

Acti-Tape®

Quick Guide to
Common Applications

活力肌腱貼
常用簡易施貼指南



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活力肌腱貼 常用簡易施貼指南

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Quick Guide to Common Applications

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Points to note when applying Acti-Tape

Stretch of Acti-Tape

When applying Acti-Tape, the working part (middle part of the tape) can be applied with maximum stretch if required. Leave about 2-5cm of tape at each end un-stretched. This avoids shearing tension to the skin at the ends and consequent redness or soreness caused by that force on the skin when the tape is used for extended periods of time.

Round-off corners before applying

Before applying Acti-Tape, use scissors to round-off the corners at each end of the tape. This makes it less easy for the tape to be accidentally peeled away when a corner is 'rubbed' off.

Technique for applying on the skin

Clean and dry skin before application. The adhesive used on Acti-Tape is activated by body heat. The position of the tape may be adjusted initially but once in place as required, apply pressure by rubbing on the surface of the tape in one direction (avoiding lifting any corners) to ensure proper adhesion. It is not recommended to re-apply / re-position the tape after application as it will not stay on firmly. Allow tape to 'set' for at least 45 minutes before commencing activity. If activity is water based, apply 60 minutes before activity as body warmth improves adhesion.

Precaution

Learning how to apply Acti-Tape is not difficult. Using it properly can help with managing conditions efficiently and effectively. For long term, persistent, recurring symptoms or in the event of any uncertainty, seek proper medical advice before use. Stop use immediately in event of any allergic reaction or if excessive redness occurs.



活力肌腱貼使用技巧及注意事項

活力肌腱貼的拉展技巧

使用活力肌腱貼時，如需把貼布的中段盡量拉展，用者必需先預留貼布的两端約 2-5cm 的長度無需拉展，以避免皮膚有可能因貼布兩端的拉力而引起的紅腫不適。預留不拉展部份依據使用位置所用長短不一而定，愈長的貼布需預留部份愈長。

貼布四角剪成圓角

使用活力肌腱貼前，建議把貼布四角剪成圓角，這樣可以讓貼布更穩固地黏貼在皮膚上，同時亦可減低貼布的四角因磨擦而卷起脫落的機會。

固定貼布技巧

使用前請先確保皮膚表面清潔及乾爽。活力肌腱貼的黏力會由身體熱力所引發。貼布貼於皮膚後，請先用手貼布上順同一方向摩擦（注意磨擦時避免捲起貼布的四角）以助穩固貼布。同時，為確保貼布穩固黏貼，貼布貼於皮膚後，並不建議重複施貼。若要加強活力肌腱貼的黏力及耐用程度，需於運動前 45 分鐘貼上；如用於水上運動，需於運動前 60 分鐘貼上。

注意事項

要學習應用活力肌腱貼並不困難，正確使用有助更快更有效改善及舒緩不適問題。如遇症狀長時間持續出現或有任何疑問，用前請先徵詢醫生或專業物理治療師意見。如有過敏反應、出現皮疹、發癢或皮膚炎，請立即停用。

Preparing Acti-Tape for taping / 如何準備貼布

Preparation of Tape / 貼布準備

On the top right corner of each application, the shape and length of tape(s) are indicated.

每個施貼方法需要的貼布形狀和長度會在頁面右上角以繪圖和英文字母說明。

Neck Tilting Support / Pain Relief
支持頸部活動 / 紓緩疼痛

Preparation of Tape
貼布準備: M x 1 M x 1

| | |
|--|--|
| <p>Indication : Pain - Neck Applying position : Sitting / Standing</p> | <p>應用症狀 : 疼痛不適 - 頸部 施貼姿勢 : 坐著 / 站著</p> |
|--|--|

1. • Sit or stand in an upright position with the shoulders level and the neck straight.
• Apply a Y-strip with the fork of the strip in the center of the back, level with the shoulders.

• 維持坐姿或站姿姿勢，及肩高與頸部。

The shape and length of tape is different for each application. Please cut the tape according to the shape indicated. User should adjust the length of the tape according to individual's need.

