



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.



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.

ITEMS NEEDED:

2 pre-cut strips of StrengthTape



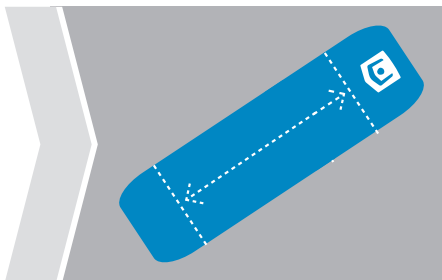
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

GROIN INSTRUCTIONS

TIP:



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

BODY POSITION:



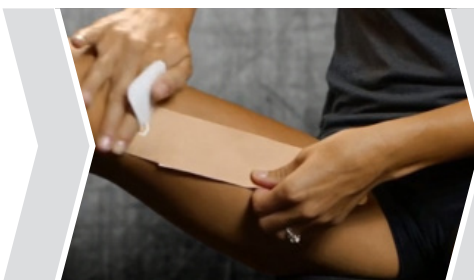
Assume a lotus position.

END RESULT:



Firmly rub to activate adhesive.

STEP 1:



Anchor one strip near the back of the knee on the inside back of the leg.

STEP 2:



With a 25% stretch, apply the length of the tape to the inside back of the thigh.

STEP 3:



Repeat steps 1 & 2 applying slightly closer to the knee and above the first strip's anchor.