



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 Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



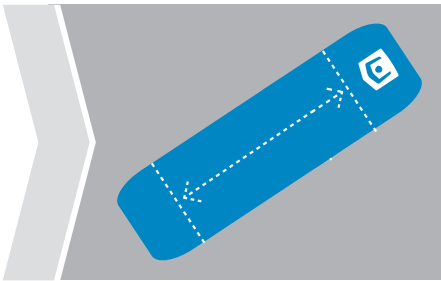
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

GLUTEUS INSTRUCTIONS

TIP:



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

BODY POSITION:



Put the area on stretch by leaning forward.

END RESULT:



Firmly rub to activate adhesive.

STEP 1:



Anchor directly above the point of pain.

STEP 2:



With 25% stretch, use your finger to gently lay the rest of the tape down across the area.

STEP 3:



Repeat step 2. Apply the second strip directly below and parallel to the first.