




Location: Shoulder Blade
Application: Shoulder Blade Swelling Relief
Indication: Swelling - Shoulder Blade
Shape: Two Octopus-strips
Body Position: Sitting / Standing

Back

Acti-Tape Step by Step Instructions: Shoulder Blade Swelling Relief

<p>1.</p>	<ul style="list-style-type: none"> ● Sit or stand in an upright position. Apply the base of an Octopus-strip at the center of the shoulder slightly to the front, with the fingers pointing towards the back. 	
<p>2.</p>	<ul style="list-style-type: none"> ● Apply the fingers of the Octopus-strip one by one without stretch in a fan shape. 	
<p>3.</p>	<ul style="list-style-type: none"> ● Apply the base of the second Octopus-strip just to the back of the armpit with the fingers pointing towards the neck. Apply the fingers of the strip one by one without stretch across the first strip as shown. 	
<p>4.</p>	<ul style="list-style-type: none"> ● Smooth all the fingers of the strips down firmly to complete. ● Note that the fingers of the strips should cover the entire area of swelling. 	