

# APPLICATION INSTRUCTIONS

INJURY: IT BAND SYNDROME

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. **Locate bony bump on the outer edge of the knee (known as Gerdy's Tubercle).**



2. **Apply the center of the V.** Peel off the backing of the center of the V and place over bump. Press to secure bond.

3. **Apply arms of the V.** Peel off the middle backing of the outer arm of the V, leaving the end tab in place. While stabilizing the center with one hand, customize stretch for level of activity and place upward alongside the IT band as shown. Smooth the fabric onto the skin moving from the center of the V 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 V for about 10 seconds to secure bond.



4. **Apply the second arm of the V.** Apply the other arm of the V in the same fashion as described in Step #3 in the opposite direction.



5. 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.*