




Location:	Elbow	Elbow
Application:	Elbow Support / Pain Relief	
Indication:	Pain / Swelling - Elbow Bursitis, Bursae, Student Elbow	
Shape:	One Double Octopus-strip	
Body Position:	Sitting / Standing	

Acti-Tape Step by Step Instructions: Elbow Support / Pain Relief

1.	<ul style="list-style-type: none"> Place the arm horizontally at shoulder level with the elbow at a right angle. Keep the muscles relaxed. 	
2.	<ul style="list-style-type: none"> Apply a Double Octopus-strip over the elbow without stretch. 	
3.	<ul style="list-style-type: none"> Apply the strips one by one in the center of the tape with even spacing in between. 	
4.	<ul style="list-style-type: none"> Smooth down all strips firmly to complete. 	