



# 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.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape  
Scissors



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



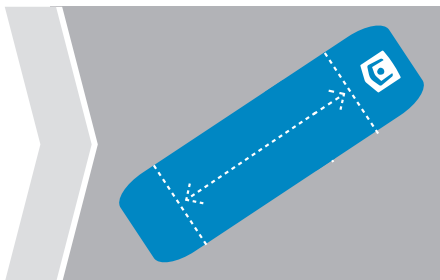
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## LOWER KNEE

### TIP:



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

### BODY POSITION:



Bend knee to a 90 degree angle.

### PREPERATION:



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

### STEP 1:



Apply the 1st half-strip over the point of pain below the knee on an angle with 75% stretch.

### STEP 2:



Apply the 2nd half-strip to make an 'X' over the area of pain with 75% stretch.

### STEP 3:



Firmly rub to activate adhesive.