

PERFORMANCE MEETS SCIENCE™



Tape

LOW BACK PAIN



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1 Lean forward at hips and keep knees straight.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2

Anchor middle portion of full-strip across most intense point of pain with 50% stretch.



3

Lay each end down with no stretch.



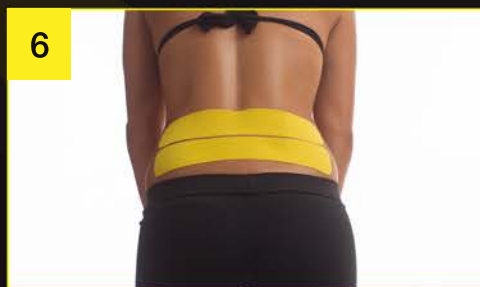
4

Repeat with full-strip above or below first strip with 50% stretch to fully cover pain.



5

Lay each end down with no stretch.



6

Rub application well to securely fix all edges to skin