



## CALF

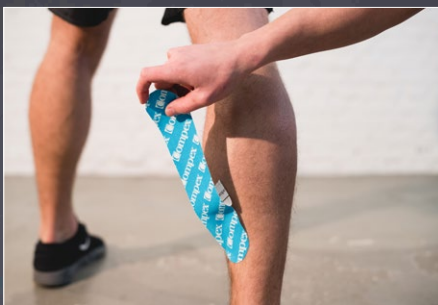
### RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



### BODY POSITION

Stretch the calf



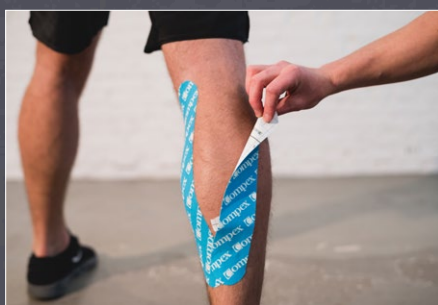
#### STEP 1

Attach the first 5cm of tape with 0% stretch



#### STEP 2

Tape along the calf with 25% stretch



#### STEP 3

Repeat the process on the other side, attaching the first 5cm of tape with 0% stretch



#### STEP 4

Tape along the other side of the calf with 25% stretch



#### FINAL RESULT