

Low Back Taping

For Low Back Pain

HOW CAN HEALI HELP?

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

WHY IS THIS HAPPENING?

Many possible reasons such as : Muscle Pain due to Overuse, Bad Posture, Repetitive movements such as pulling, straining, reaching, twisting, and bending, Swelling around the area etc..

WHAT IS CAUSING THIS?

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



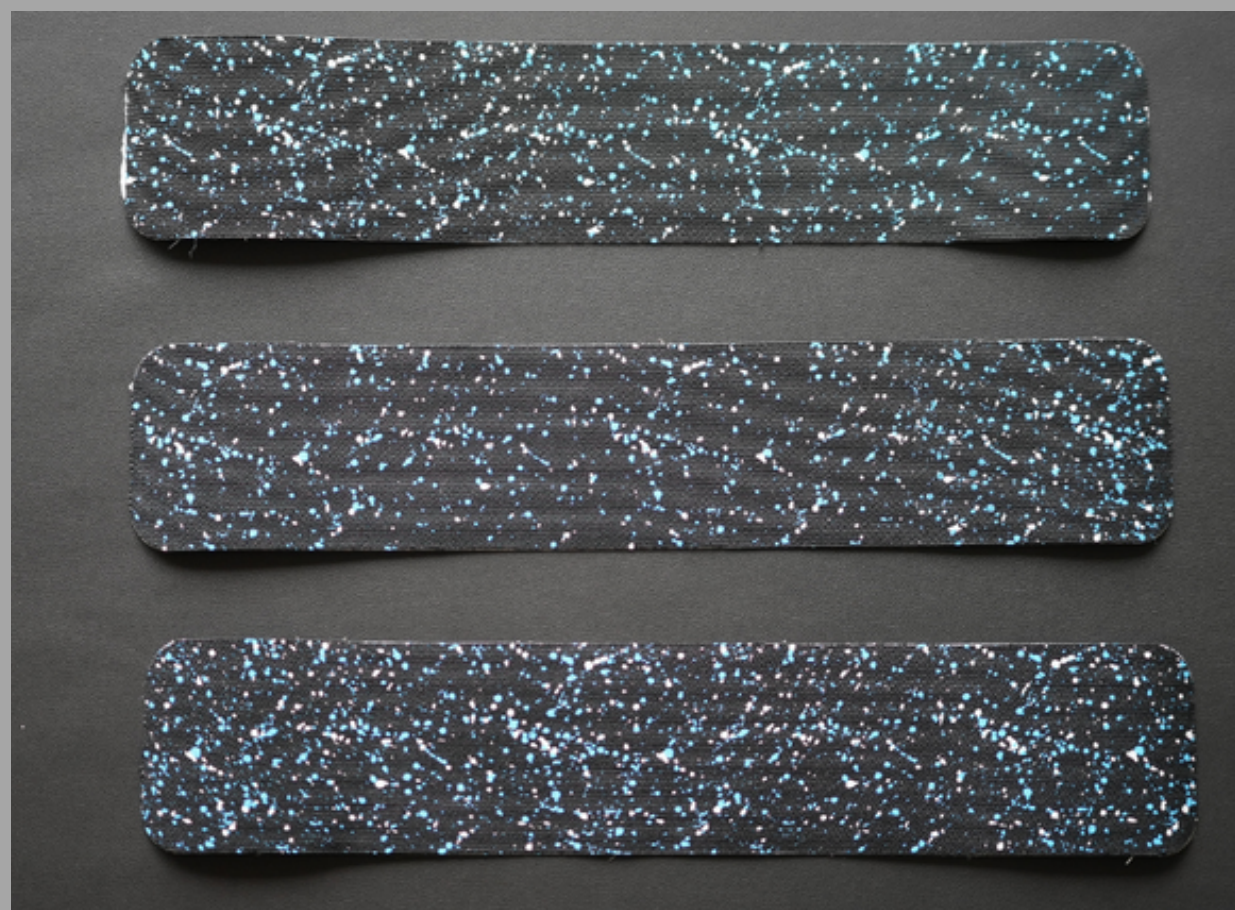
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WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

(3) x FULL STRIPS



STEP 1

Plan/Measure the taping area
-Measure a Strip from Belt line
upwards to the lower back on both
sides of the spine

A



B



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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

