



# 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:

3 pre-cut strips of StrengthTape



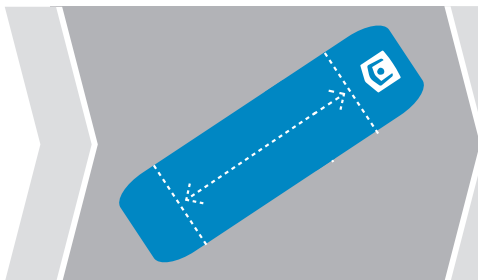
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## ANKLE

### TIP:



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

### BODY POSITION:



Place the ankle at a 90 degree angle.

### END RESULT:



Firmly rub to activate adhesive.

### STEP 1:



Anchor first strip on outside of foot just above ankle. With 50% stretch, wrap underneath the foot anchoring on the inside of the ankle.

### STEP 2:



Anchor 2nd strip on the inside of the foot. With 50% stretch, wrap around the heel, under the arch, and anchor back at the starting point.

### STEP 3:



Anchor the 3rd strip on the outside of the ankle. With 50% stretch, wrap around the heel, under the arch, and anchor back at the starting point.