

Location: Upper Arm

Application: Pain Point Pain Relief (Self-Taping)




Indication: Pain - Trigger Point, Pain Spot

Shape: Four I-strips

Body Position: Sitting / Standing

Arm

Acti-Tape Step by Step Instructions: Pain Point Pain Relief

1.	<ul style="list-style-type: none"> ● Prepare four I-strips. The length of the strips should be 10cm longer than the size of the pain area. ● In a sitting or standing position, apply an I-strip across the center of the pain point using a moderate stretch. 	
2.	<ul style="list-style-type: none"> ● Apply the second I-strip with a moderate stretch at a right angle to form a cross. 	
3.	<ul style="list-style-type: none"> ● Apply the third I-strip with a moderate stretch at a diagonal to the first strip. Apply the fourth I-strip with a moderate stretch on the other diagonal to form a star. 	
4.	<ul style="list-style-type: none"> ● Smooth down all strips firmly to complete. 	