各種施貼方法的貼布形狀、長度和開叉的長短均有不同，每個貼布形狀都會有不同版本，可依照使用指南上的貼布形狀剪出所需貼布。請因應個人需要調整貼布長度。

Shapes / 貼布形狀

| | | | | | | | | |
|-------------------------|--|-------------------------------|--|---------------------|--|--|--|------------------|
| I-strip: I - 形: | | short 短 | | medium 中 | | long 長 | | extra long 特長 |
| X-strip: X - 形: | | long legs 兩端分長叉 | | short legs 兩端分短叉 | | one pair of long legs, the other pair short 一端分長叉，另一端分短叉 | | |
| Y-strip: Y - 形: | | medium legs 中長分叉 | | long legs 較長分叉 | | short legs 短分叉 | | |
| Octopus-strip: 八爪魚形: | | Double Octopus-strip: 燈籠形: | | | | | | |

Length / 貼布長度

S: Short / 短

M: Medium / 中

L: Long / 長

E: Extra Long / 特長



Neck Tilting Support / Pain Relief

支持頸部轉動活動 / 紓緩疼痛

Preparation
of Tape:



貼布準備: M x 1 M x 1

Indication : Pain - Neck

應用症狀: 疼痛不適 - 頸部

Applying position : Sitting / Standing

施貼姿勢: 坐著 / 站著

1.



- Sit or stand in an upright position with the shoulders level and the neck straight.
- Apply a Y-strip with the fork of the strip in the center of the back, level with the shoulders.
- 保持坐著或站著姿勢，及挺直頸部。
- 把 Y 形貼布的末端貼於背部中央，與肩膊成水平高度。

2.



- Tilt the head forward and rotate it to one side. Apply the opposite leg of the strip onto the neck without stretch.
- Repeat on the other side.
- 把頭部向前傾，眼望下方，並轉向右邊，把 Y 形貼布的左端分叉貼於左邊頸上。貼布無需拉伸。
- 接著把頭部保持前傾，眼望下方，轉向左邊，把貼布的右端分叉以相同步驟施貼。

3.



- Apply an I-strip with maximum stretch across the fork of the Y-strip. Note that maximum stretch only applies to the centre of the strip.
- 把 I 形貼布中段盡量拉伸，橫貼於 Y 形貼布的開叉位置上。

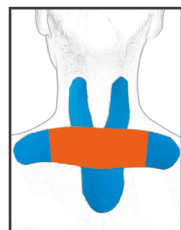
4.



- Smooth down the strips firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。

The orange portion indicates maximum stretch of the strip.

右圖橙色部份顯示貼布需以盡量拉伸。





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Frozen Shoulder Support / Pain Relief

紓緩肩周關節疼痛

Preparation
of Tape: **M** x 2
貼布準備: **M** x 2

Indication : Pain - Frozen Shoulder / Shoulder Bursitis / Rotator Cuff Injury **應用症狀** : 疼痛 - 五十肩 / 肩周炎
Applying position : Sitting / Standing **施貼姿勢** : 坐著 / 站著

1. 
 - Sit or stand in an upright position. Apply one end of an I-strip to where the collarbone meets the shoulder.
 - 保持坐著或站著姿勢，挺直背部。把一塊 I 形貼布的一端，貼於鎖骨及肩膊的連接位置。
2. 
 - Pull the other end of the strip across the front of the shoulder with a moderate stretch, to a point at the bottom of the muscle.
 - 把貼布以中度拉展，沿著肩膊前方，貼至手臂外側肌肉邊緣。
3. 
 - Apply one end of another I-strip at the top of the shoulder, overlapping the first strip.
 - Move the arm and rest the hand on the opposite shoulder. Reach under to apply the I-strip around the back of the muscle with a moderate stretch.
 - 把另一塊 I 形貼布貼於肩膀上方。
 - 將手掌放於另一肩膀上。把貼布沿著肩膊後方以中度拉展貼至手臂外側如圖示。
4. 
 - Smooth down the strips firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.
右圖黃色部份顯示貼布需以中度拉展。







Relaxation of Trapezius Muscle 鬆弛頸背後斜方肌


Preparation
of Tape: **M** x 3
貼布準備: **M** x 3


Indication : Stressed Trapezius Muscle
Applying position : Sitting / Standing

應用症狀: 頸背後斜方肌緊張
施貼姿勢: 坐著 / 站著

1. 


