



# 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



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



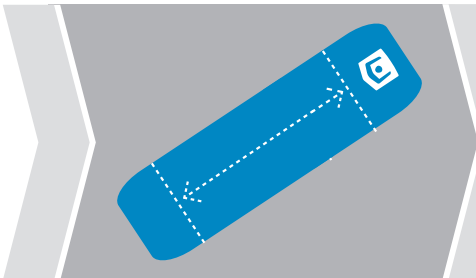
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

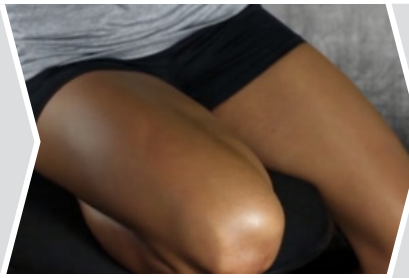
## QUAD INSTRUCTIONS

### TIP:



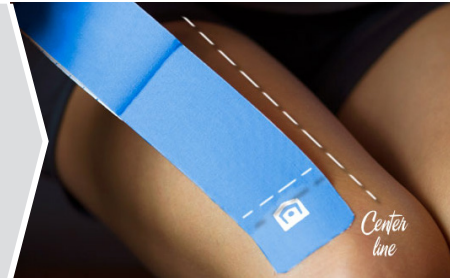
Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Sit on foot to stretch the quad area.

### STEP 1:



Anchor the 1st strip above the knee toward the outside of the leg.

### STEP 2:



Apply 25% stretch up the leg. Anchor the end with zero stretch.

### STEP 3:



Apply the second strip on the inside of the leg. Mirror the first strip with 25% stretch up the leg.

### STEP 4:



Firmly rub to activate adhesive.