





Location:	Bruise location
Application:	Self-taping bruise
Indication:	Bruise
Shape:	Eight thin I strips (each strip about 1-1.5cm width)
Applying position:	In sitting position

Acti-Tape - Thigh - Bruise (Self-taping) - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● We will use as many thin I strips as necessary. In this case we will use 8 strips. Seated on the table with the knee slightly bend and the muscles relaxed. ● Identify the center of the bruise and place the first strip across the thigh, slightly diagonally and to one side of the bruise. 	
2.	<ul style="list-style-type: none"> ● Then another strip parallel on the other side of the bruise. 	
3.	<ul style="list-style-type: none"> ● Further strips are placed outside and parallel to these 2. 	
4.	<ul style="list-style-type: none"> ● Then place a strip at right angles, again slightly to one side of the bruise. ● Keep applying strips to complete a lattice that covers the bruise site. 	

5.

- The final result.

