

## **APPLICATION OVERVIEW:**

This application can be used to relieve pressure, and increase circulation to the area.

### **ITEMS NEEDED:**

2 pre-cut strips of StrengthTape Partner



Avoid touching the ends of the tape.

Clean any oils and

lotions form area.



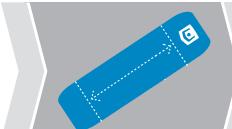
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

# **GENERAL ELBOW INJURY**





Always anchor the first and last two inches with absoultely no stretch.

### **BODY POSITION:**



While seated, hold the elbow at a 90 degree angle.



Anchor first strip on the side of the forearm.

#### **STEP 2:**



With 50% stretch, follow the outside of the elbow and anchor under the arm.

STEP 3:



Anchor the 2nd strip next to the 1st anchor point. Make sure to anchor on skin, not tape. STEP 4:

STEP 1:



Mirror step 2 by applying 50% stretch on the inside of the elbow and anchor on the arm.

Please seek care if you have extreme pain, swelling, difficulty walking, or unnatural joint movements. These instructions are for educational purposes only and should not be used in place of professional medical treatment. Copyright Endevr LLC. All rights Reserved.