

APPLICATION OVERVIEW:

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

ITEMS NEEDED:

3 pre-cut strips of StrengthTape Partner



Avoid stretching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



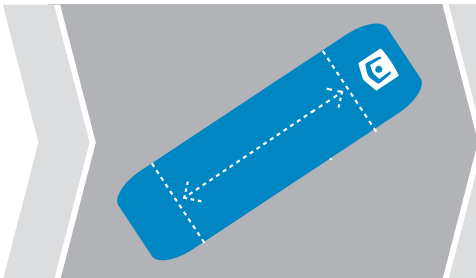
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

NECK STRAIN INSTRUCTIONS

TIP:



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

BODY POSITION:



In a seated position, lean their head forward, chin down to comfortably stretch the back of the neck.

PREPERATION:



Firmly rub to activate adhesive.

STEP 1:



Measure 3" down from hairline and anchor the bottom end on side of spine. Follow the tape up, parallel with the spine with 25% stretch.

STEP 2:



Apply the 2nd strip in the same manner on the other side of the spine with 25% stretch.

STEP 3:



Apply the 3rd strip across the neck and shoulders over the point of pain with 75% stretch.