

PERFORMANCE MEETS SCIENCE™



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

3



Lay each end down with no stretch.

4



Repeat for second strip to form "X" over most intense point of pain.

5



Anchor full-strip with no stretch on lower arm with enough length to reach elbow.

6



Apply with 25% stretch along arm and over point of pain.

7



Lay end down with no stretch.

8



Rub application well to securely fix all edges to skin.

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