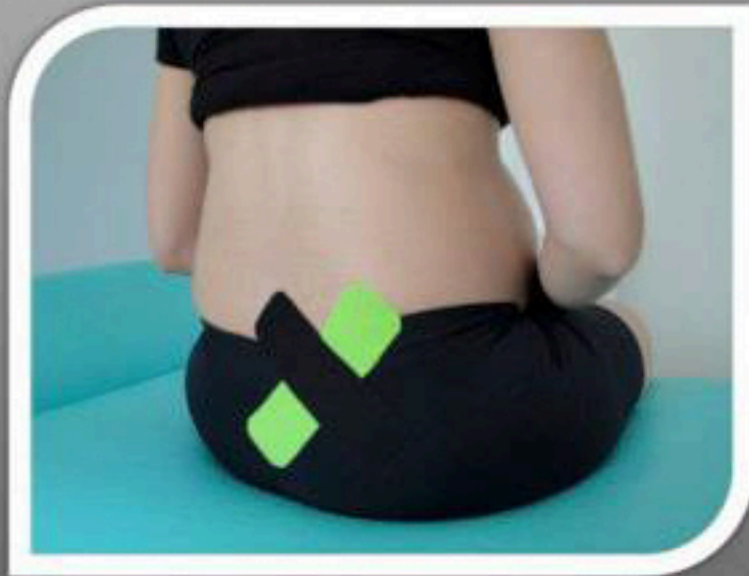
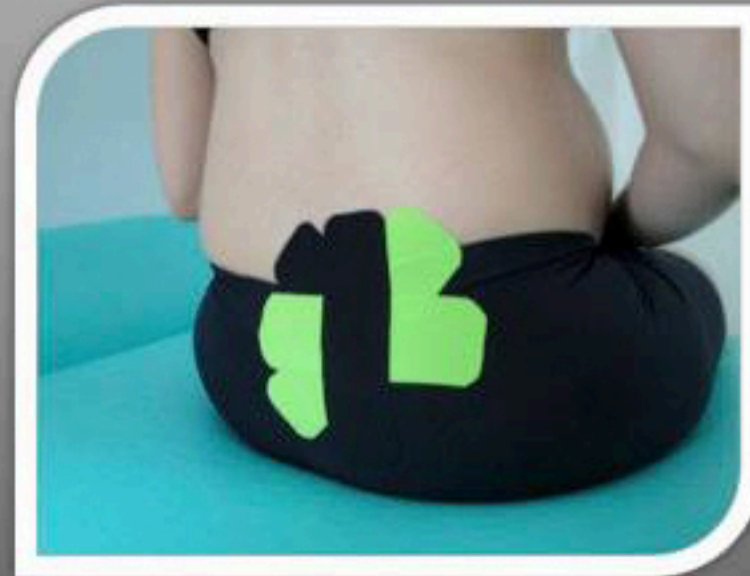


## LOW BACK PAIN, ASTERISK TECHNIQUE



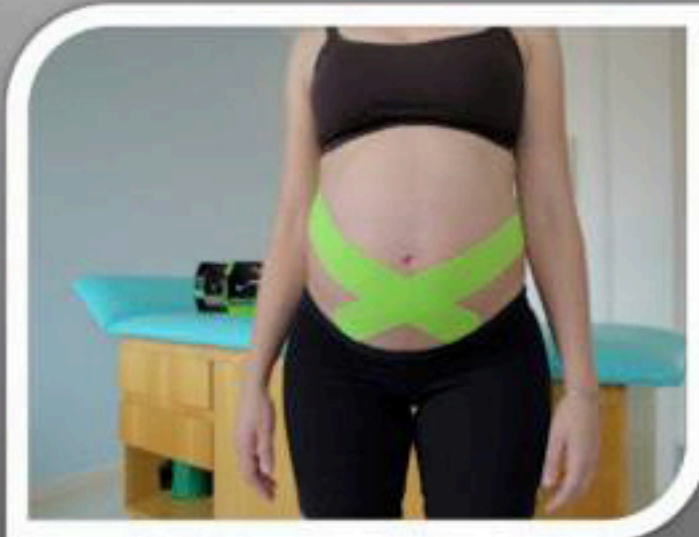
- Affix 1st, 4"-6" I-Strip directly over the area of pain with moderate stretch and downward pressure. Make sure that there is at least 2" of no stretch on the ICP and TCP.
- Repeat the process creating an "X" over the area of pain.



