



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.



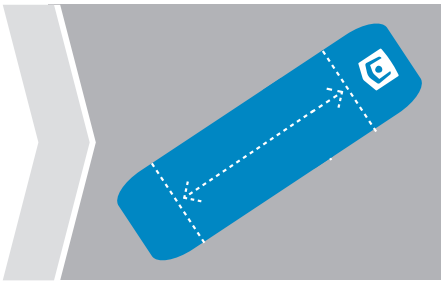
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

CALF STRAIN

TIP:



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

BODY POSITION:



Place calf in stretch by putting the leg behind you and the heel flat on the floor.

END RESULT:



Firmly rub to activate adhesive.

STEP 1:



Anchor tape directly below sight of pain.

STEP 2:



Apply a 25% stretch up the side of the calf.

STEP 3:



Mirror the first strip on the other side of the calf creating a 'v' shape.