



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 Partner



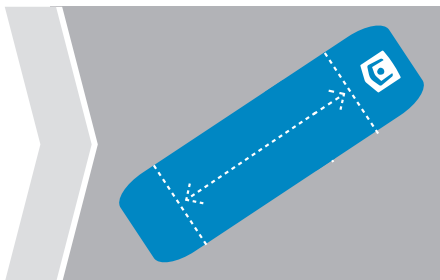
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

WRIST INSTRUCTIONS

TIP:



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

BODY POSITION:



Hold arm out, away from body.

PREPERATION:



Cut the 1st strip in half with rounded corners.

STEP 1:



With hand facing downwards, Apply one half strip directly over the wrist with 75% stretch.

STEP 2:



Apply the 2nd half-strip with 75% stretch on the bottom side of the wrist mirroring the first.

STEP 3:



Anchor a full strip on the top of the hand, with the hand bent down. Apply with 25% stretch up the arm, then anchoring with 0% stretch.