




Location: Lower back
Application: Hernia support
Indication: Lower back pain hernia
Shape: Six I strips
Applying position: In sitting position

Acti-Tape - Lower Back - Hernia - Step by Step Instructions

1.	<ul style="list-style-type: none"> Sitting upright with the back slightly arched, apply 2 I strips horizontally, and overlapping each other just below and just above the pain point. 	
2.	<ul style="list-style-type: none"> Then 2 I strips vertically overlapping in a cross. 	
3.	<ul style="list-style-type: none"> Followed by 2 diagonal strips, one in each direction across the center. All the strips must be applied with maximum stretch in the center, then smoothing down towards the ends. 	
4.	<ul style="list-style-type: none"> The final result. 	