

Location: Hip

Application: Hip Swelling Relief




Indication: Swelling - Hip

Shape: Two Octopus-strips

Body Position: Lying on the side

Hip

Acti-Tape Step by Step Instructions: Hip Swelling Relief

1.	<ul style="list-style-type: none"> Lying on the side, apply an Octopus-strip across the hip with the fingers of the strip towards the back as shown. 	
2.	<ul style="list-style-type: none"> Apply the fingers of the strip one by one without stretch. 	
3.	<ul style="list-style-type: none"> Apply a second Octopus-strip at a right angle overlapping the first Apply the fingers of the strip downwards without stretch. 	
4.	<ul style="list-style-type: none"> Smooth down all the fingers of the strips firmly to complete. Note that the fingers of the strips should cover the entire area of swelling. 	