

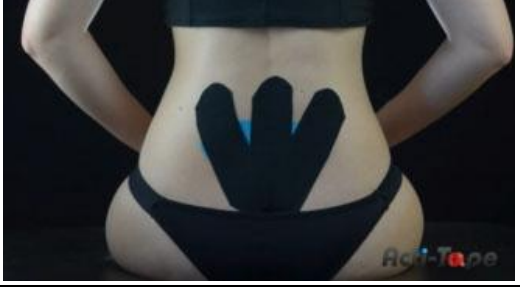



Location:	Lower back
Application:	Low back total support
Indication:	Problems in lower back region
Shape:	Eight I strips
Applying position:	Eight I strips

Acti-Tape - Lower Back - Maximum Support - Step by Step Instructions

1.	<ul style="list-style-type: none"> This technique starts with an upside down triangle (formed by three I strips applied horizontally as shown in the picture) and requires 5 more I strips. 	
2.	<ul style="list-style-type: none"> Place 1 strip vertically from the point of the triangle up the spine stretching slightly and smoothing down firmly. 	
3.	<ul style="list-style-type: none"> Then one strip each side diagonally to form an arrow. 	
4.	<ul style="list-style-type: none"> Lastly apply 2 slightly longer strips, one either side, following the line of the torso with 50% stretch in a upwards direction. Again, smoothing down firmly. 	

5.

- The final result.

