




Location:	Upper back
Application:	Posture support and correction
Indication:	Weakness of upper trunk muscles
Shape:	Two I Strips
Applying position:	In sitting position

Acti-Tape - Upper Back - Posture Correction - Step by Step Instructions

1.	<ul style="list-style-type: none"> In a seated position apply one I strip in the center of the back in line with the shoulder blade. 	
2.	<ul style="list-style-type: none"> Overlap a 2nd I strip to create a V. Smooth the ends firmly. 	
3.	<ul style="list-style-type: none"> Bend forward and round the shoulders. Then stretch the other ends of the I strips over the top of the shoulder smoothing down. 	
4.	<ul style="list-style-type: none"> The final result. 	