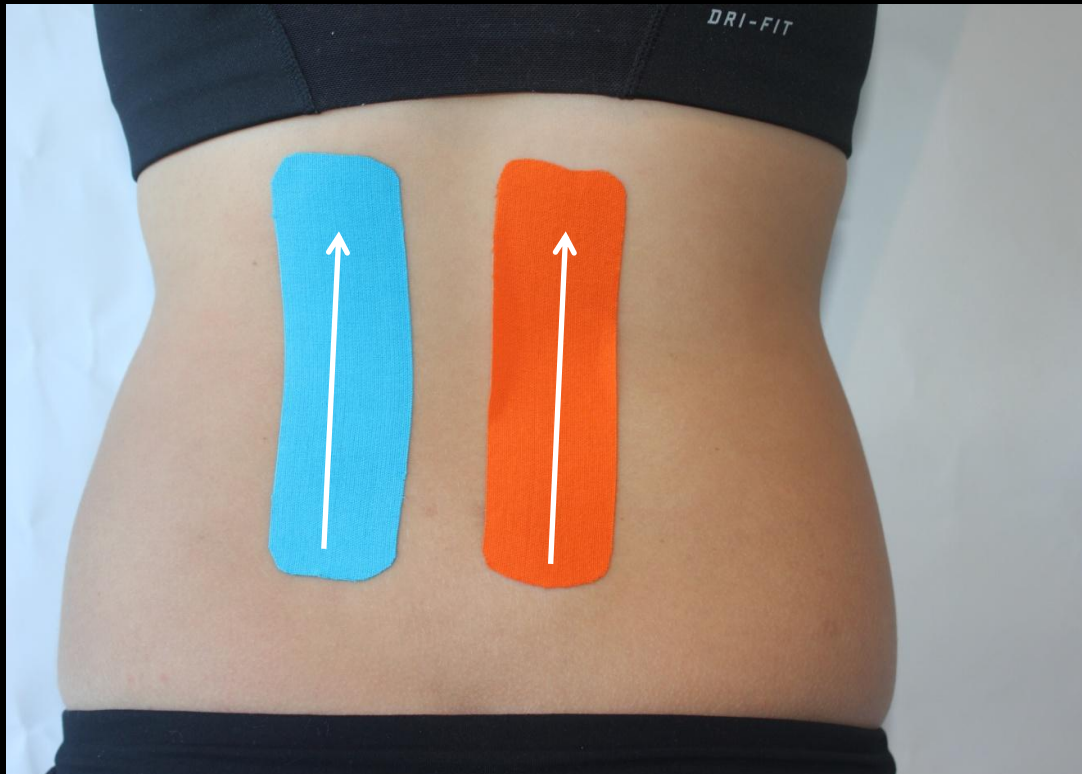




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Back Pain 1



Step 1. Bend over to apply tape

Step 2. Apply Tape to the lower back area parallel to the spine

Step 3. Then apply another strip of same size on the direct opposite of the spine

Note: Only apply tape bent over do not stretch tape.

This will require assistance from a 2nd person to apply



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Back Pain 2



Step 1. Apply Tape to area of dimples on the lower back

Step 2. The apply another strip of same size just above



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Back Pain 3



Step 1. Bend over to apply tape

Step 2. Apply 'I' piece of tape across the lower back

Step 3. Then apply another 2 strips in an X formation (as shown)