

# UPPER BODY TAPING GUIDE

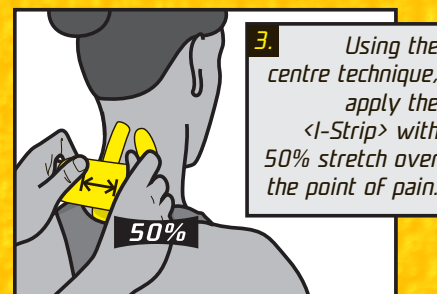
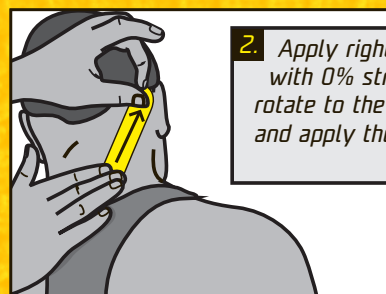
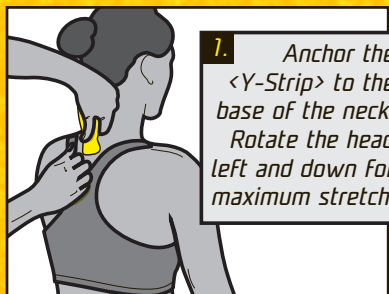
**SPORTTAPE** 

SPORTTAPE FLEX is a dynamic elasticated cotton tape that depending on the application can help aid recovery, assist performance & prevent injury. To help you get the maximum benefits we've created this simple application guide.

SPORTTAPE FLEX can last up to 5 days, depending on the application and activity. From our experience, applications on the feet and hands will last 2-3 days whilst applications on larger muscle groups can last 3-5 days.

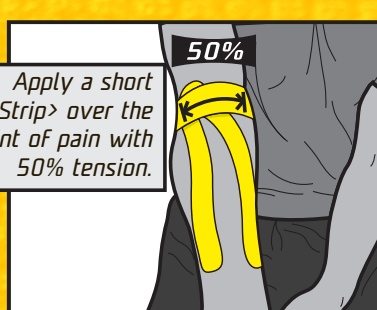
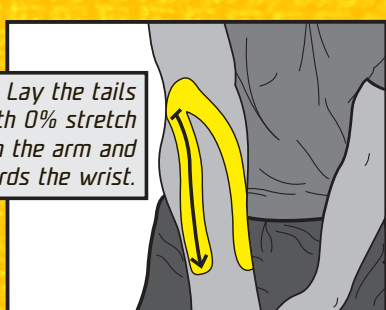
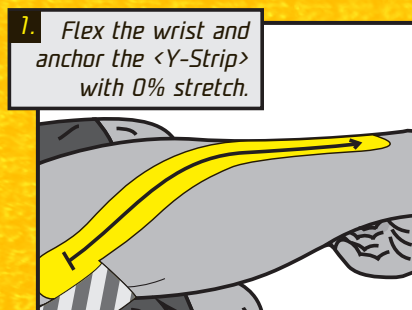
## NECK PAIN

Requires: 1x Short <I-Strip> 1x Short <Y-Strip>  
Position: Standing or Seated



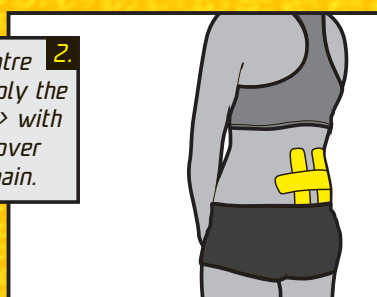
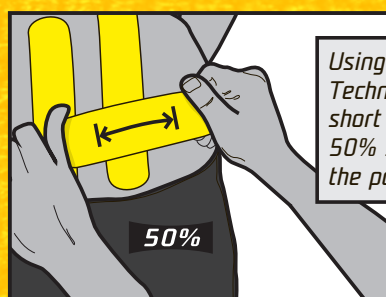
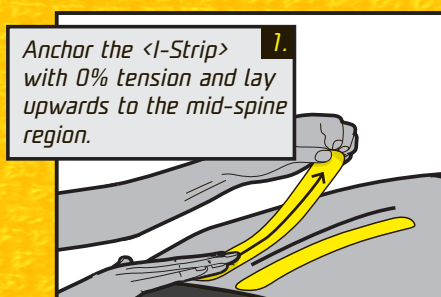
## TENNIS ELBOW

