



# 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.

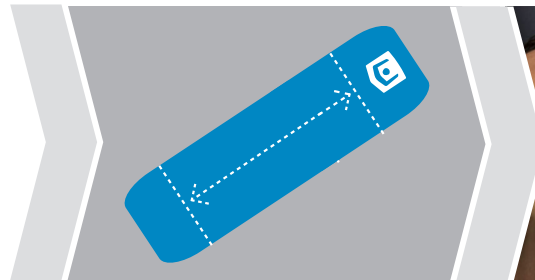


Trim excess hair for better adhesion.

## LOWER BACK INSTRUCTIONS

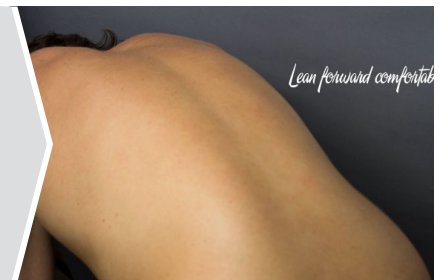


### TIP:



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

### BODY POSITION:



Lean forward, comfortably stretching the lower back.

### STEP 1:



Fold up the backing paper except the last little bit. Avoid touching the adhesive side of the tape. Apply with 75% stretch across the area of pain.

### STEP 2:



With the second strip of tape mirror step 1 and place the 2nd strip directly above or below the other strip to cover the painful area fully.

### STEP 3:



Firmly rub to activate adhesive.

Please seek care if you have extreme pain, swelling, difficulty walking, or unnatural joint movements. These instructions are for educational purposes only and should not be used in place of professional medical treatment. Copyright Endeavor LLC. All rights Reserved.