

HIP

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

Flex hip by shifting it outward



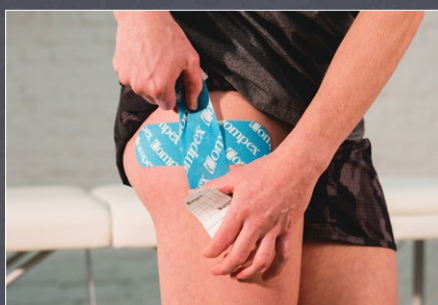
STEP 1

Tape with 70% stretch



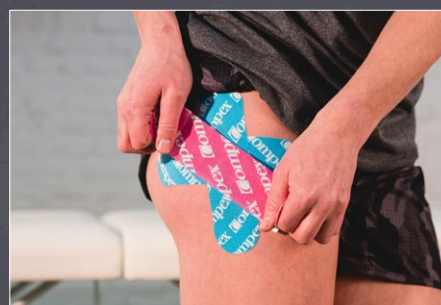
STEP 2

Attach the first and last 3cm of tape with 0% stretch



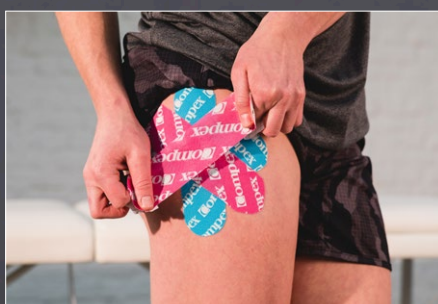
STEP 3

Tape vertically with 70% stretch



STEP 4

Tape diagonally with 70% stretch



STEP 5

Tape diagonally with 70% stretch



FINAL RESULT