



# BACK

For upper back pain:



Taping both sides of the spine will offer increased support for more healing:



Upper body placement to strengthen the upper extremities and shoulders:



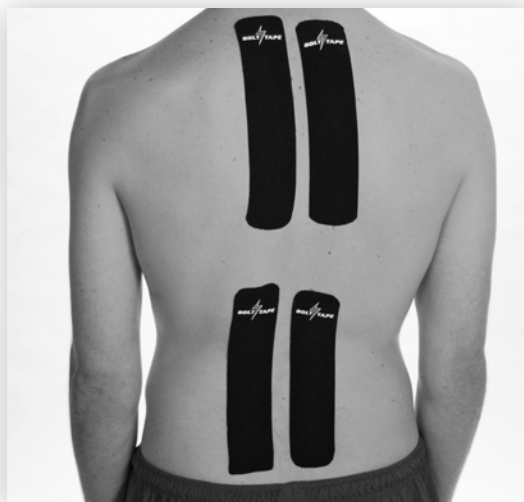
Lower back placement to improve strength and recovery to hip muscles & lower body.



One sided taping for specific pain to that side:



Taping both sides of spine on upper and lower back will improve strength and recovery for entire back:

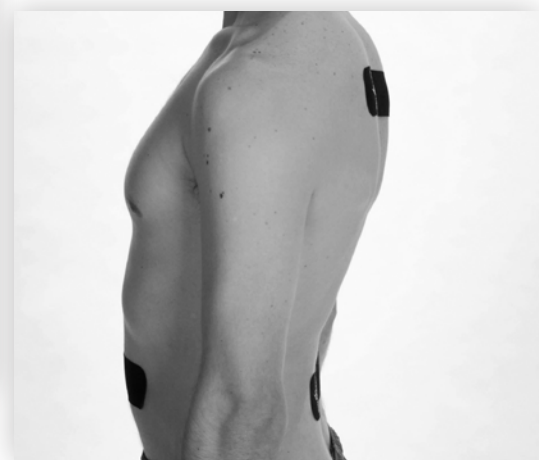


# CORE

Taping over abdomen will strengthen and provide energy to the core muscles.



Taping front and back will offer energy to the front and back of the body.



Placement on the upper and lower back will offer pain relief and energy to the upper and lower extremities.