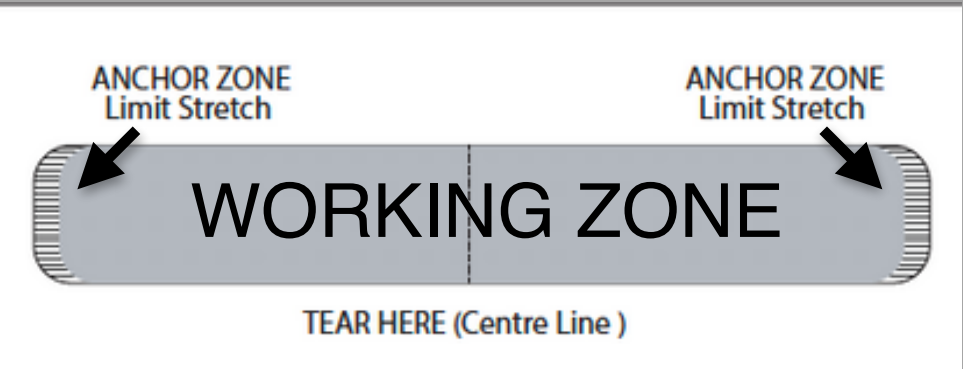
A



B



C



STEP 3

- Bend over from waist and round upper back like a Cat To Apply Tape
- It might help to hold onto something such as a chair, table or couch as bending forward



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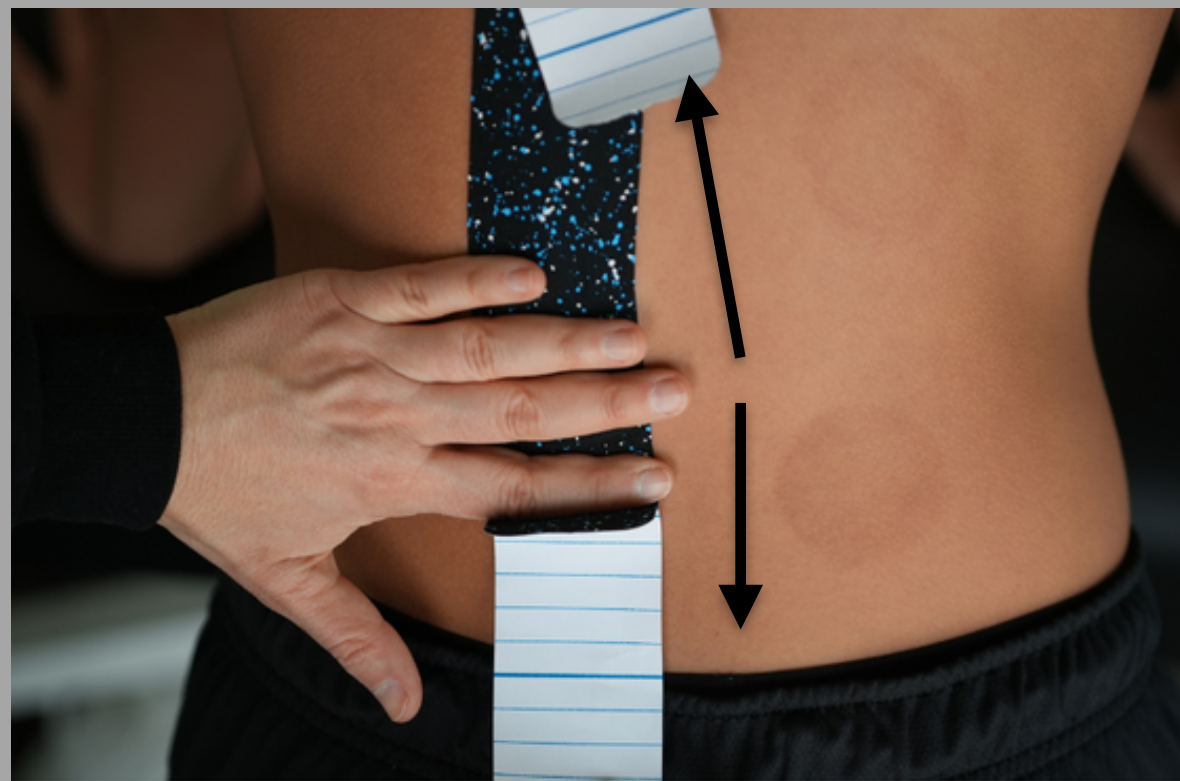
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STEP 4

(A) APPLY 1 X FULL STRIP Vertically to the Left of the spine - Note - Be Careful to avoid taping over the spine (strip should be placed just beside)

(B) APPLY 1 X FULL STRIP Vertically to the Right of the spine - Note - Be Careful to avoid taping over the spine (strip should be placed just beside)

A



B



B



B



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STEP 4

(C) APPLY 1 x FULL STRIP horizontally across the most sore area of the spine – be sure to stretch tape approx 50% across low back when applying horizontal strips - This will make an H Pattern

(D) OPTIONAL: Take another full strip and apply Horizontally above or below the first horizontal strip (C) to provide extra reinforcement

- Anchor the final 2 inches (5cm) with no stretch (Anchor Zone)

C



C



C



D



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