



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.

ITEMS NEEDED:

3 pre-cut strips of StrengthTape
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



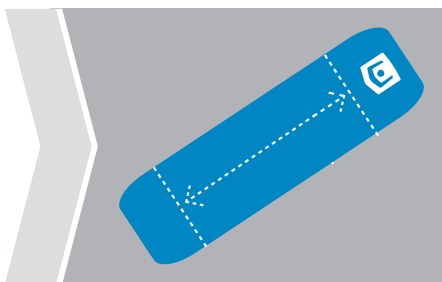
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

GENERAL KNEE

TIP:



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

PREPERATION



Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:



Bend knee to a 90 degree angle. Apply both half strips (one on top of the other) below the knee with 75% stretch.

STEP 2:



Anchor end to the thigh above the knee. Apply with 25% stretch until you reach the top of the knee cap.

STEP 3:



Apply the remaining half with a 50% stretch while crossing under the knee.

STEP 4:



Mirror steps 2 & 3 on the opposite side of the knee. Anchoring ends with no stretch. Rub firmly to activate adhesive.