




Location: Abdomen
Application: Abdominal Support / Pain Relief
Indication: Pain - Abdominal Muscles
Shape: Two I-strips
Body Position: Lying

Abdomen

Acti-Tape Step by Step Instructions: Abdominal Support / Pain Relief

1.	<ul style="list-style-type: none"> In a lying position, apply one end of an I-strip just below the ribcage with the strip pointing towards one side of the navel. 	
2.	<ul style="list-style-type: none"> Apply the second I-strip in the same manner on the other side of the navel. 	
3.	<ul style="list-style-type: none"> Curl up and exhale. Pick up both strips simultaneously and reapply with a slight stretch. 	
4.	<ul style="list-style-type: none"> Return to original lying position. Smooth down the strips firmly to complete. 	