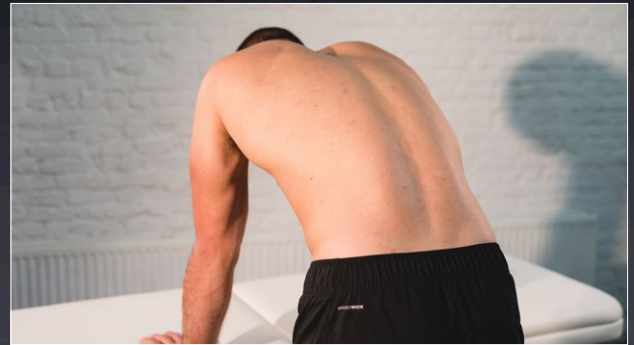


LOW BACK 2

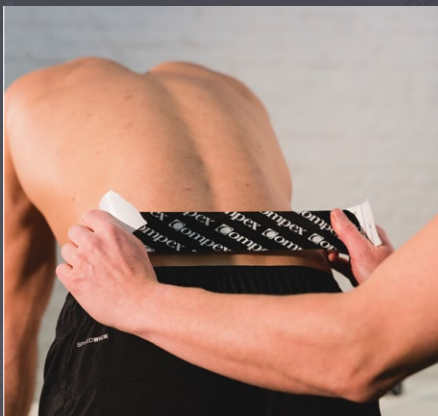
RECOMMENDATIONS

- 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



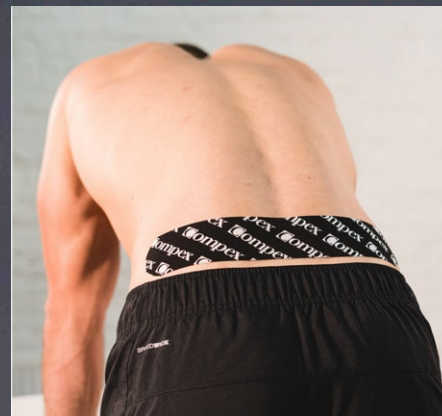
BODY POSITION

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



STEP 1

Tape horizontally across the back with 70% stretch



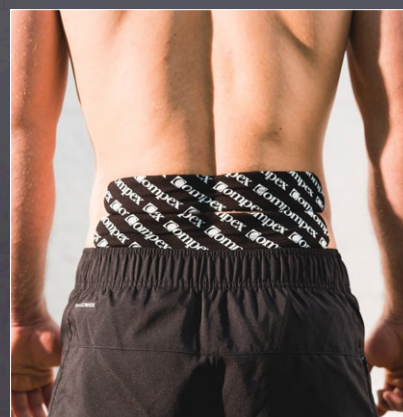
STEP 2

Attach the first and last 5cm of tape with 0% stretch



STEP 3

Tape horizontally across the back again with 70% stretch



FINAL RESULT