








**Location:** Hip  
**Application:** Sciatic Pain Relief  
**Indication:** Pain - Sciatic Pain  
**Shape:** One I-strip  
**Body Position:** Lying on the side

Hip

## Acti-Tape Step by Step Instructions: Sciatic Pain Relief

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| 1. | <ul style="list-style-type: none"> <li>● Lying on the side with knees slightly bent, apply one end of an I-strip underneath the arch of the foot.</li> </ul>   |    |
| 2. | <ul style="list-style-type: none"> <li>● Lift the leg and position the foot at a right angle. Apply the strip onto the ankle.</li> </ul>   |  |
| 3. | <ul style="list-style-type: none"> <li>● Return to the starting position, smooth the strip along the outside of the calf.</li> </ul>   |  |
| 4. | <ul style="list-style-type: none"> <li>● Continue past the knee towards the underside of the thigh, across the side of the buttock. Then from the top of the buttock curve the strip towards the spine.</li> </ul> |  |

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| <p>5.</p> | <ul style="list-style-type: none"> <li>● Finish upwards along the side of the spine.</li> <li>● Smooth down the strip firmly to complete.</li> <li>● It is important that the strip does not cover the spine.</li> </ul> |   |
| <p>6.</p> | <ul style="list-style-type: none"> <li>● The final result - lower part.</li> </ul>   |   |
| <p>7.</p> | <ul style="list-style-type: none"> <li>● The final result - upper part.</li> </ul>   |  |