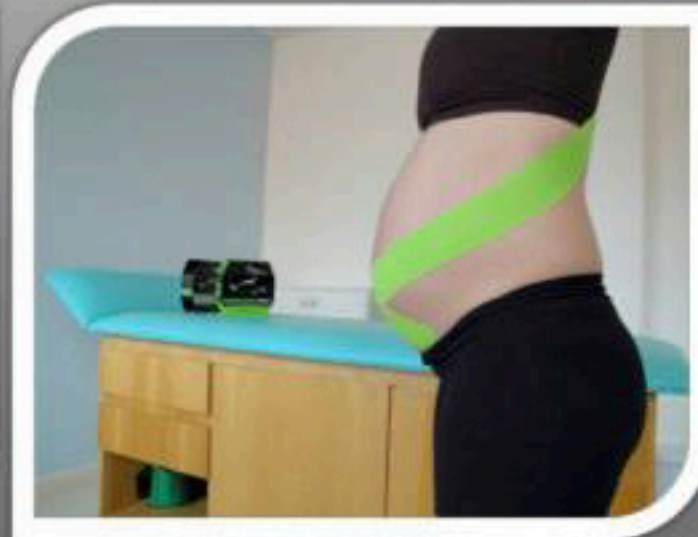
- Repeat process creating an asterisk or star pattern over the area of pain.
- Rub tape to activate the adhesive.
- Great for immediate support and pain relief over any area of pain.



## BELLY BELT OPTION 1



- Affix 1st, 24"-30" I-Strip below the pant line and run diagonally across the belly under the belly button along the side, finishing on the opposite upper shoulder blade with light stretch. Make sure that there is at least 2" of no stretch on the ICP and TCP.
- Repeat the process along the other side, creating an "X" below the belly button.



- Side view.
- Run along the side.

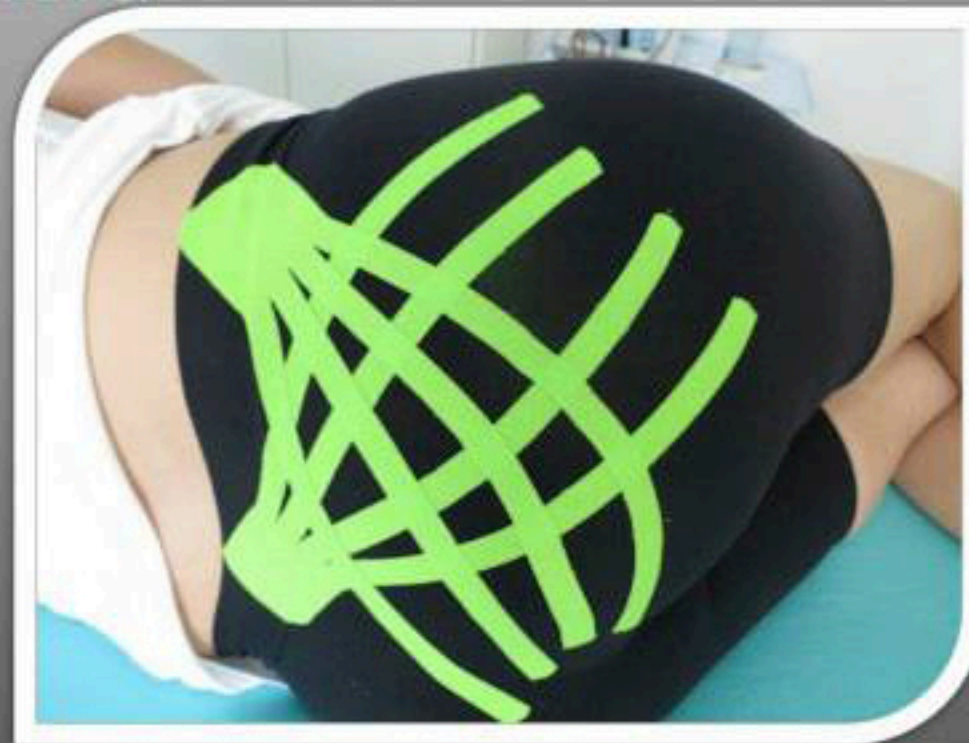


- Rear view.
- Finishing on the upper part of the shoulder blade.
- Rub tape to activate the adhesive.
- Great for support under the belly, low back, and shoulders.





