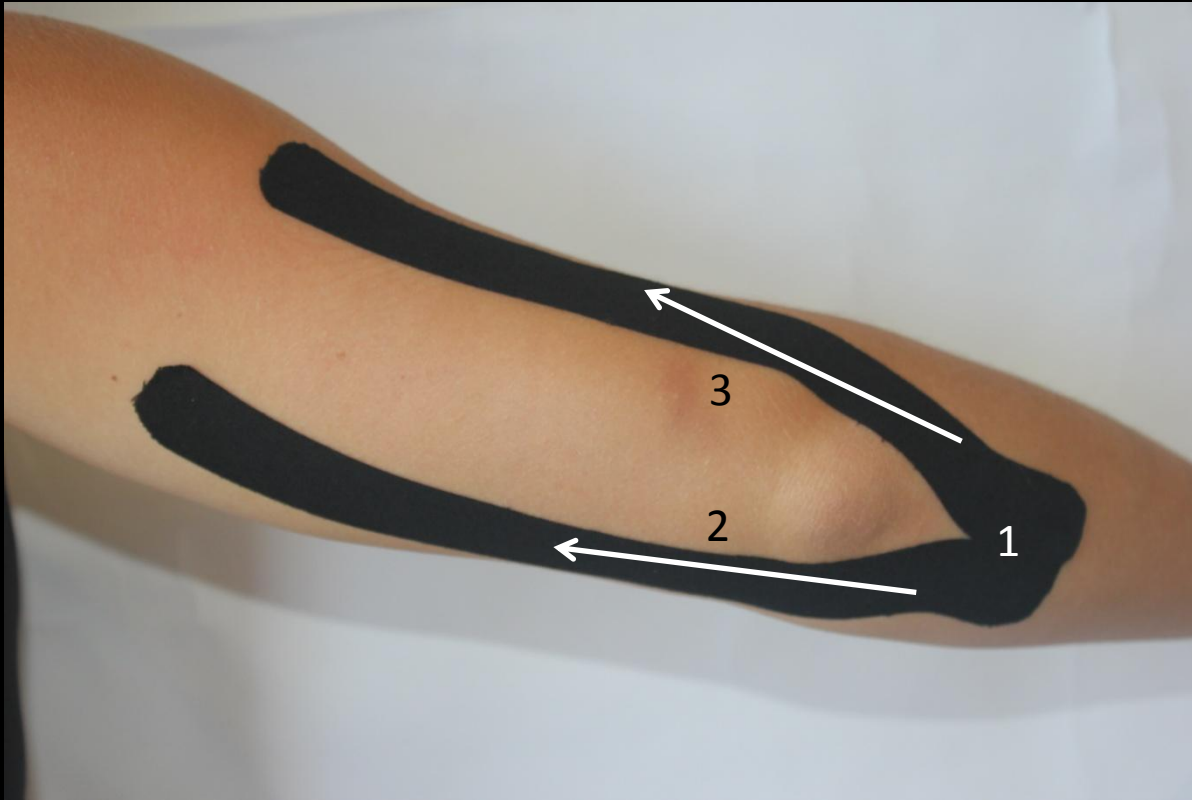




Elbow Pain



Step 1. Cut Tape to correct length then in a 'V' – Shape

Step 2. Tear tape off at the bottom of the 'V' & place below Elbow joint

Step 3. Then 1 strip at a time remove backing tape and place around the Elbow and up the arm as shown

Note: Elbow should be slightly bent
Taping may require partner to assist