



# 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 pre-cut strips of StrengthTape Partner



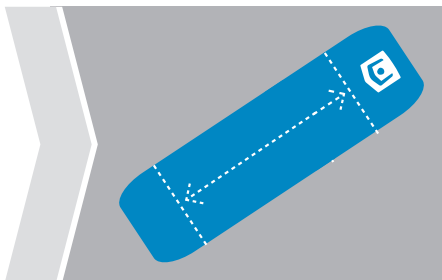
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

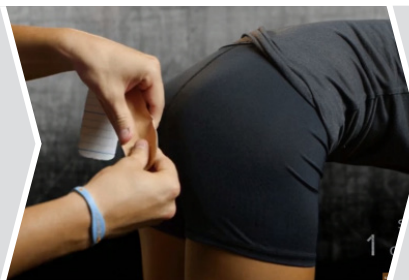
## GLUTEUS INSTRUCTIONS

### TIP:



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

### BODY POSITION:



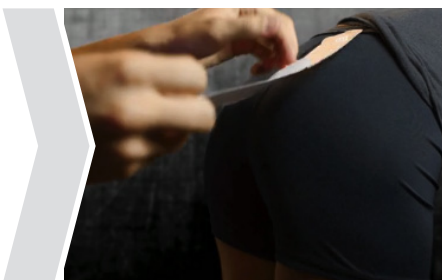
Put the area on stretch by leaning forward.

### END RESULT:



Firmly rub to activate adhesive.

### STEP 1:



Anchor directly above the point of pain.

### STEP 2:



With 25% stretch, use your finger to gently lay the rest of the tape down across the area.

### STEP 3:



Repeat step 2. Apply the second strip directly below and parallel to the first.