




Location: Abdomen
Application: Menstrual Pain Relief
Indication: Menstrual Pain / PMS
Shape: Three I-strips
Body Position: Lying & Sitting

Abdomen

Acti-Tape Step by Step Instructions: Menstrual Pain Relief

1.	<ul style="list-style-type: none"> In a lying position, relax the abdominal muscles. 	
2.	<ul style="list-style-type: none"> Apply an I-strip without stretch 5cm below the belly button. 	
3.	<ul style="list-style-type: none"> Apply a shorter I-strip without stretch at a right angle to the first strip to form a cross. Smooth down the strips firmly. 	
4.	<ul style="list-style-type: none"> Sit up. Apply the third I-strip without stretch on the lower back in the center of the spine. Smooth down the strip firmly to complete. 	