

Neck/Upper Back

For Neck/Upper Back Pain

HOW CAN HEALI HELP?

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

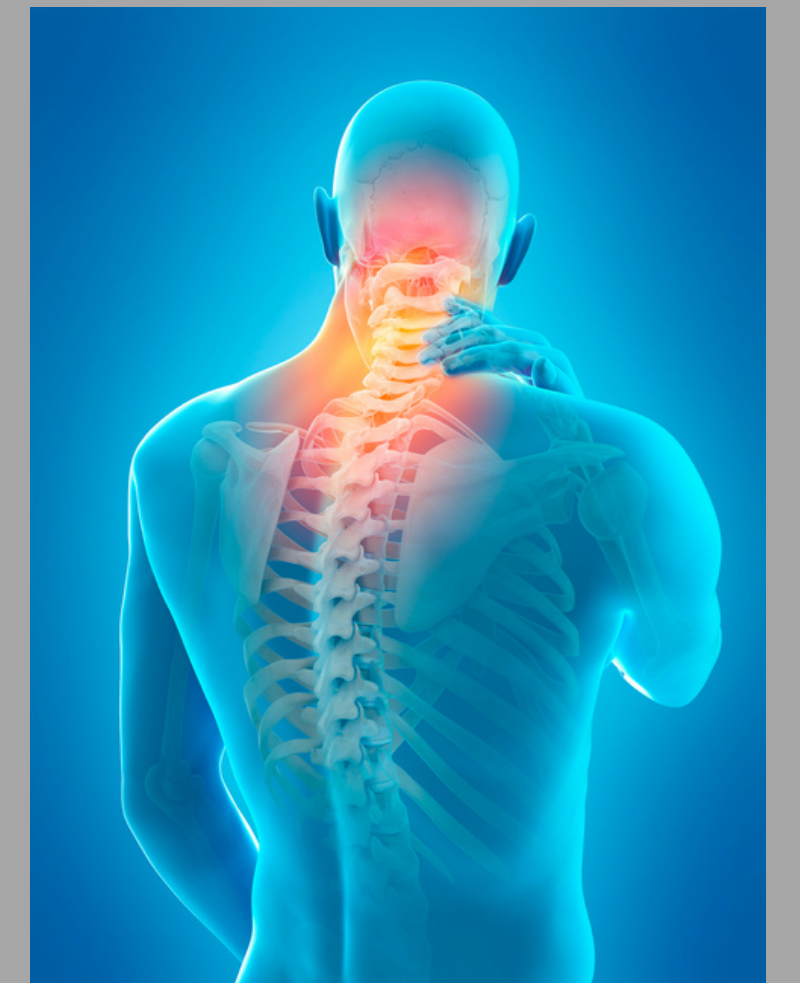


WHY IS THIS HAPPENING?

Many possible reasons such as : Muscle Pain due to Overuse, Bad Posture (looking down for long periods), Stress, Trauma, Sleeping, Repetitive movements, Swelling around the area etc..

WHAT IS CAUSING THIS?

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



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WHAT YOU NEED?

Clean Body Part Before Applying
(no Oils or Lotions)

(3) x FULL STRIPS



1

2

3

STEP 1

Start in a seated position and bend
head down towards chest



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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

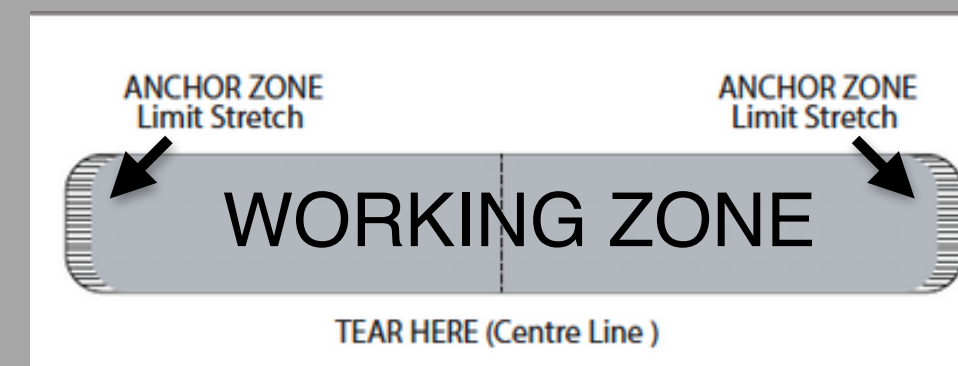
A



B



C



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STEP 3

(A) Place 1st strip on one side of the spine – Upper portion should be mid way up neck and not touching hair (a few inches below hair line) - anchor other end down the back

A



STEP 4

(B) Place 2nd strip on other side of the spine – matching the first strip in height

B



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STEP 5

(C) Place 3rd strip across the other 2 strips and over neck pain area - stretch over the trapezius muscles and down towards the shoulders

