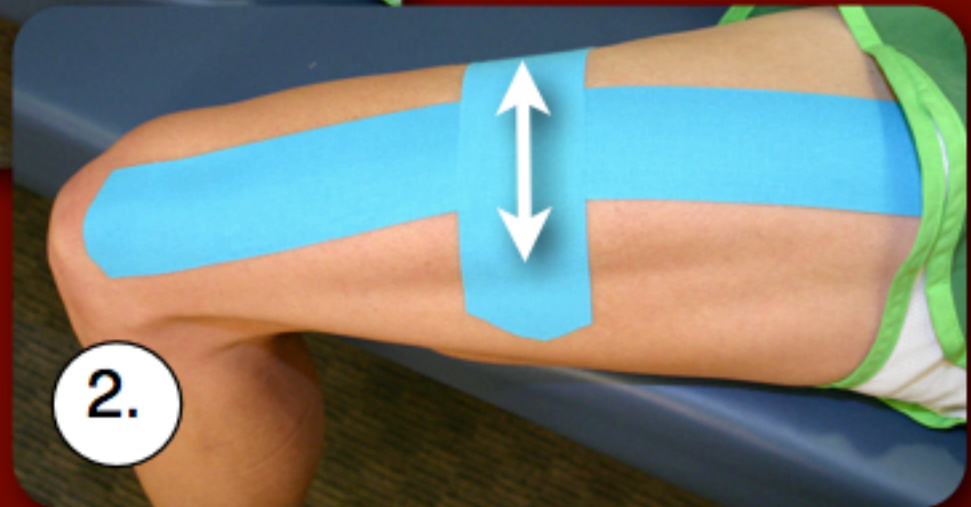
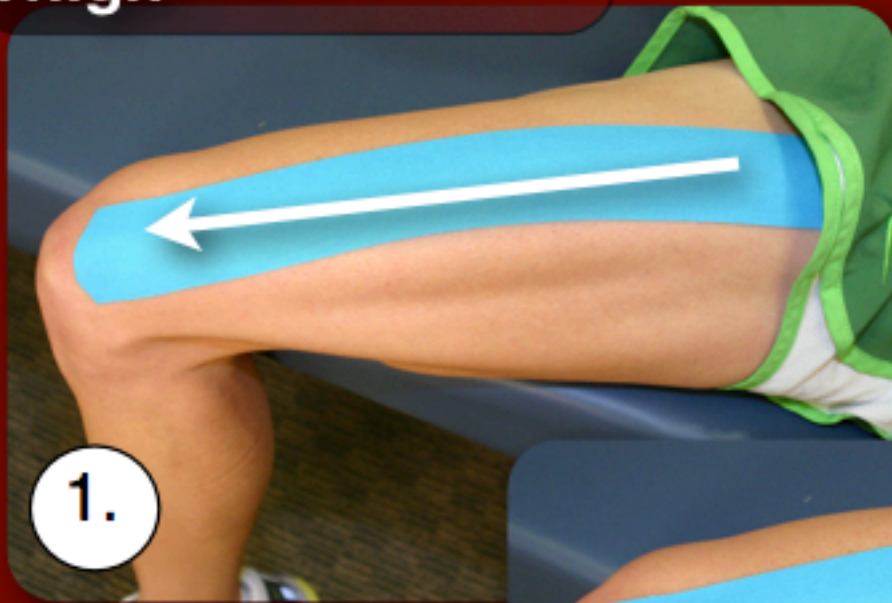


Thigh



1. Lie down and drop leg over table/bed and flex knee. Anchor stabilization tape at top of thigh and run to area above knee. Apply little to no stretch.

2. Apply decompression tape on thigh bisecting area of pain/fatigue. Stretch tape 50-75% in middle, with no stretch at ends.