

Mid Back Taping

For Mid Back Pain/Support

HOW CAN HEALI HELP?

- Menthol for temporary pain relief
- Magnesium to promote healing
- Tape to help with Stability, Decrease swelling and help improve Muscle Function



WHY IS THIS HAPPENING?

Many possible reasons such as : Muscle Pain due to Overuse, Bad Posture (ie-prolonged sitting) , Trauma, Repetitive movements such as pulling, straining, reaching, twisting, Swelling around the area etc..

WHAT IS CAUSING THIS?

Many possible reasons such as :Overuse , Muscle Imbalances, Soft tissue injuries



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WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

(2) x FULL STRIPS



1

2

STEP 1

Bend forward leaning on
a bench so back is
rounded



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STEP 2

(A) Tear the Backing Strip in Centre

(B) Peel the Backing Paper - Moving From the Centre Outwards.

Be careful NOT to touch the tape

(C) Familiarize yourself with Working Zones and Anchor Zones of Tape (Avoid the tape stretching in the Anchor Zones)

AFTER APPLYING TAPE BE SURE TO RUB TAPE TO ACTIVATE INGREDIENTS AND HELP WITH STICK

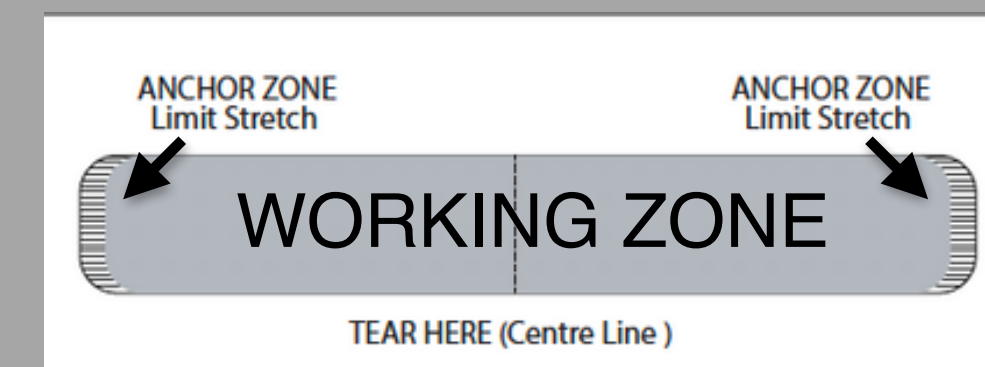
A



B



C



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STEP 4

STRIP 1

Place one strip on one side of the spine a few inches below the area of pain and run straight up towards head along the muscles to the side of the spine



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STEP 4

STRIP 2

Place second strip on other side of spine a few inches below the area of pain and run straight up towards head along the muscles to the side of the spine

