



# STRENGTHTAPE®

## 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  
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



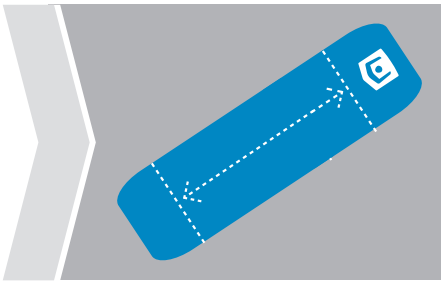
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## SHIN SPLINTS INSTRUCTIONS

### TIP:



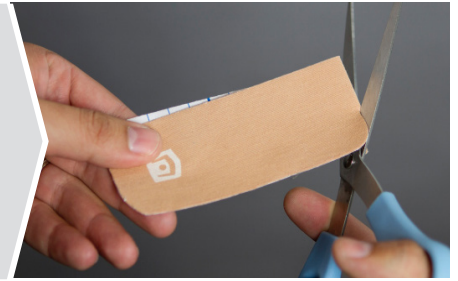
Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Bend leg to a 45 degree angle with toes pointed forward.

### PREPERATION:



Cut a full strip in half with rounded corners to make 2 short strips.

### STEP 1:



Anchor the strip at the top of the foot. Apply the strip up the shin, directly over the point of pain. Anchor the end with zero stretch.

### STEP 2:



Anchor one of the half strips just *above* the point of pain, and apply the strip horizontally across the shin with 75% stretch. Anchoring with no stretch.

### STEP 3:



Repeat with the 2nd half strip, but this time anchoring just *below* the point of pain. Firmly rub the application to activate adhesive.