

HAMSTRING

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



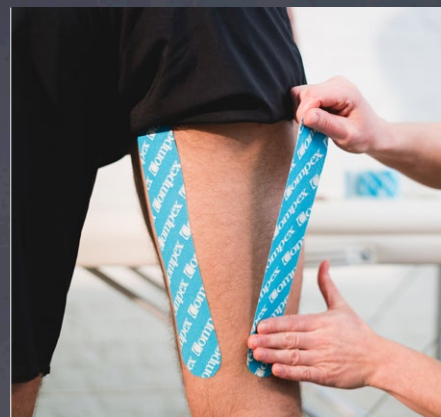
BODY POSITION

Stretch the hamstring by leaning forward



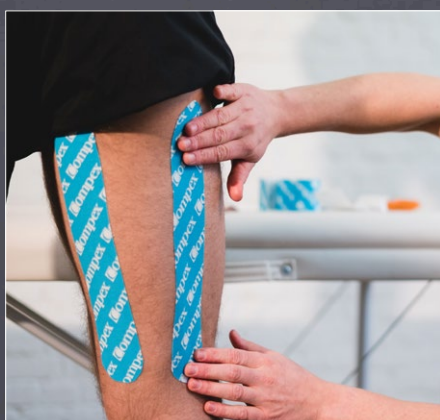
STEP 1

Attach the first 5cm of tape with 0% stretch



STEP 2

Tape along the hamstring with 25% stretch and repeat on the other side



STEP 3

Finish the last 5cm with 0% stretch



FINAL RESULT