
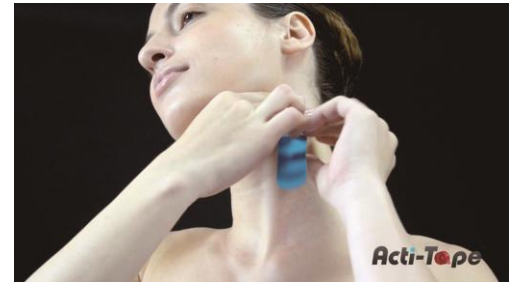



Location:	Neck	Neck
Application:	Neck Rotation Support / Pain Relief (Self-Taping)	
Indication:	Pain - Neck	
Shape:	One I-strip	
Body Position:	Sitting / Standing	

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

1.	<ul style="list-style-type: none"> ● In a sitting or standing position, apply one end of an I-strip to the muscle just below the ear. 	
2.	<ul style="list-style-type: none"> ● Tilt the head away from the application side and lift the chin slightly. 	
3.	<ul style="list-style-type: none"> ● Apply the strip without stretch towards the collarbone. 	
4.	<ul style="list-style-type: none"> ● Smooth down the strip firmly to complete. 	