



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



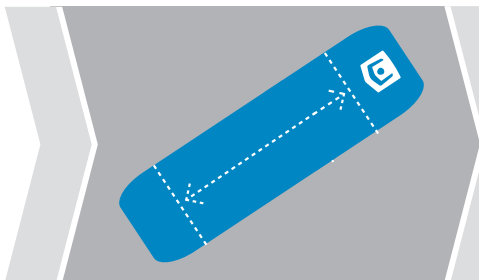
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

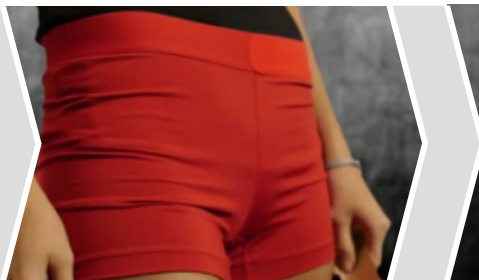
HIP FLEXOR INSTRUCTIONS

TIP:



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

BODY POSITION:



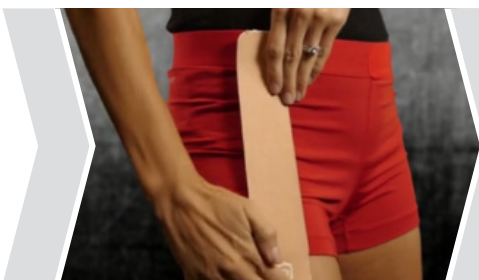
While kneeling, lean back slightly to stretch the area.

PREPERATION:



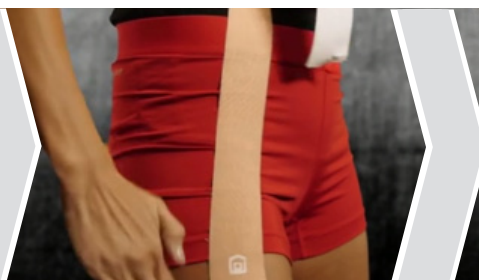
Firmly rub to activate adhesive.

STEP 1:



Anchor the end of the first strip of tape approximately two thirds up from the knee.

STEP 2:



Apply a 25% stretch along the innermost edge of the point of pain, anchoring slightly above the level of the belly button.

STEP 3:



Mirror steps 1 and 2 parallel to the first strip along the outermost edge of the point of pain. Anchoring with no stretch.