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MUSCLE APPS

For more applications, visit strengthtape.com.



Avoid stretching the ends of the tape.



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

QUAD/FRONT OF THIGH 2 Strips + Stretch the quad



1 Anchor the 1st strip above the knee toward the outside of the leg.

2 Apply 25% stretch up the leg. Anchor the end with zero stretch.

3 Apply the second strip on the inside of the leg. Mirror the first strip with 25% stretch up the leg.

4 Firmly rub to activate adhesive.

HAMSTRING/BACK OF THIGH 2 Strips + Partner + Stretch the hamstring



1 Anchor the 1st strip above the inside back of the knee.

2 Continue up the back of the thigh with a 25% stretch. Anchor off tape with zero stretch.

3 Mirror the 1st strip by anchoring the 2nd strip next to the 1st strip and continuing up the thigh with a 25% stretch.

4 Firmly rub to activate adhesive.

CALF STRAIN 2 Strips + Partner + Stretch calf



1 Anchor below point of pain on calf.

2 Stretch 25% up the side of calf. Anchor tape with zero stretch.

3 Mirror the first strip on other side of calf creating a 'v' shape.

4 Firmly rub to activate adhesive.



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

OTHER APPLICATIONS INCLUDE:

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|------------------|-------------------|---------------------|
| Gluteus Pain | IT Band | Hip Flexor |
| Groin | Plantar Fasciitis | Ribs |
| Achilles Tendon | Jumper's Knee | Neck Strain |
| Rotator Cuff | Carpal Tunnel | Tennis Elbow |
| Osgood Schlatter | Joint Support | <i>Many more...</i> |