

APPLICATION INSTRUCTIONS

INJURY: HAMSTRING

SHAPE: 



TIME IT RIGHT

Physio Hybrid Shapes™ can be applied at any time. When participating in athletics or fitness, apply 1-2 hours before beginning activity.



CUSTOMIZE STRETCH

For optimal performance, pull taut with no stretch when performing high intensity athletics. Mild stretch (no more than 1/2") for daily wear or moderate to light athletics.



PREP SKIN COMPLETELY

Thoroughly wash and dry area to remove oils, moisture or dirt from skin. Shorten any hair present through trimming or remove with shaving. Apply with skin and the RAPIDFORCE shape at room temperature.



SECURE BOND

Once shape is applied, rub vigorously to activate and maximize adhesive bond to skin.



1. **Apply the center of the X.** Peel off the backing of the center of the X and place to center of rear of thigh. Press to secure bond.



2. **Apply the lower arms of the X.** Peel off the middle backing of one of the lower arms of the X, leaving the end tab in place. While stabilizing the center with one hand, customize stretch for level of activity, and place toward outer back of knee. Smooth the fabric onto the skin moving from the center of the X outwards. Remove the backing from the end tab and place on the skin (do not stretch this small piece). Press over the entire arm of the X for about 10 seconds to secure bond. Apply the other lower arm of the X in the same fashion in the opposite direction.



3. **Apply the upper arms of the X.** Apply one upper arm towards the inside of the thigh and the other towards the outside of the thigh. Apply both lower arms using the same application approach as described in step #2.



4. The RAPIDFORCE PHS should look like the image shown when it has been applied.



REMOVE SLOWLY

To remove pull from the end of strip to the center. If hair is present, to reduce discomfort, pull in the direction of the hair's growth.

Tip: For easier removal, remove in shower using mild soap and warm water.

This is a single use product. Discontinue use immediately if your pain increases or your skin reacts. Do not use a heating pad with this product. Do not place product over an open wound.