

→ Structural applications.

- ◉ Stretch the tape not the muscle.
 - ◉ Levels of support.
 - ◉ Mild
 - ◉ Medium
 - ◉ Maximum
 - ◉ Always apply the base (section 1) with no stretch in tape or muscle.

→ Sensory applications.

- ◉ Stretch the muscle not the tape.
 - ◉ Always apply the base (section 1) with no stretch in tape or muscle.

→ Microcirculatory applications.

- ◉ Use the lymphatic Spider.
- ◉ Stretch the muscle not the tape.
- ◉ Place the base (section 1) at the proximal end of the application following the lymphatic pathways.