

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, 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.



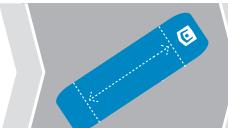
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

GENERAL SHOULDER





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

STEP 2:



Apply the strip at a 25% stretch, following the backside of the muscle up to the top of the shoulder. Anchor with zero stretch.

BODY POSITION:



Tilt the head to the opposite shoulder with the arm laying rexaled down your side.



Anchor the strip at the bottom of the deltoid or shoulder muscle where it creates a 'V' shape.

STEP 3:



With no stretch, anchor the 2nd strip just below and in front of the 1st strip on skin.

STEP 4:



With a 25% stretch, apply the strip following the front of the deltoid or shoulder muscle to the top of the shoulder. Firmly rub to activate adhesive.

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.