

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.

Clean any oils and

lotions form area.

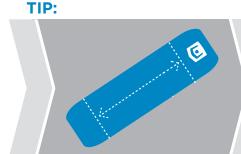


After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

NECK STRAIN INSTRUCTIONS



Always anchor the first and last two inches with absoultely 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 mannor 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.

Please seek care if you have extreme pain, swelling, difficulty walking, or unnatural joint movements. These instructions are for educational purposes only and should not be used in place of professional medical treatment. Copyright Endevr LLC. All rights Reserved.