




Location:	Lower back	Back
Application:	Lower Back Support / Sacroiliac Joint Pain Relief	
Indication:	Pain - Pelvis / Sacroiliac Joint	
Shape:	Three I-strips	
Body Position:	Sitting	

Acti-Tape Step by Step Instructions: Lower Back Support / Sacroiliac Joint Pain Relief

1.	<ul style="list-style-type: none"> ● Prepare three I-strips of different lengths. ● In a sitting position, apply an I-strip with a slight stretch to the spine as shown. 	
2.	<ul style="list-style-type: none"> ● Apply a second shorter I-strip with a slight stretch below and overlapping 1/3 of the first strip. 	
3.	<ul style="list-style-type: none"> ● Apply the third and longest I-strip with a slight stretch on top and overlapping 1/3 of the first strip. 	
4.	<ul style="list-style-type: none"> ● Smooth down all strips firmly to complete. 	