Requires: 1x Long <Y-Strip> 1x Short <I-Strip>  
Position: Standing



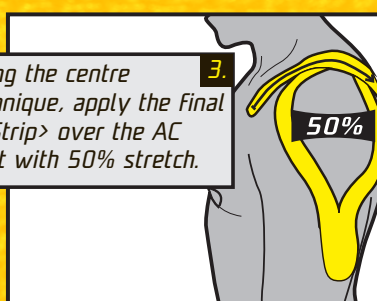
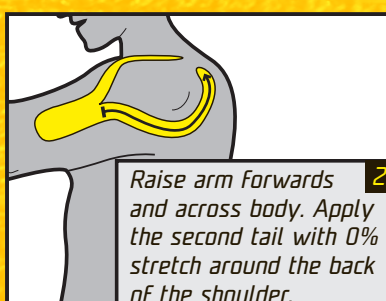
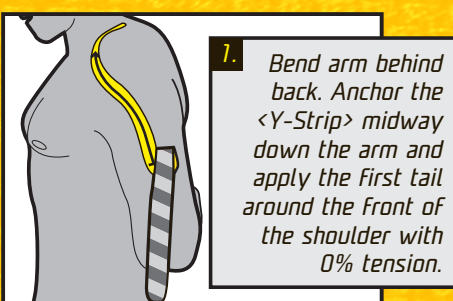
## LOWER BACK

Requires: 2x Long <I-Strip> 1x Short <I-Strip>  
Position: Standing and Bent Over



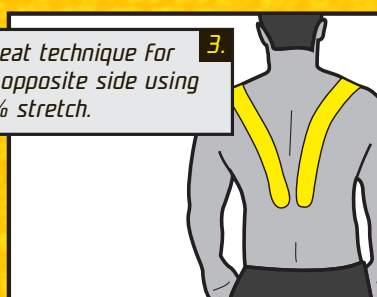
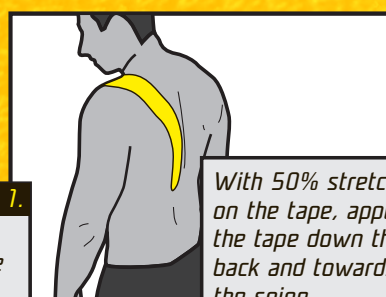
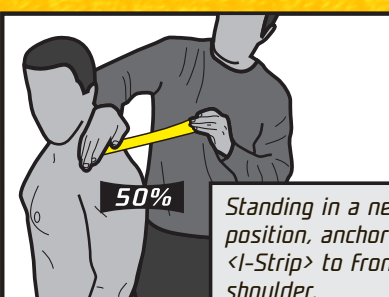
## AC JOINT

Requires: 1x Long <Y-Strip> 1x Short <I-Strip>  
Position: Standing



## POSTURE

Requires: 2x Long <I-Strip>  
Position: Standing



## Top Tips



Round the corners of the tape before applying to skin.



Start with clean dry skin, and preferably trimmed or shaved hair.



Never apply to broken or frail skin.



Apply 30 minutes before activity.



Handle the backing paper, not the glue.



Gently remove the tape from skin.



Check out our application videos at [www.sporttape.co.uk](http://www.sporttape.co.uk)

FOR MORE TAPING GUIDES VISIT [WWW.SPORTTAPE.CO.UK](http://WWW.SPORTTAPE.CO.UK)



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DISCLAIMER  
The instructions we provide here and on our website are for illustrative purposes only. They are not meant to replace professional medical advice. If you are suffering from a medical problem you should immediately contact your physician. Muscular and skeletal problems are often indicative of serious health issues and you should seek treatment from your doctor or therapist. Cancer patients should not use SPORTTAPE and do not use on the abdomen if pregnant. Warranties and remedies are limited to replacement cost.