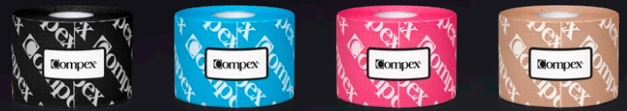


TENNIS ELBOW

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

Bend the arm at a 90 degree angle



STEP 1

Tape vertically across the elbow with 70% stretch



STEP 2

Then tape horizontally across the elbow with 70% stretch



STEP 3

Finally, tape lengthways along the elbow with 25% stretch



FINAL RESULT