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| Location: | Hip |
| Application: | Hip flexion support |
| Indication: | Problems with the hip flexion, (hip flexor, Iliopsoas muscle) |
| Shape: | One I strip |
| Applying position: | In lying position |

Acti-Tape - Hip Flexor - Step by Step Instructions

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| 1. | <ul style="list-style-type: none"> Place a I strip on the inside of the thigh and then stretched up to the abdomen. Take care to avoid creasing underneath garments. |  |
| 2. | <ul style="list-style-type: none"> Before stretching the strip rotate the leg outwards to stretch the muscle. |  |
| 3. | <ul style="list-style-type: none"> The final result. |  |