

# DYNAMIC TAPE APPLICATION TIPS



Click & watch the safe application video



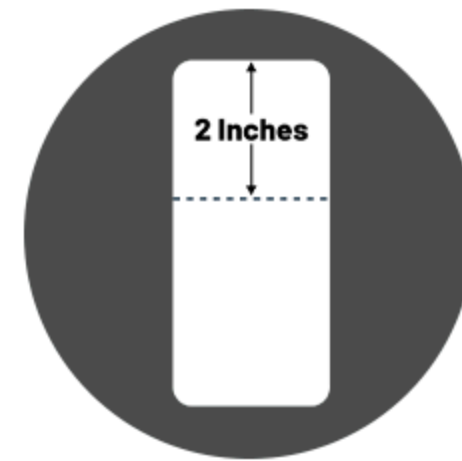
Apply on clean and dry skin



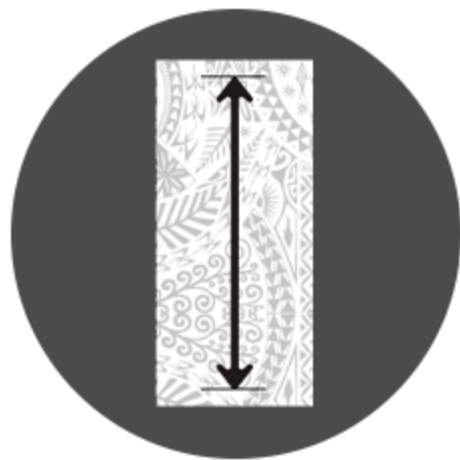
Trim excess hair



Round corners of the tape to reduce lifting or peeling



Leave 2 inches of tape with no tension



Don't overstretch



Press and hold – better than rubbing



End on skin, not on tape



Apply one hour before activity