




**Location:** Abdomen  
**Application:** Diaphragm Support  
**Indication:** Shortness of Breath  
**Shape:** Two I-strips  
**Body Position:** Standing

Abdomen

### Acti-Tape Step by Step Instructions: Diaphragm Support

1.	<ul style="list-style-type: none"> <li>In a standing position, raise the arms above the head and breathe out.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>Apply the centre part of an I-strip just below the centre of the ribcage without stretch as shown.</li> <li>Apply both ends of the strip with a slight stretch, following the contour of the ribcage out onto either side of the waist.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>Maintain the same position, breathe normally. Apply another I-strip on the back at waist level. With a slight stretch, apply both ends of the strip to overlap with the ends of the first strip.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>Smooth down the strips firmly to complete.</li> </ul>	