




Location:	Upper Arm	Arm
Application:	Upper Arm Swelling Relief (Self-Taping)	
Indication:	Swelling - Arm	
Shape:	One Octopus-strip	
Body Position:	Sitting / Standing	

Acti-Tape Step by Step Instructions: Upper Arm Swelling Relief

1.	<ul style="list-style-type: none"> In a sitting or standing position, place the base of an Octopus-strip on top of the shoulder with the fingers pointing downwards. 	
2.	<ul style="list-style-type: none"> Apply the fingers of the strip one by one without stretch, over and around the upper arm muscle with even spacing in between. 	
3.	<ul style="list-style-type: none"> Note that the fingers of the strips should cover the entire area of swelling. 	
4.	<ul style="list-style-type: none"> Smooth down all the fingers of the strips firmly to complete. 	