




Location: Upper back
Application: Hay Fever Relief
Indication: Hay Fever
Shape: Two I-strips
Body Position: Sitting / Standing

Others

Acti-Tape Step by Step Instructions: Hay Fever Relief

1.	<ul style="list-style-type: none"> ● Sit or stand in an upright position. Apply an I-strip with a slight stretch on the right side of the spine in line with the shoulder blade. 	
2.	<ul style="list-style-type: none"> ● Round the shoulders and reapply the strip with a slight stretch to form a C as shown. 	
3.	<ul style="list-style-type: none"> ● Repeat this on the left side with the second I-strip. 	
4.	<ul style="list-style-type: none"> ● Smooth down the strips firmly to complete. 	