

Location: Neck

Application: Neck Rotation Support / Pain Relief




Indication: Pain - Neck

Shape: One Y-strip

Body Position: Sitting / Standing

Neck

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

1.	<ul style="list-style-type: none"> In a sitting or standing position, hold the neck straight and apply the base of a Y-strip on the muscle just below the ear with the legs of the Y-strip pointing towards the collarbone. 	
2.	<ul style="list-style-type: none"> Gently tilt the head away and rotate slightly to lift the chin. 	
3.	<ul style="list-style-type: none"> Apply the legs of the strip onto the collarbone without stretch. 	
4.	<ul style="list-style-type: none"> Smooth down the strip firmly to complete. 	