
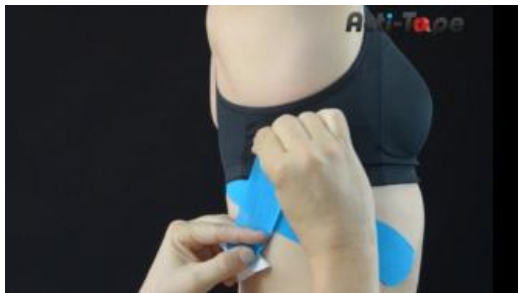



Location: Abdomen
Application: Rib Contusion Support / Pain Relief
Indication: Pain - Rib Contusion or Fracture
Shape: Three I-strips
Body Position: Standing

Abdomen

Acti-Tape Step by Step Instructions: Rib Contusion Support / Pain Relief

1.	<ul style="list-style-type: none"> ● In a standing position, raise the arm above the head and gently tilt the body away from the side to be treated. ● Apply an I-strip across the pain point, over the injured rib with maximum stretch. ● Note that maximum stretch only applies to the centre of the strip. 	
2.	<ul style="list-style-type: none"> ● With the arm raised, apply a shorter I-strip with a slight stretch at a right angle behind the pain point. 	
3.	<ul style="list-style-type: none"> ● Apply another short I-strip with a slight stretch at a right angle, in front of the pain point. 	
4.	<ul style="list-style-type: none"> ● Smooth down all strips firmly to complete. 	