




Location: Lower Back
Application: Lower Back Pain Relief
Indication: Pain - Lower Back
Shape: Two I-strips
Body Position: Sitting / Standing

Back

Acti-Tape Step by Step Instructions: Lower Back Pain Relief

1.	<ul style="list-style-type: none"> In a sitting or standing position, apply an I-strip towards the shoulder blade, with the end of the strip at the bottom of the spine. 	
2.	<ul style="list-style-type: none"> Repeat this on the other side with a second I-strip to form a V. 	
3.	<ul style="list-style-type: none"> Bend forward. Lift and reapply the other ends of the strips one at a time without stretch, upwards and parallel to the spine. 	
4.	<ul style="list-style-type: none"> Smooth down the strips firmly to complete. Note that when the back is straightened, the strips should wrinkle evenly. 	