

PERFORMANCE MEETS SCIENCE™



Tape TRICEP



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1

Sit with arm at side.



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 full-strip on back of shoulder with no stretch.

3



Reach behind head to opposite shoulder.

4



Apply with 25% stretch over triceps making sure to cover most intense point of pain.

5



Lay end down with no stretch.

6



Rub application well to securely fix all edges to skin.