

PERFORMANCE MEETS SCIENCE™



Tape SI JOINT

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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



1 Lean forward at hips and keep knees straight.



2 At 45 degree angle, anchor middle portion of half-strip with 90% stretch over "dimple" on side of low back.



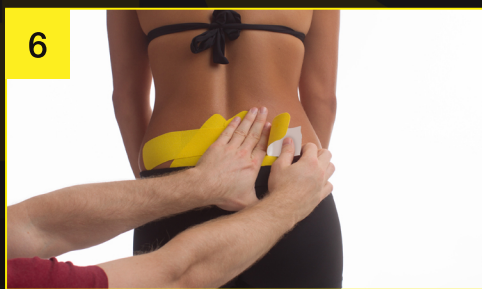
3 Lay each end down with no stretch.



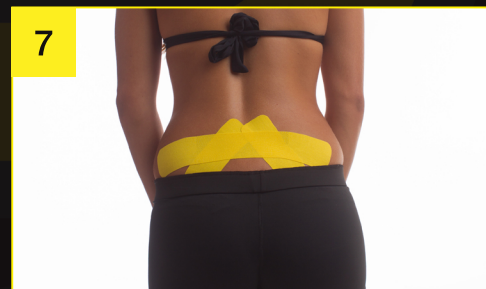
4 Repeat steps 2-3 on opposite side.



5 Anchor middle portion of full-strip across most intense point of pain with 50% stretch.



6 Lay each end down with no stretch.



7 Rub application well to securely fix all edges to skin.