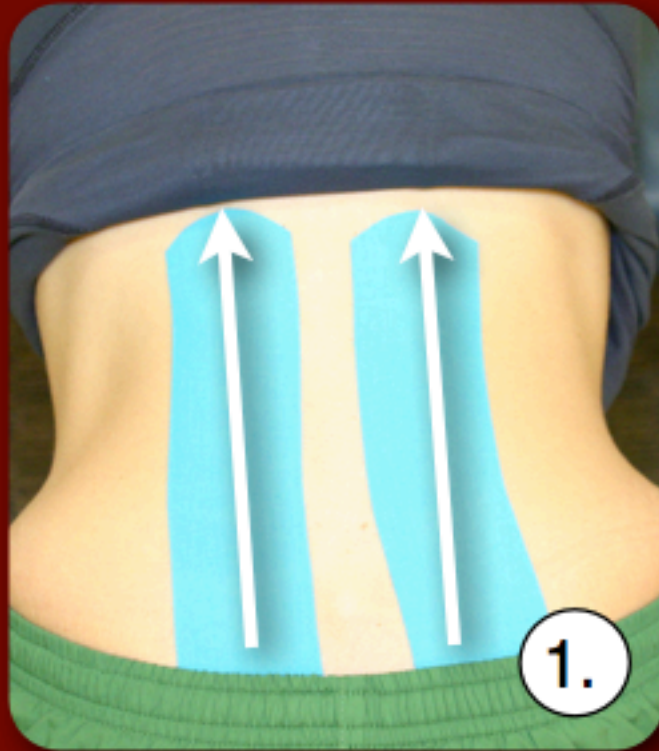
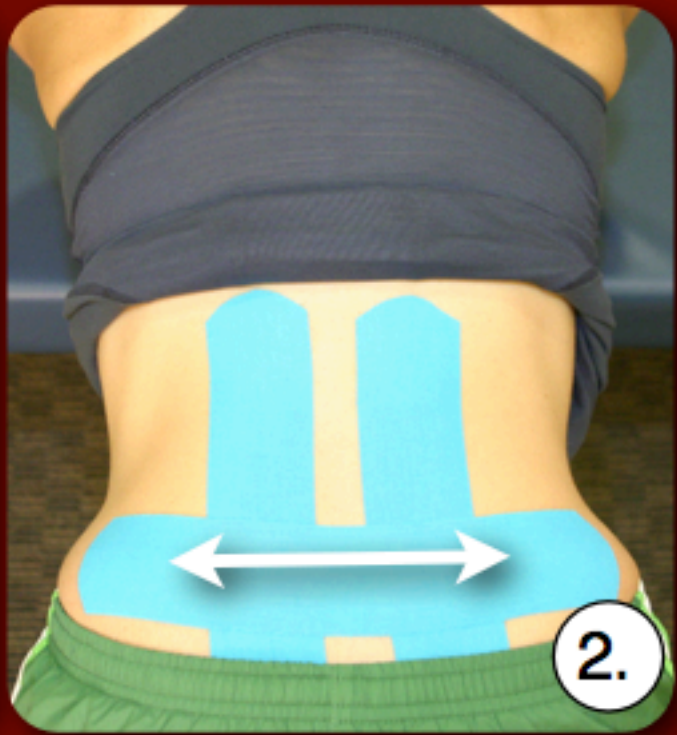


## Low Back 1



1. Bend (Flex) at waist. Anchor at upper gluteal region and run two stabilization strips vertically on each side of spine. Apply little to no stretch.



2. Apply decompression tape bisecting area of pain in lower back. Stretch tape 50-75% in middle, with no stretch at ends.