 - Sit or stand in an upright position. Apply one end of an I-strip on the side of the neck towards the shoulder. Gently move the shoulder upwards and reapply the strip over the top of the shoulder with a slight stretch. Relax the shoulder.
 - 保持坐著或站著姿勢，挺直背部，把一塊 I 形貼布一端貼於頸後下方位置。肩膀稍為上移，把貼布順著肩膀施貼，然後放鬆肩膀。
2. 

 - Apply a shorter I-strip horizontally from just above the shoulder blade to overlap the first I-strip on the side of the shoulder. Gently pull the shoulder back. Reapply the strip with a moderate stretch. Relax the shoulder.
 - 把第二塊較短 I 形貼布一端貼於肩胛骨上，與第一塊的開端重疊。稍微把肩膀向後移，把貼布中度拉展向橫重新施貼，然後放鬆肩膀。
3. 

 - Apply the third I-strip with one end overlapping with the first two strips and in a downward direction just below the shoulder blade. Gently pull the shoulder back. Reapply the strip with a moderate stretch. Relax the shoulder.
 - 把最長的一塊 I 形貼布斜貼於肩膀側邊，重疊於之前的兩塊 I 形貼布的開端上。稍微把肩膀向後移，把貼布以中度拉展向下施貼至肩胛骨下，然後放鬆肩膀。
4. 

 - Smooth down the strips firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.
右圖黃色部份顯示貼布需以中度拉展。





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Lower Back Pain Relief

紓緩腰部疼痛

Preparation
of Tape: **M** x 2
貼布準備: **M** x 2

Indication : Pain - Lower Back

應用症狀: 疼痛不適 - 腰部

Applying position : Sitting / Standing

施貼姿勢: 坐著 / 站著



- In a sitting or standing position, apply an I-strip towards the shoulder blade, with the end of the strip at the bottom of the spine.
- 保持坐著或站著姿勢，把一塊 I 形貼布的一端貼於脊柱底部，向右邊肩胛骨方向施貼。



- Repeat this on the other side with a second I-strip to form a V.
- 把另一塊貼布的一端貼於脊柱底部，向左邊肩胛骨方向施貼，兩塊貼布成 V 形。




- Bend forward. Lift and reapply the other ends of the strips one at a time without stretch, upwards and parallel to the spine.
- Smooth down the strips firmly to complete.
- 把身體上方向前傾。把兩塊貼布逐一拉起，與脊柱平行向上方重新施貼。貼布無需拉展。
- 把貼布掃平，以緊貼皮膚並完成施貼。



- Note that when the back is straightened, the strips should wrinkle evenly.
- 當完成施貼後挺直背部時，注意貼布上的縐褶紋理應平均地分佈。



Lower Back Support 紓緩下腰疼痛

Preparation
of Tape:  x 1  x 2
貼布準備: M x 1 S x 2

Indication : Pain - Pelvis / Sacroiliac Joint
Applying position : Sitting

應用症狀: 疼痛不適 - 下腰部
骨盆 / 骶髖關節
施貼姿勢: 坐著

1.



- Prepare three I-strips of different lengths.
 - In a sitting position, apply an I-strip with a moderate stretch to the spine as shown.
 - 準備三塊不同長度的 I 形貼布。
 - 保持坐著姿勢，把一塊 I 形貼布中度拉展橫貼於脊椎上如圖示。
2.



- Apply a second shorter I-strip with a moderate stretch below and overlapping 1/3 of the first strip.
 - 把較短的一塊貼布中度拉展橫貼於第一塊貼布下方，約 1/3 貼布闊度會上下重疊。
3.



