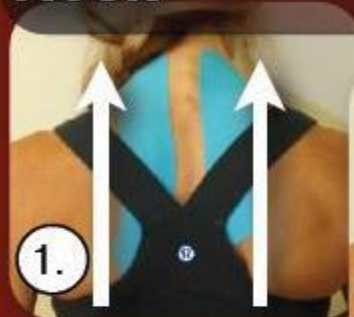


### Neck



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)

### Shoulder



1. Anchor tape above elbow and apply upwards, following the curve of the shoulder with the tails.



2. Apply 2nd strip across top of shoulder. Stretch tape 50% in middle, no stretch in ends.

### Tennis Elbow



1. Extend arm, point hand down and rotate outward. Anchor tape above elbow and apply, with no stretch, to just above wrist.

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

### Lower Back



1. Bend forward at waist. Run 2 strips from gluteal area up along either side of spine. No stretch in tape.



2. Apply 3rd strip horizontally, directly over painful area. Stretch tape 50% in middle, no stretch at anchor ends.