

PERFORMANCE MEETS SCIENCE™



# Tape HAMSTRING



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1 Lean forward at hips and keep knees straight.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip

2



Anchor full-strip just above the back of outer knee.

3



Apply with 25% stretch over the outer hamstring.

4



Lay end down with no stretch.

5



Anchor full-strip just above the back of inner knee.

6



Apply with 25% stretch over the inner hamstring.

7



Lay end down with no stretch.

8



Rub application well to securely fix all edges to skin.