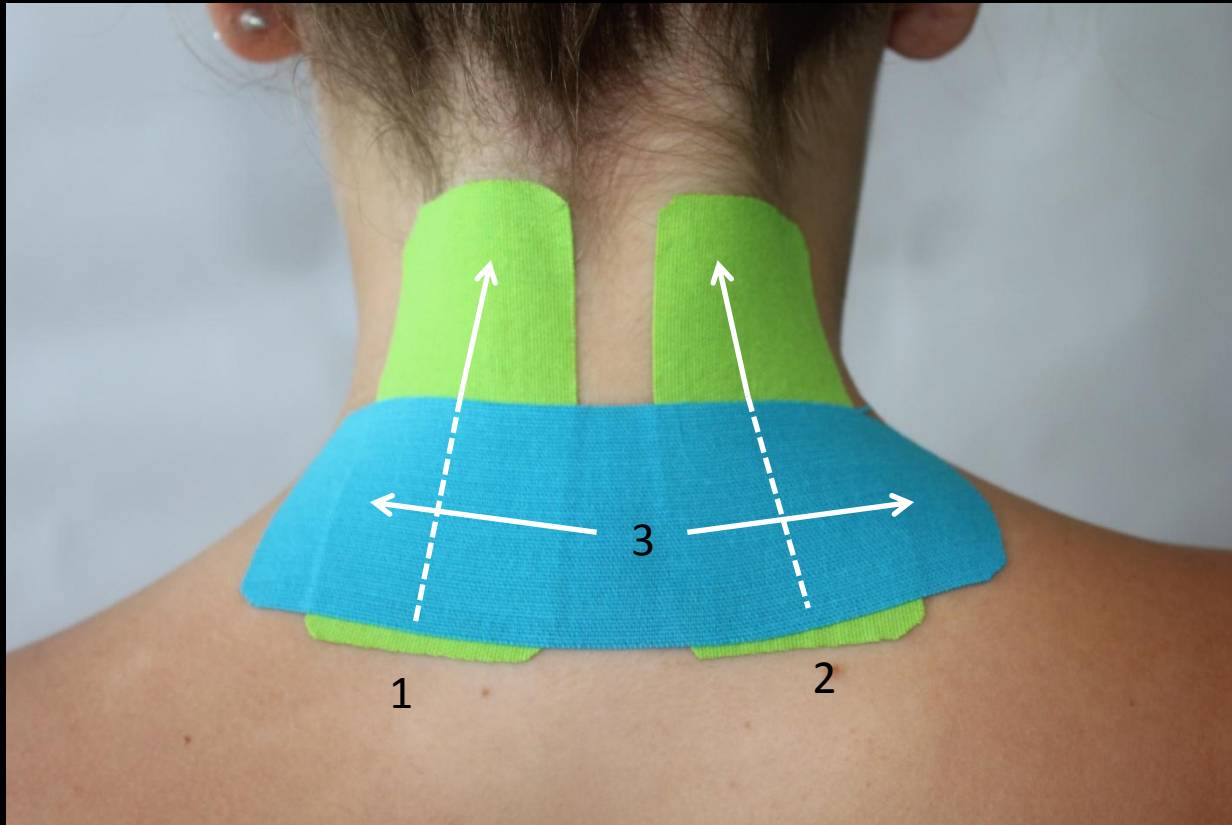




Neck Pain



Step 1. Cut 2 'I' strips to correct length

Step 2. Place 1 strip on either side of the spine (1) & (2)

Step 3. Then place a 3rd strip (3) breaking backing tape in the middle and applying outwards from middle of the spine

Note: Do not stretch tape