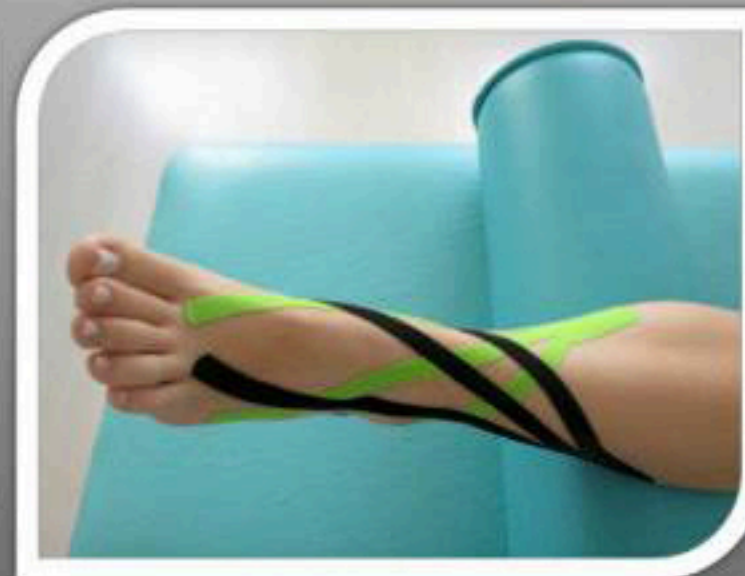
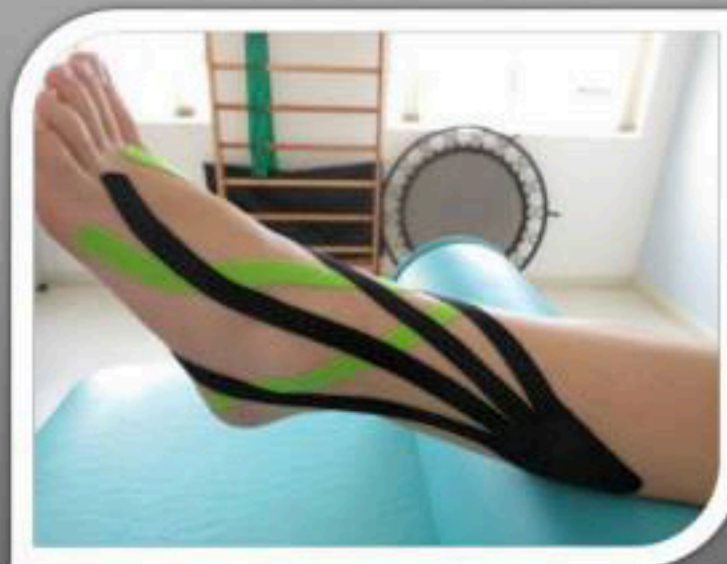
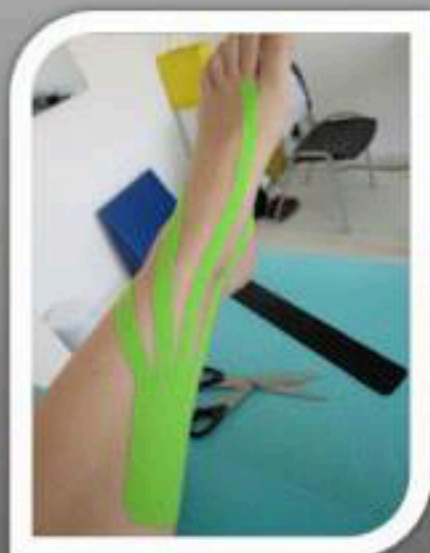
# HIP PAIN TAPING



- Have mother lay on side and push legs forward to stretch the area to be taped.
- Affix 1<sup>st</sup>, 6"-10" I strip or fluid flow strip on the upper hip.
- With light to moderate tension apply diagonally towards opposite glute
- Repeat on opposite side, forming an "X" directly over the area of pain.
- Rub tape to activate the adhesive.
- Great for pain and pressure on the hip and low back area.



