




Location:	Forearm	Arm
Application:	Forearm Swelling Relief	
Indication:	Swelling - Forearm	
Shape:	One Octopus-strip	
Body Position:	Sitting	

Acti-Tape Step by Step Instructions: Forearm Swelling Relief

1.	<ul style="list-style-type: none"> Place the arm on a flat surface with the palm facing up. Apply an Octopus-strip on the inside of the arm with the fingers of the strip pointing towards the palm. 	
2.	<ul style="list-style-type: none"> Apply each finger of the strip one by one without stretch in a zigzag manner with even spacing in between. 	
3.	<ul style="list-style-type: none"> Smooth down all the fingers of the strip firmly to complete. Note that the fingers of the strip should cover the entire area of swelling. 	
4.	<ul style="list-style-type: none"> Same application can be used if the swelling is on the outside of the arm. 	