



# STRENGTHTAPE®



# CAPABLIS

UW COMFORT ONZE ZORG

1 inch = 2,5 centimeters

[www.capablis.be](http://www.capablis.be)

## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.

## ITEMS NEEDED:

- 2 StrengthTape Strips
- Pair of scissors
- Partner



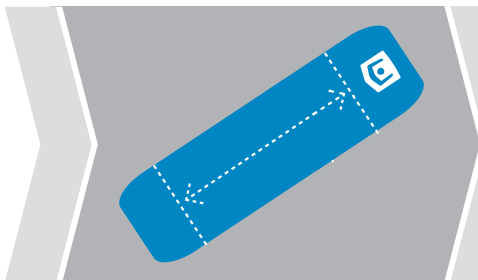
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## AC JOINT INSTRUCTIONS

### TIP:



Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Tilt your head to the opposite shoulder with your arm laying relaxed down your side.

### PREPERATION:



Cut a full strip in half with rounded corners to make 2 short strips.

### STEP 1:



Apply the 1st half-strip with 75% stretch directly over the joint/point of pain.

### STEP 2:



Apply the 2nd half-strip with 75% stretch making an 'x'. Firmly rub to activate adhe-

### STEP 3:



Repeat steps 1-3 with another full strip. Make a star over the joint/point of pain.