# FOOT SWELLING TECHNIQUE

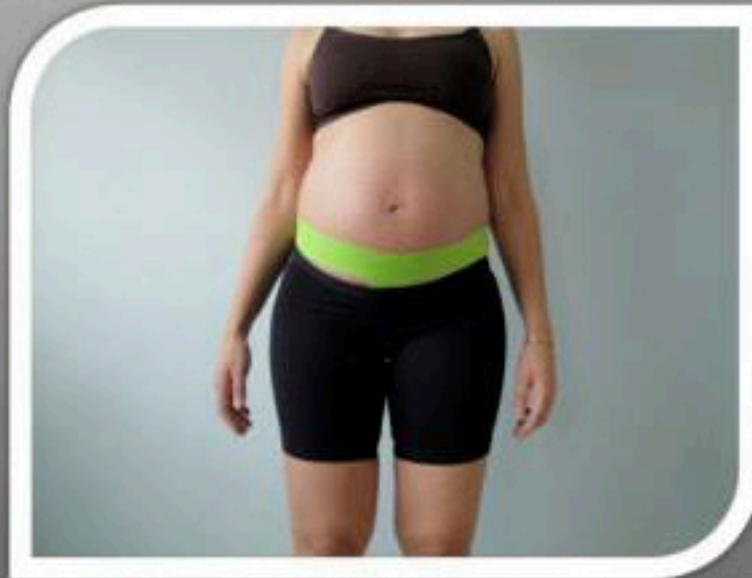


- Cut 2, 4"-8" I strips into four tail strips creating a fluid flow strip. Anchor at the side of mid calf.
- Flex foot away from shin to stretch the area to be taped.
- With light stretch pull each of the tails of the tape across area to be drained.
- Rub tape to activate the adhesive.
- Affix 2<sup>nd</sup> fluid flow strip on the opposite side of the calf and repeat process.
- Rub tape to activate the adhesive.
- Try to get as much coverage as possible over the affected area.
- Great for foot pain and swelling.

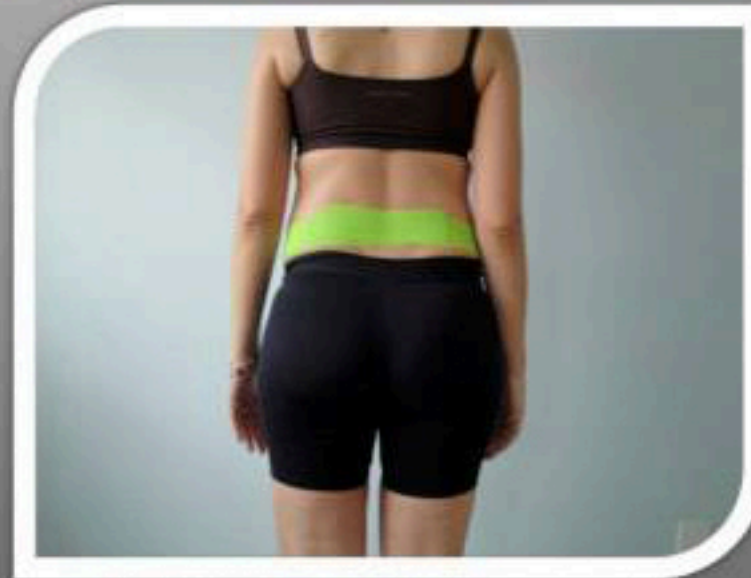




## BELLY BELT OPTION 2



- Affix 1st, 20"-24" I-Strip below the pant line and run across the belly under the belly button along the side, finishing on the lower back with light to moderate stretch. Make sure that there is at least 2" of no stretch on the ICP and TCP.
- Repeat the process along the other side, creating a "belt" below the belly button.



- Rear view.
- Finishing on the lower part of the back.
- Rub tape to activate the adhesive.
- Great for support under the belly and low back.



