

### ▶ 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.

### Neck



1. Stretch neck by lowering chin to chest. Apply 2 strips, with no stretch, along either side of spine from shoulder blades to below hair line.



2. Apply 2nd strip directly over painful area. Stretch tape 50% in middle, no stretch in ends.

Optional: Make 2nd strip longer so ends are anchored on top of each shoulder (swimmers)