




**Location:** Hip  
**Application:** Hip Pain Relief  
**Indication:** Pain - Hip  
**Shape:** Two Y-strips  
**Body Position:** Lying on the side

**Hip**

**Acti-Tape Step by Step Instructions: Hip Pain Relief**

<p>1.</p>	<ul style="list-style-type: none"> <li>Lying on the side, identify the pain point.</li> </ul>	
<p>2.</p>	<ul style="list-style-type: none"> <li>Apply a Y-strip so that the pain point is at the fork of the strip. Apply the legs of the strip with a slight stretch towards the front of the hip.</li> </ul>	
<p>3.</p>	<ul style="list-style-type: none"> <li>Apply the second Y-strip at a right angle to the first strip so that the pain point is at the fork of the strip. Apply the legs of the strip with a moderate stretch around the area of pain.</li> </ul>	
<p>4.</p>	<ul style="list-style-type: none"> <li>Smooth down the strips firmly to complete.</li> </ul>	