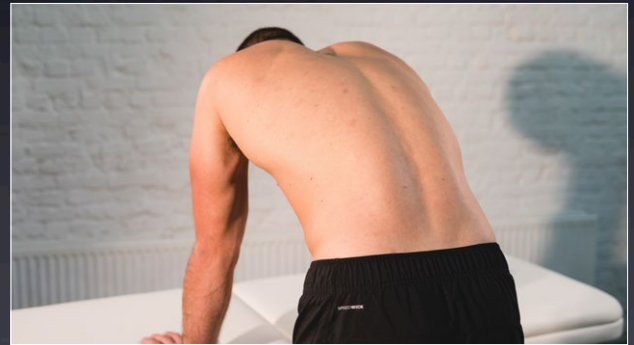


### LOW BACK 1

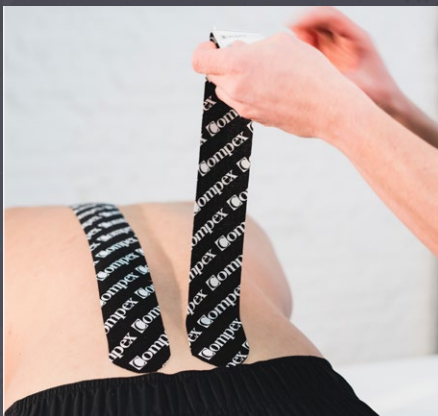
#### RECOMMENDATIONS

- 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



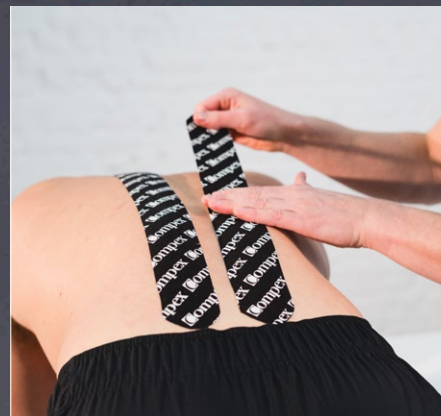
#### BODY POSITION

Stretch lower back by leaning forward with hands placed on a flat surface



#### STEP 1

Attach the first 5cm of tape with 0% stretch. Repeat this with a second piece of tape.



#### STEP 2

Tape along the back with 0% stretch



#### FINAL RESULT