





應用位置： 臀部  
 應用類別： 舒緩坐骨神經痛  
 應用症狀： 疼痛不適 - 坐骨神經痛  
 貼布形狀及數量： 1塊 I 形貼布  
 施貼姿勢： 側身躺臥



Hip

### 活力肌腱貼應用步驟說明: 舒緩坐骨神經痛

1.	<ul style="list-style-type: none"> <li>● 保持側身躺臥，膝關節微彎。把 I 形貼布一端貼於足弓。</li> </ul>	
2.	<ul style="list-style-type: none"> <li>● 提起大腿，把腳掌與小腿維持 90 度角，把貼布沿著腳跟貼於足踝。</li> </ul>	
3.	<ul style="list-style-type: none"> <li>● 回復原來姿勢，把貼布沿足踝貼上小腿外側。</li> </ul>	
4.	<ul style="list-style-type: none"> <li>● 經過膝關節，大腿下方，貼至臀部外側。</li> </ul>	

- 5.
- 接著橫過下背部再往上施貼至脊柱側，把貼布掃平，以緊貼皮膚並完成施貼。
  - 注意貼布不應施貼於脊柱上。



6.	<ul style="list-style-type: none"><li>● 完成圖 - 腿部份。</li></ul>	 A photograph showing a person's leg with a strip of blue Acti-Tape applied along the length of the leg, from the ankle up to the knee. The tape is applied over the tibia. A small Acti-Tape logo is visible in the bottom right corner of the image.
7.	<ul style="list-style-type: none"><li>● 完成圖 - 腰部份。</li></ul>	 A photograph showing a person's waist with a strip of blue Acti-Tape applied across the lower back, just above the hips. The tape is applied over the lumbar region. A small Acti-Tape logo is visible in the bottom right corner of the image.