



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 Partner



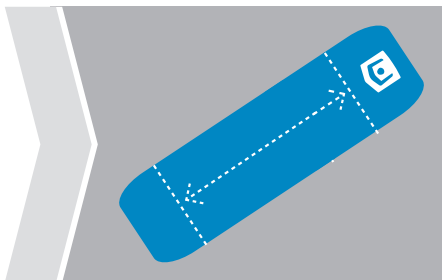
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

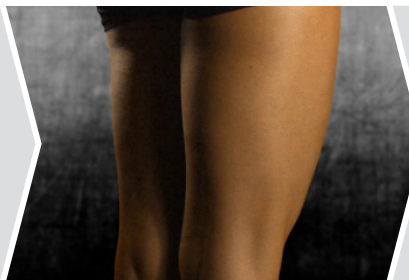
HAMSTRING INSTRUCTIONS

TIP:



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

BODY POSITION:



Stretch the hamstring area as much as possible.

END RESULT:



Firmly rub to activate adhesive.

STEP 1:



Anchor the 1st strip above the inside back of the knee.

STEP 2:



Continue up the back of the thigh with a 25% stretch. Anchor off tape with zero stretch.

STEP 3:



Mirror the 1st strip by anchoring the 2nd strip next to the 1st and continuing up the thigh with a 25% stretch.