




Location:	Upper back	Back
Application:	Serratus Anterior Muscle Support / Pain Relief	
Indication:	Pain / Weakness - Serratus Anterior Muscle	
Shape:	Three I-strips	
Body Position:	Sitting / Standing	

Acti-Tape Step by Step Instructions: Serratus Anterior Muscle Support / Pain Relief

1.	<ul style="list-style-type: none"> In a sitting or standing position, roll the shoulders back bringing the shoulder blades together. Apply an I-strip with a slight stretch just above the shoulder blade sloping slightly down towards the spine. 	
2.	<ul style="list-style-type: none"> Apply the second I-strip with a slight stretch just below the first strip at a slightly greater downward angle. 	
3.	<ul style="list-style-type: none"> Apply the third I-strip with a slight stretch below the second strip at a greater downward angle. 	
4.	<ul style="list-style-type: none"> Smooth down all strips firmly to complete. Note that the strips should not cover the spine. 	