

PERFORMANCE MEETS SCIENCE™



Tape

GENERAL ELBOW



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1

Bend elbow to 90-degrees



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



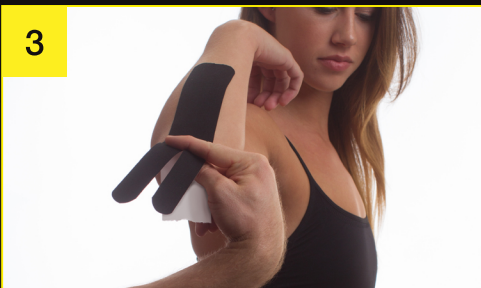
Rub entire application well after applying each strip

2



Anchor full-strip with no stretch about 3 inches above the outer elbow.

3



Apply with 50% stretch to elbow.

4



Split backer paper to create separate tails

5



Apply each tail with 50% stretch around elbow.

6



Lay ends down with no stretch.

7



Repeat steps 2-6 with second full-strip anchored on upper arm.

8



Rub application well to securely fix all edges to skin.