

2 ELBOW & WRIST APPS

For more applications, visit strengthtape.com.



Avoid stretching the ends of the tape.



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

GENERAL ELBOW 2 Strips + Elbow at 90°



1 Anchor first strip on the side of the forearm.

2 With 50% stretch, follow the outside of the elbow and anchor under the arm.

3 Anchor the 2nd strip next to the 1st anchor point. Make sure to anchor on skin, not tape.

4 Mirror step 2 by applying 50% stretch on the inside of the elbow and anchor on the arm. Firmly rub to activate adhesive.

TENNIS ELBOW 2 Strips + Scissors + Partner + Elbow at 90°



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

2 Place the first half strip at 75% stretch over the point of pain.

3 Place the second half strip over the point of pain at 75% stretch, making an 'x' with the first strip.

4 Anchor a full strip on the outside of the upper arm. Bend the tape to follow the arm over the point of pain and onto the forearm at 25% stretch.

WRIST PAIN 2 Strips + Scissors + Partner + Palm down and wrist bent



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

2 Apply it directly over the wrist with 75% stretch.

3 Apply the 2nd half-strip with 75% stretch on the bottom side of the wrist mirroring the first.

4 Anchor 2nd strip on top of the hand. With the hand bent down, apply the rest of the strip with 25% stretch up the arm. End tape with 0% stretch.



Check out easy-to-follow videos at strengthtape.com

OTHER APPLICATIONS INCLUDE:

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|------------------|-------------------|--------------|
| Carpal Tunnel | IT Band | Hip Flexor |
| Golfer's Elbow | Plantar Fasciitis | Ribs |
| Bicep/Tricep | Jumper's Knee | Neck Strain |
| Calf Strain | Shin Splints | Rotator Cuff |
| Osgood Schlatter | Joint Support | Many more... |