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## BACK &amp; NECK APPS

For more applications, visit [strengthtape.com](http://strengthtape.com).



Avoid stretching the ends of the tape.



After applying, firmly rub the tape to activate the adhesive.

### SPINE/BACK PAIN 2 Strips + Partner + Leaning forward



1 Cut 1 full strip in half and round the corners to make 2 short strips.

2 Apply the 1st half-strip with 75% stretch directly over the point of pain.

3 Apply the 2nd half-strip with 75% stretch making an 'x' with the 1st strip. Firmly rub to activate adhesive.

4 Repeat steps 1-3 with another full strip. Make a star over the point of pain.

### LOWER BACK 2 strips + Partner + Leaning forward



1 Start with leaning forward to stretch the lower back comfortably.

2 Apply the 1st strip with 75% stretch over the area of pain across the back.

3 Apply the 2nd strip with 75% stretch just below the 1st over the area of pain across the back.

4 Firmly rub to activate adhesive.

### NECK STRAIN 3 Strips + Partner + Bend neck forward



1 Measure 3" down from hairline and anchor the bottom end on side of spine. Follow the tape up, parallel with the spine with 25% stretch.

2 Apply the 2nd strip in the same manner on the other side of the spine with 25% stretch.

3 Apply the 3rd strip across the neck and shoulders over the point of pain with 75% stretch.

4 Firmly rub to activate adhesive.



Check out easy-to-follow videos at [strengthtape.com](http://strengthtape.com)

### OTHER APPLICATIONS INCLUDE:

Rib Pain	IT Band	Hip Flexor
Abdominal	Plantar Fasciitis	Ribs
Mid Back	Jumper's Knee	Rotator Cuff
SI Joint	Carpal Tunnel	Tennis Elbow
Osgood Schlatter	Joint Support	<i>Many more...</i>