



# 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
- Scissors
- Partner



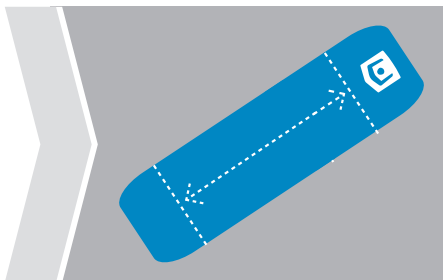
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## ELBOW

### TIP:



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

### BODY POSITION:



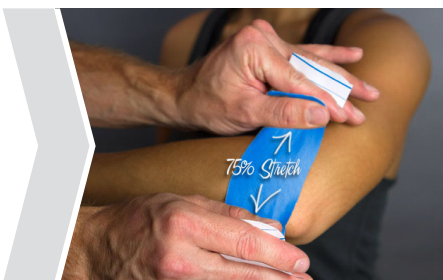
Place the arm at a 90 degree angle with the forearm horizontal.

### PREPERATION:



Cut the 1st strip in half with rounded corners.

### STEP 1:



Anchor the 1st half strip directly over the pained area on the outside of the elbow, parallel to the humerus, or upper arm. Anchor the ends with zero stretch.

### STEP 2:



With 75% stretch, apply the 2nd half strip perpendicular to the first, creating an 'X' shape across the pained area. Avoid touching the adhesive, and again, anchor the ends with no stretch.

### STEP 3:



Anchor the full strip of tape just above the first half-strip on the upper arm. At a 25% stretch, apply the strip over the middle of the 'X', then bending the strip with the elbow to finish on the forearm. Anchor the end with no stretch.