- Apply the third and longest I-strip with a moderate stretch on top and overlapping 1/3 of the first strip.
 - 把較長的一塊 I 形貼布中度拉展橫貼於第一塊貼布上方，同樣地約 1/3 貼布闊度會上下重疊。貼布呈倒三角形。
4.



- Smooth down the strips firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





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Golfer's / Tennis Elbow Support / Pain Relief 舒緩高爾夫球 / 網球肘

Preparation
of Tape: **M** x 1
貼布準備: **M** x 1

Indication : Pain - Golfer's Elbow / Tennis Elbow **應用症狀** : 疼痛不適 - 網球肘 / 高爾夫球肘
Applying position : Sitting **施貼姿勢** : 坐著

1. 
 - Place the arm on a flat surface with the elbow slightly bent.
 - 把手臂平放於平面上，手肘微彎。
2. 
 - Apply an I-strip on the upper side of the arm from just below the elbow towards the wrist.
 - 把 I 形貼布一端貼於手臂上方手肘以下位置，並向手腕方向施貼。
3. 
 - Flex the wrist outwards as shown. Reapply the strip with a moderate stretch.
 - 向外屈曲手腕如圖示，把貼布以中度拉展沿著手臂向手腕貼上。
4. 
 - Smooth down the strip firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.
右圖黃色部份顯示貼布需以中度施貼。



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Wrist Support / CTS Pain Relief

舒緩手腕肌肉疼痛 / 腕管綜合症

Preparation of Tape:   x 1

貼布準備: M x 1 S x 1

Indication : Pain - Carpal Tunnel Syndrome

應用症狀: 疼痛不適 - 手腕 / 腕管綜合症

Applying position : Sitting

施貼姿勢: 坐著



- Place the arm on a flat surface. Apply the legs of a Y-strip on the palm of the hand as shown.
- 將手臂平放於平面上，掌心向上，把Y形貼布的開叉貼於手腕如圖示。



- Flex the wrist back to stretch the muscle. Apply the strip with a moderate stretch on the arm towards the elbow.
- 手腕盡量向後屈曲，把Y形貼布以中度拉展沿著手臂施貼，貼至手肘位置。



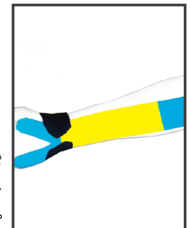
- Apply the second I-strip with a moderate stretch around the wrist.
- Note that the ends of the second I-strip do not overlap to allow proper circulation.
- 把另一塊I形貼布中度拉展，圍繞著手腕施貼。
- 注意I形貼布的兩端避免重疊，以確保手腕的血液循環流通。



- Smooth down the strips firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





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Thigh Support / Pain Relief 支持大腿內側肌肉活動 / 紓緩疼痛





Preparation
of Tape: **M** x 3
貼布準備: **M** x 3

Indication : Pain - Inner Thigh, Abductor Muscle


應用症狀 : 疼痛不適 - 大腿內側肌肉 / 內收肌群

Applying position : Sitting / Lying

施貼姿勢 : 坐下 / 躺臥

- 
 - In a sitting or lying position, hang the leg over the side of a bed. Apply an I-strip on the inside of the knee towards the inside of the thigh.
 - 保持坐著或躺臥姿勢，小腿垂放於床緣。把一塊 I 形貼布末端貼於膝關節內側向大腿上方施貼。
- 
 - Apply the second I-strip on the inside of the knee towards the front of the thigh, overlapping the end of the first strip as shown.
 - Pick up the two strips at the top of the thigh and reapply with a slight stretch onto the thigh.
 - 把第二塊 I 形貼布同樣地貼於膝關節內側，與第一塊 I 形貼布的末端重疊，然後向上施貼至大腿內側如圖示。
 - 把兩塊 I 形貼布於大腿的一端拉起，稍微拉展並重新貼上。
- 
 - Straighten the leg. Apply the third I-strip with a moderate stretch at a right angle on the inside of the thigh just above the knee, overlapping the first two strips.
 - 把腿伸直，把第三塊 I 形貼布中度拉展橫貼於膝蓋以上的大腿位置，重疊於兩塊貼布近膝部位置之上。
- 
 - Smooth down the strips firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.
右圖黃色部份顯示貼布需以中度拉展。





Outer Thigh Muscle Support / Pain Relief 支持大腿外側肌肉活動 / 紓緩疼痛

Preparation
of Tape:  x 1
貼布準備: L x 1

Indication : Pain - Tensor Fasciae Latae

應用症狀：疼痛不適 - 大腿外側肌肉 / 跑步膝 / 闊筋膜張肌

Applying position : Standing

施貼姿勢：站著

1.