## SCIATICA TECHNIQUE



- Have mother lie on her side and stretch area of leg to be taped in a straight position
- Affix 1st, 24"-32" I-Strip at the base of the low back and run towards the ankle with moderate stretch.
- Make sure that there is at least 2" of no stretch on the ICP and TCP.
- Rub tape to activate the adhesive.

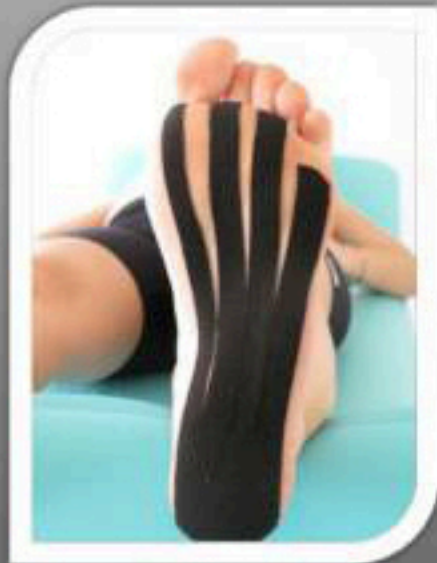


- Create an asterisk or star pattern over the area of pain.
- Rub tape to activate the adhesive.
- Great for pain relief over the sciatic area and initial area of pain.





# PLANTAR/FOOT PAIN AND FOOT SWELLING



- Cut 4"-6" I strip into four strips creating a fluid flow strip. Anchor at the base of the heel.
- Flex foot towards shin to stretch the bottom of the foot and with light to moderate stretch, pull each of the tails of the tape to the start of each of the toes.
- Rub tape to activate the adhesive.



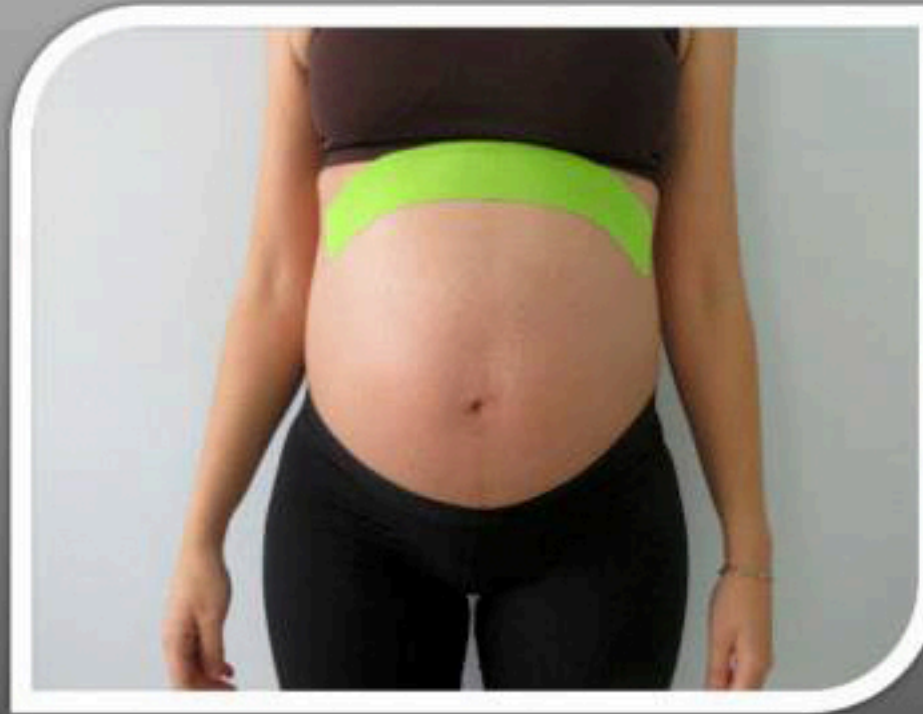
- Affix 10"-12" I strip on the outside of the foot.
- Run through the bottom of the foot and through the arch.
- Once you get to the arch place moderate to heavy tension and have mother point toes downward.
- Once you get past the arch use light tension and run tape up onto the shin.



