

Location: Neck

Application: Neck Tilting Support / Pain Relief




Indication: Pain - Neck

Shape: One Y-strip, One I-strip

Body Position: Sitting / Standing

Neck

Acti-Tape Step by Step Instructions: Neck Tilting Support / Pain Relief

1.	<ul style="list-style-type: none"> ● Sit or stand in an upright position with the shoulders level and the neck straight. ● Apply a Y-strip with the fork of the strip in the center of the back, level with the shoulders. 	
2.	<ul style="list-style-type: none"> ● Tilt the head forward and rotate it to one side. Apply the opposite leg of the strip onto the neck without stretch. ● Repeat on the other side. 	
3.	<ul style="list-style-type: none"> ● Apply an I-strip with maximum stretch across the fork of the Y-strip. <p>Note that maximum stretch only applies to the centre part of the strip.</p>	
4.	<ul style="list-style-type: none"> ● Smooth down the strips firmly to complete. 	