




Location:	Upper arm / Biceps
Application:	Muscle support
Indication:	Pain in biceps muscle
Shape:	One long X strip
Applying position:	In sitting position

Acti-Tape - Upper Arm / Biceps - Step by Step Instructions

1.	<ul style="list-style-type: none"> The arm should be extended with the palm facing upwards. 	
2.	<ul style="list-style-type: none"> Apply the base of the X strip with the legs either side of the lower forearm just below the inside of the elbow. 	
3.	<ul style="list-style-type: none"> Move the arm to a neutral position aside of the body before lightly stretching the strip towards the shoulder, smoothing down and sticking the upper legs follow the tendons on either side of the shoulder. 	
4.	<ul style="list-style-type: none"> The final result. 	