- Rub tape to activate the adhesive.
- Great for plantar fasciitis, foot pain and swelling.



# DIAPHRAGM TAPING

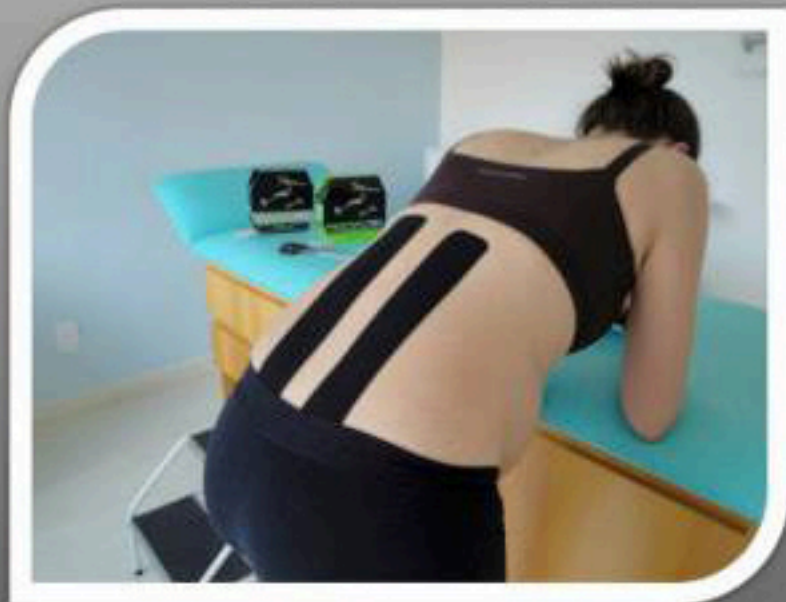


- Have mother raise arms above head.
- Apply middle of 6"-10" I strip at the base of the sternum.
- Have mother take deep breath and run the ends around the belly with light to moderate tension.
- Exhale.
- Rub tape to activate the adhesive.
- Great for assistance with breathing from the pressure of the baby.

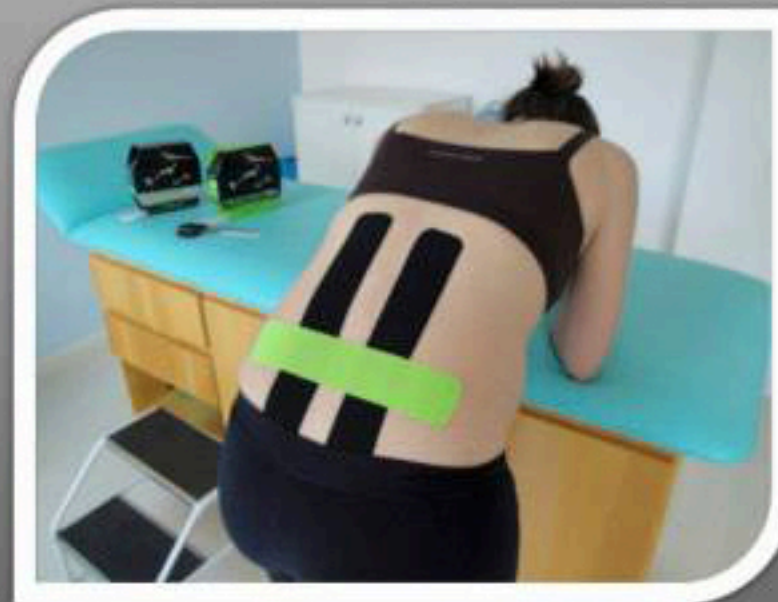




# PTEX™ LOW BACK SUPPORT H-TECHNIQUE



- Have mother in forward bent over position.
- Affix 1st, 10"-14" I-Strip below the pant line and run along erector spinae muscles at moderate stretch. Make sure that there is at least 2" of no stretch on the ICP and TCP.
- Repeat the process along the other side of the spine.



- Take 3<sup>rd</sup>, 8"-12" I-strip and stretch from center with moderate stretch.
- With downward pressure, apply strip over area of most pain.
- Rub tape to activate the adhesive.
- Great for low back strain and support.