



Location:	Ankle
Application:	Lymphatic swelling support
Indication:	Swelling lymphatic, swelling after sprain or Strain
Shape:	2 octopus strips
Applying position:	In lying position

Acti-Tape - Ankle Swelling / Lymphatic - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● This technique is applied over the area of the swelling and requires 2 octopus strips for each swollen area. ● The end of the Octopus strip is positioned approximately 15 cm up the leg. ● The fingers of the strips are stretched down in a fan shape. 	
2.	<ul style="list-style-type: none"> ● The second Octopus strip is positioned diagonally from the front of the shin, stretching the fingers of the strip to ensure complete coverage of the ankle bump. 	
3.	<ul style="list-style-type: none"> ● The final result. 	