- In a standing position, apply a Y-strip upwards along the outside of the thigh, with the base below the knee as shown.
- 保持站著姿勢，把 Y 形貼布的末端貼於膝蓋下方外側並向上施貼。

2.



- Move the leg backwards, turning it slightly inwards.
- 把大腿向後挪移並稍微向內轉。

3.



- Apply the legs of the Y-strip with a slight stretch around the muscle at the top of the thigh.
- 把 Y 形貼布的兩端分叉稍微拉展，貼於大腿上方肌肉兩側如圖示。

4.



- Smooth down the strip firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。



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Knee Support / ACL Pain Relief 支持膝關節 / 十字韌帶加固 / 紓緩疼痛

Preparation
of Tape:  x 1
貼布準備: L x 1

Indication : Pain / Instability - Knee

應用症狀: 疼痛不適 / 無力不穩
- 膝關節 / 跑步膝

Applying position : Sitting / Lying

施貼姿勢: 坐著 / 躺臥

1. 
 - In a sitting or lying position, bend the knee at a right angle. Locate the base of the kneecap.
 - 保持坐著或躺臥姿勢，屈膝保持 90 度角，確定膝蓋下方位置。
2. 
 - Apply an I-strip with maximum stretch, taking both ends of the strip up the leg towards the thigh.
 - 把貼布中間點貼於膝蓋下方位置。貼布中間部份盡量拉伸，接著把貼布左右末端繞著膝蓋貼於大腿內側及外側。
3. 
 - Note that there is no need to stretch the ends of the strip on the thigh.
 - 注意施貼時大腿左右兩端貼布均無需拉伸。
4. 
 - Smooth down the strip firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The orange portion indicates maximum stretch of the strip.
右圖橙色部份顯示貼布需以盡量拉伸。





Collateral Ligament Support / Pain Relief

支持膝關節韌帶活動 / 紓緩疼痛

Preparation
of Tape:

貼布準備: **M** x 3

Indication : Pain / Instability - Collateral Ligament

應用症狀: 疼痛不適 / 無力不穩 - 膝關節側 / 韌帶

Applying position : Lying

施貼姿勢: 躺臥

1.



- In a lying position, raise the knee slightly with a towel under the calf.
- Apply an I-strip on the side of the leg from above the kneecap downwards without stretch.
- 保持躺臥，把小腿承托於捲起的毛巾上，把膝部稍為托起。
- 把一塊 I 形貼布由上至下貼於膝蓋關節外側。貼布無需拉展。

2.



- Apply the second I-strip downwards at a diagonal across the side of the kneecap with a moderate stretch.
- 把第二塊 I 形貼布中度拉展由上至下貼於膝關節外側，交叉重疊於第一塊 I 形貼布上。

3.



- Apply the third I-strip upwards at a diagonal from underneath the kneecap towards the back of the knee with a moderate stretch as shown.
- 把第三塊 I 形貼布中度拉展貼於膝蓋下方，向上交叉貼至膝關節後方如圖示。

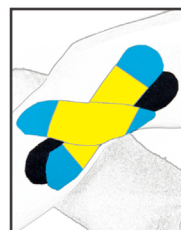
4.



- Smooth down the strips firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





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Popliteus Tension Support / Pain Relief

支持膝窩活動 / 舒緩疼痛

Preparation
of Tape:

貼布準備: **M** x 1

Indication : Pain - Back of Knee

應用症狀：疼痛不適 - 膝關節
後方肌肉（膝窩）

Applying position : Lying, facing down

施貼姿勢：躺臥，面向下方

1.



