

ELBOW

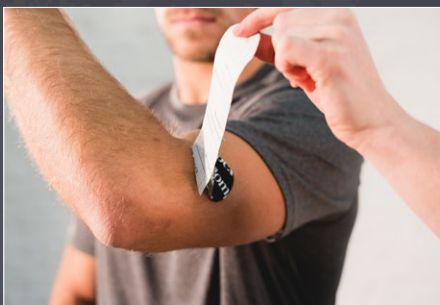
RECOMMENDATIONS

- 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

Bend the arm at a 90 degree angle



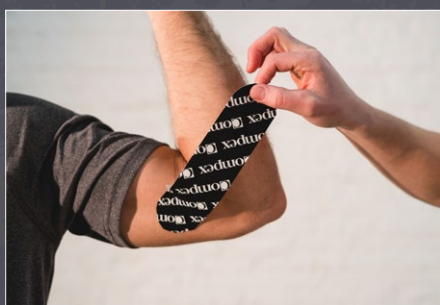
STEP 1

Attach the first 5cm of tape on the outside of the elbow with 0% stretch



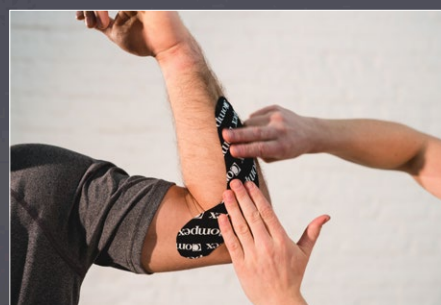
STEP 2

Tape along the elbow with 25% stretch



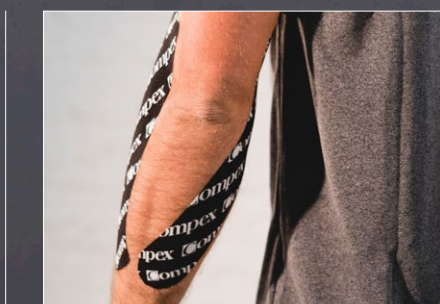
STEP 3

Attach a second piece of tape on the inside of the elbow, with the first 5cm at 0% stretch



STEP 4

Tape along the elbow with 25% stretch



FINAL RESULT