



Location:	Hip	Hip
Application:	Hip Gluteus Muscle Support / Pain Relief	
Indication:	Pain / Weakness - Hip / Gluteus Muscle (Piriformis)	
Shape:	One Y-strip	
Body Position:	Lying on the side	

Acti-Tape Step by Step Instructions: Hip Gluteus Muscle Support / Pain Relief

1.	<ul style="list-style-type: none"> Lying on the side, apply a Y-strip so that the pain point is at the fork of the strip. 	
2.	<ul style="list-style-type: none"> Apply the legs of the Y-strip with a slight stretch around the area of pain. 	
3.	<ul style="list-style-type: none"> Smooth down the strip firmly to complete. 	