

PERFORMANCE MEETS SCIENCE™



Tape DISC / SPINE



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1 Arch back to stretch skin over spine.



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 middle portion of half-strip with 90% stretch over most intense point of pain.

3



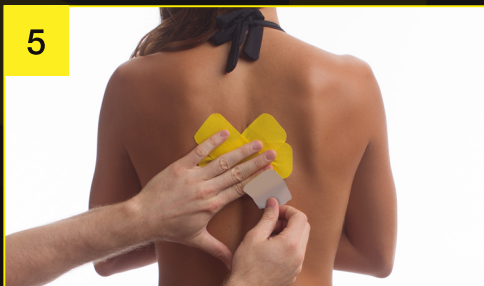
Lay each end down with no stretch.

4



Repeat with second half-strip at 45 degree angle.

5



Repeat again with third half-strip at 45 degree angle.

6



Rub application well to securely fix all edges to skin.