



STRENGTHTAPE®



CAPABLIS

UW COMFORT ONZE ZORG

1 inch = 2,5 centimeters

www.capablis.be

APPLICATION OVERVIEW:

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

ITEMS NEEDED:

2 pre-cut strips of StrengthTape
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



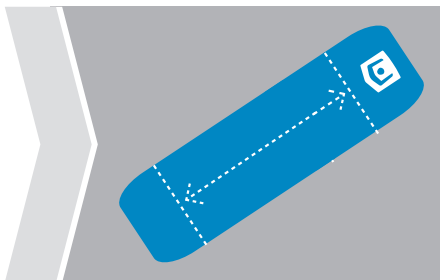
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

ACHILLES TENDON

TIP:



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

BODY POSITION:



Pull the toes towards the shin as much as possible to stretch the achilles tendon.

PREPERATION:



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

STEP 1:



Anchor first strip under the arch of the foot. With 50% stretch, apply over the heel and up the achilles tendon.

STEP 2:



Apply the 1st half-strip with 80% stretch over the point of pain. Anchor both ends with no stretch.

STEP 3:



Apply the 2nd half-strip with 80% stretch over another point of pain on the achilles tendon. Firmly rub to activate adhesive.