

### NECK (CERVICAL)

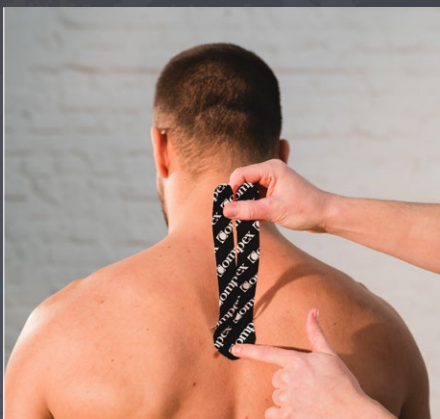
#### RECOMMENDATIONS

- 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



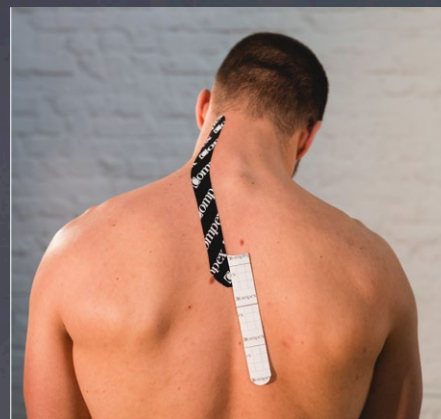
#### BODY POSITION

Stretch the neck by tilting the head forward



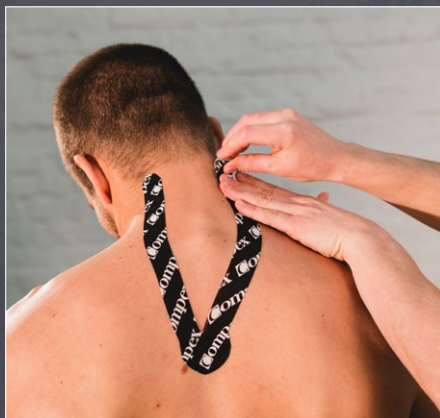
#### STEP 1

Attach the first 5cm of tape with 0% stretch



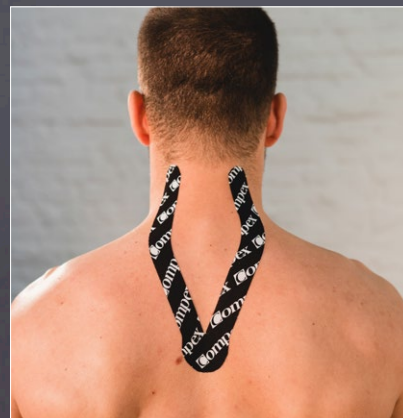
#### STEP 2

Tape along the neck with 25% stretch



#### STEP 3

Then tape along the other side of the neck with 25% stretch



#### FINAL RESULT