- Lie in a face down position.
- 保持躺臥，把腿平放，面向下方。

2.



- Position one end of an I-strip on the outside of the knee at the bottom of the thigh.
- 把一塊 I 形貼布貼於膝關節外側，大腿之下。

3.



- Apply the strip diagonally across the underside of the knee to the inside of the upper calf with a moderate stretch.
- 然後沿著對角方向，把貼布以中度拉展貼至小腿之上。

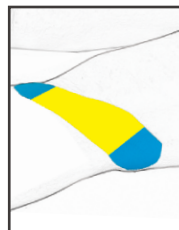
4.



- Smooth down the strip firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





Shin Splints Support / Pain Relief

支持脛骨活動 / 舒緩疼痛

Preparation
of Tape:

貼布準備:  x 1  x 1

Indication : Pain - Shin Splints

應用症狀: 疼痛不適 - 脛骨

Applying position : Lying

施貼姿勢: 躺臥

1.



- In a lying position, apply an I-strip from the arch of the foot up the side of the leg to just below the knee without stretch.
- 保持躺臥姿勢，把一塊 I 形貼布的一端貼於足弓，沿著小腿向膝蓋內側方向貼上。貼布無需拉展。

2.



- Estimate a point 2/3 of the distance from the centre of the knee joint to the center of the ankle joint. This should be the pain point where the fork of the Y-strip is placed.
- 量度由膝蓋以下至足踝間 2/3 距離，即應是痛點所在，作為 Y 形貼布開叉部份的施貼位置。

3.



- Apply the base of the Y-strip perpendicular to the I-strip. With a moderate stretch, apply the legs of the strip around the calf as shown.
- 把一塊 Y 形貼布的末端與 I 形貼布成直角施貼，貼布的兩端交叉以中度拉展橫貼於小腿上如圖示。

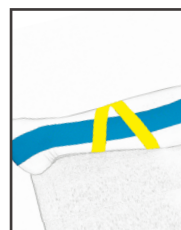
4.



- Smooth down the strips firmly to complete.
- 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





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Calf Muscle Support / Pain Relief

支持小腿肌肉活動 / 紓緩疼痛

Preparation
of Tape:  x 1
貼布準備: L x 1

Indication : Pain - Calf Muscle

應用症狀：疼痛不適 - 小腿肌肉 / 預防抽筋

Applying position : Lying, facing down

施貼姿勢：躺臥，面向下方

1.  • Lie in a face down position with feet hanging over the edge of a bed. Raise the foot slightly with a towel under the ankle. Place the foot at a right angle. Apply the base of a Y-strip under the heel.

• 保持躺臥，面向下方，膝蓋向下，懸垂於床緣。把足踝承托於捲起的毛巾上。把Y形貼布末端貼於腳跟底部。
2.  • Apply the strip up over the tendon without stretch as shown.

• 腳掌與小腿維持 90 度角，把 Y 形貼布貼於小腿下方如圖示。貼布無需拉展。
3.  • Apply the legs of the Y-strip with a moderate stretch around the profile of the calf. Bring the ends of the legs together behind the knee.

• 把 Y 形貼布的分叉中度拉展沿著小腿外側兩邊肌肉施貼，並於小腿上方重疊。
4.  • Smooth down the strip firmly to complete.

• 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.

右圖黃色部份顯示貼布需以中度拉展。





Ankle Inversion Restriction / Pain Relief 預防足踝關節扭傷 / 紓緩疼痛


Preparation
of Tape: **M** x 1
貼布準備: **M** x 1


Indication : Pain / Instability - Ankle


應用症狀: 疼痛不適 / 無力不穩 - 足踝關節


Applying position : Lying

施貼姿勢: 躺臥

1. 

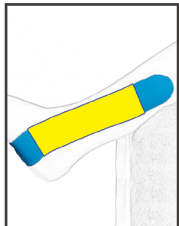
 - In a lying position, hang the leg over the edge of a bed. Point the toes upwards and turn the foot slightly outwards. Apply one end of an I-strip under the heel on the outside of the ankle as shown.
 - 保持躺臥，小腿垂放於床緣，指尖向上，腳掌向外稍微轉動。把 I 形貼布一端貼於外側腳跟下如圖示。
2. 

