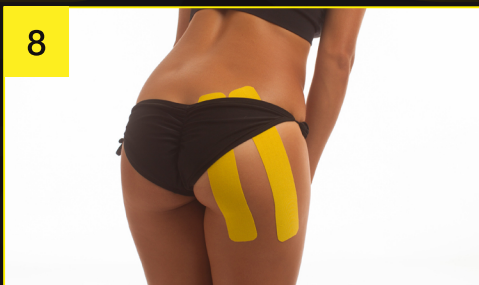


6



7

Lay end down with no stretch.



8

Rub application well to securely fix all edges to skin.