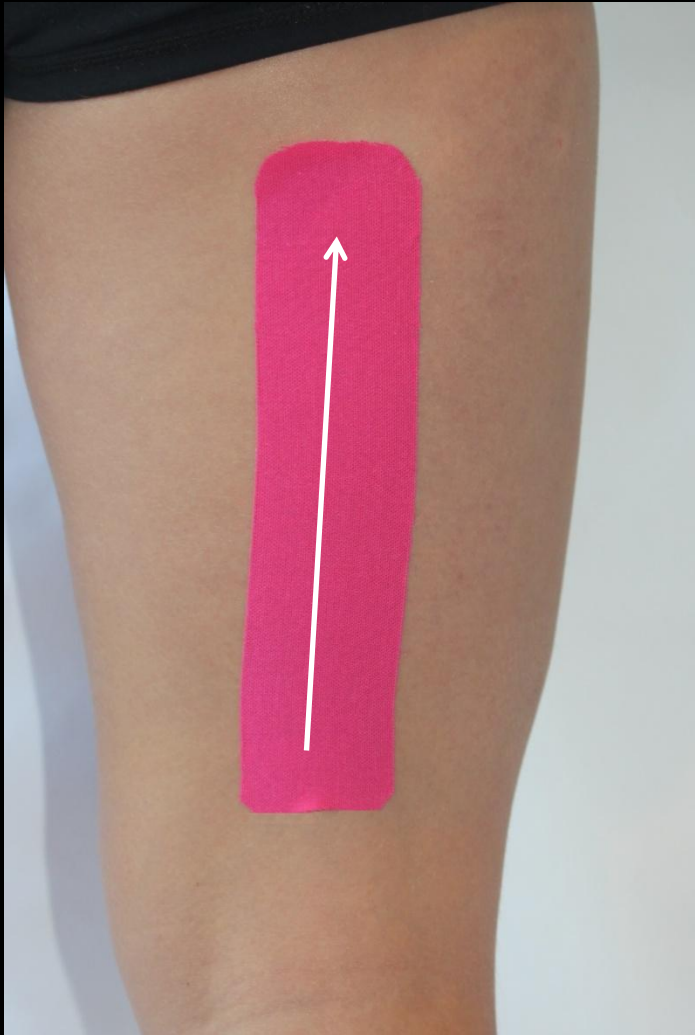




SUPPORTGUARDS AUSTRALIA

# Hamstring



**Step 1.** Cut Tape to correct length in an 'I' Shape

**Step 2.** Start taping above the knee joint on the back of leg and run tape up the back of the thigh

Note: You may need a partner to assist taping  
Do not stretch tape