

Edema Control



1. Place affected area under as much of a stretch as tolerated. Place stabilization tape, cut into 4 equal strips, longitudinally over area of swelling, congestion, bruising with little to no stretch on tape.



2. Apply decompression tape, cut similar to stabilization tape, bisecting area of pain with little to no stretch on tape.

NOTE: This method may be applied to ANY area of the body experiencing acute/chronic edema, inflammation, and/or congestion.