

**Location:** Upper Arm

**Application:** Triceps Support / Pain Relief




**Indication:** Pain - Triceps

**Shape:** One X-strip

**Body Position:** Sitting / Standing

**Arm**

## Acti-Tape Step by Step Instructions: Triceps Support / Pain Relief

1.	<ul style="list-style-type: none"> <li>In a sitting or standing position, hold the arm up to shoulder level in a horizontal position.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>Apply an X-strip with the lower pair of legs around the elbow.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>Move the arm to a position by the side of the head with the palm on the back of the shoulder.</li> <li>Apply the strip with a moderate stretch towards the shoulder blade.</li> <li>Apply the upper pair of legs of the strip downwards with a slight stretch.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>Smooth down the strip firmly to complete.</li> </ul>	