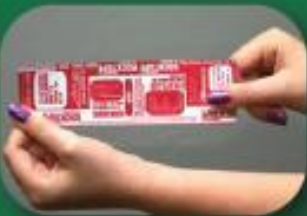


### ▶ Basic Application Tips



**End to End Application:** Tear backing 2-3" from end of tape and remove from end of tape only. Apply to skin with no stretch and rub to activate adhesive. Apply center of tape with desired stretch. Finish with no stretch in final 2".



**Middle Stretch Application:** Tear backing across middle and begin to peel back from center. Stretch tape as indicated and apply from center towards ends. Apply final 2" of each end with no stretch.

### Calf



1.

1. Apply a single strip of tape from ankle area to just below knee. Apply 50% stretch to middle of tape, no stretch at ends.

2. Apply a 2nd strip directly over the most painful or fatigued area. Stretch tape 50% in middle, no stretch at ends.



2.