

# Hamstring

## For Hamstring Leg Pain

### 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, Hamstring injury (Sprain), cramping, swelling etc..

### WHAT IS CAUSING THIS?

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





# Hamstring

## For Hamstring Leg Pain

### WHAT YOU NEED?

Clean Body Part Before Applying  
(no Oils or Lotions)

(2) x FULL STRIPS



1

2

### STEP 1

With a slight bend from the trunk, lean forward on a bench with affected leg completely straight. Heel and foot should be planted on ground. This position will bring the Hamstring to a stretched position.



# Hamstring

## For Hamstring Leg Pain

### 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**

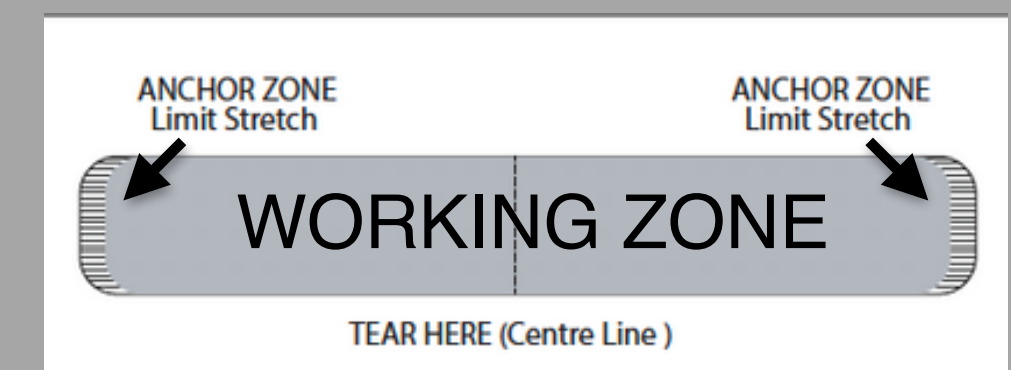
A



B



C





# Hamstring

## For Hamstring Leg Pain

### STEP 3

(A) Take a full strip - place lowest anchor point above knee on inside (medial aspect) of Hamstring (avoid taping back of knee)

Stretch slightly and apply tape up in a straight line towards buttocks

(B) Full strip size - 2nd strip – Repeat STEP A but on outside of Hamstring (lateral aspect)

