

APPLICATION INSTRUCTIONS

INJURY: LOWER BACK

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. **Press around your lower back to find the main area of pain.**



2. **Apply the center of the Star.** With a slight bend in the back (do not create pain), peel off the backing of the center of the Star and place directly over the area of most pain. The small arms of the Star should be oriented to align with the spine. Press to secure bond.



3. **Apply the arms of the Star.** Peel off the middle backing of one of the arms of the Star, leaving the end tab in place. While stabilizing the center with one hand, customize stretch for level of activity and place straight out from the center. Smooth the fabric onto the skin moving from the center of the Star 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 Star for about 10 seconds to secure bond. Repeat for all arms of the Star.



4. The RAPIDFORCE PHS should look like the image shown when it has been applied. Images show variations in application positions based on area of highest pain.



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.