 - Apply the strip upwards with a moderate stretch along the calf, covering the ankle.
 - 把貼布另一端向上以中度拉展沿著足踝貼於小腿外側。
3. 

 - Return the foot to a neutral position.
 - 把足踝回復原來位置。
4. 

 - Smooth down the strip firmly to complete.
 - 把貼布掃平，以緊貼皮膚並完成施貼。

The yellow portion indicates moderate stretch of the strip.
右圖黃色部份顯示貼布需以中度拉展。





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Ankle Swelling Relief 紓緩足踝腫脹 / 扭傷或拉傷

Preparation
of Tape:  x 2
貼布準備： M x 2

Indication : Swelling - Ankle
Applying position : Sitting / Standing

應用症狀：腫脹 - 足踝
施貼姿勢：坐著 / 站著

1. 
 - In a sitting or standing position, put the foot on a flat surface. Apply the base of an Octopus-strip approximately 15cm up the leg, at the back of the calf with fingers pointing down. Apply the fingers of the strip one by one without stretch in a fan shape as shown.
 - 保持坐著或站著姿勢，將腳跟放於平面上。把一塊八爪魚形貼布的末端貼於小腿後方，於足踝上方約十五厘米的位置。把貼布的分叉向下方以扇形逐一打開施貼。貼布無需拉展。
2. 
 - Apply the base of the second Octopus-strip diagonally from the front of the shin.
 - 把另一塊八爪魚形貼布的末端貼於小腿前方，與第一塊八爪魚形貼布交叉重疊。
3. 
 - Apply the fingers of the second strip one by one without stretch in a fan shape overlapping with the fingers of the first strip.
 - 同樣地，把第二塊八爪魚形貼布的分叉向下方以扇形逐一打開施貼。
4. 
 - Smooth down all the fingers of the strips firmly to complete.
 - Note that the fingers of the strips should cover the entire area of swelling.
 - 把所有貼布末端掃平，以緊貼皮膚並完成施貼。
 - 注意貼妥後貼布應完全覆蓋腫脹位置。



Heel Spur Support / Flat Foot Pain Relief 紓緩腳跟骨刺疼痛 / 扁平足

Preparation
of Tape:

貼布準備:  x 1  x 1

Indication : Pain - Heel Spur / Flat Foot /
Plantar Fasciitis
Applying position : Lying, facing down

應用症狀 : 疼痛不適 - 腳跟骨
刺 / 扁平足
施貼姿勢 : 躺臥 · 面向下方

1.  **Acti-Tape**

 - Lie in a face down position with feet hanging over the edge of a bed. Raise the foot slightly with a towel under the ankle. Apply one end of an I-strip under the heel.
 - 保持躺臥 · 面向下方 · 膝蓋向下 · 腳懸垂於床緣。足踝承托於捲起的毛巾上。把一塊 I 形貼布的末端貼於腳跟內側。
2.  **Acti-Tape**

 - Tilt the ankle slightly inwards. Apply the strip upwards with a slight stretch along the inside of the calf, covering the ankle. Smooth down the strip firmly.
 - 足踝稍微向內傾 · 把 I 形貼布稍微拉展 · 沿著足踝內側貼至小腿下方 · 把貼布掃平。
3.  **Acti-Tape**

 - Position the foot at a right angle. Apply the base of an Octopus-strip on the heel with the fingers of the strip pointing towards the toes. Apply the fingers of the strip one by one without stretch in a fan shape.
 - 把足踝回復原來位置 · 腳掌與小腿保持 90 度角。把一塊八爪魚形貼布的末端貼於腳跟 · 分叉則向腳趾方向以扇形逐一打開施貼。貼布無需拉展。
4.  **Acti-Tape**

 - Smooth down all the fingers of the strip firmly to complete.
 - 把所有貼布末端掃平 · 以緊貼皮膚並完成施貼。

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