




Location:	Lower leg back
Application:	Muscle support
Indication:	Problems with muscle
Shape:	One long Y strip (with 2 long legs)
Applying position:	In lying face down position

Acti-Tape - Lower Leg - Calf - Step by Step Instructions

1.	<ul style="list-style-type: none"> With the leg in a face down position, the foot slightly raised on a towel under the ankle, and hanging over the end of the table. Point the foot slightly and apply the base of the Y strip under the heel. 	
2.	<ul style="list-style-type: none"> Point the foot slightly and apply the base of the Y strip under the heel. Move the ankle to a right angle position. Smooth the strip up the back of the heel without stretching the tape. 	
3.	<ul style="list-style-type: none"> Take the legs of the Y, smooth them around the profile of the calf and overlap them at the tips behind the knee. 	
4.	<ul style="list-style-type: none"> The final result. 	