




Location:	Elbow
Application:	Tennis elbow support
Indication:	Golfers elbow / tennis elbow with the focus on the muscle support
Shape:	One long I strip
Applying position:	In sitting position, arm on a flat surface

Acti-Tape - Elbow - Tennis Elbow - Step by Step Instructions

1.	<ul style="list-style-type: none"> Place the arm on a flat surface with the elbow slightly bent. 	
2.	<ul style="list-style-type: none"> Apply the tape on the upper side of the arm just below the elbow. 	
3.	<ul style="list-style-type: none"> Flex the wrist and stretch the remaining tape and stick down. 	
4.	<ul style="list-style-type: none"> The final result. 	