



# 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, and increase circulation to the area.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



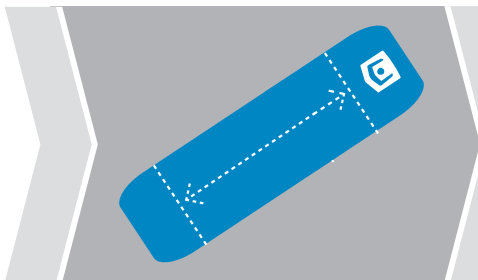
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

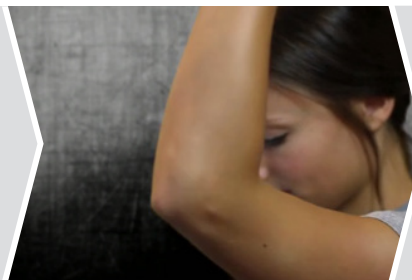
## GENERAL ELBOW

### TIP:



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

### BODY POSITION:



While seated, hold the elbow at a 90 degree angle.

### STEP 1:



Anchor first strip on the side of the forearm.

### STEP 2:



With 50% stretch, follow the outside of the elbow and anchor under the arm.

### STEP 3:



Anchor the 2nd strip next to the 1st anchor point. Make sure to anchor on skin, not tape.

### STEP 4:



Mirror step 2 by applying 50% stretch on the inside of the elbow and anchor on the arm.