




Location:	Location of Bruise
Application:	Bruise Relief (Self-Taping)
Indication:	Bruise
Shape:	Eight I-strips
Body Position:	Sitting

Others

Acti-Tape Step by Step Instructions: Bruise Relief

1.	<ul style="list-style-type: none"> ● Prepare eight I-strips, each 1-1.5cm in width. Different numbers of I-strips may be needed depending on the size of the bruise. ● In a sitting position, identify the centre of the bruise and place two I-strips on either side of the centre of the bruise. 	
2.	<ul style="list-style-type: none"> ● Apply another two I-strips parallel to and on both sides of the previous strips. 	
3.	<ul style="list-style-type: none"> ● Apply the remaining I-strips in the same manner diagonally across the previous strips. 	
4.	<ul style="list-style-type: none"> ● Smooth down all strips firmly to complete. ● Note that the I-strips should cover the entire area of bruising. 	