



fabriflex

Applications for Wraps



Abdominal support

Functional Changes & Desired Effects

- Facilitates muscle activation
- Addresses general weakness
- Improves weight bearing
- Increases awareness
- Decreases tension



Lower extremity support for splayed legs



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Applications for Straps



Wrist and hand support



Upper limb support



Figure 8 support for elbow



Lower limb support

How to Wrap

Start at the distal point and wrap up, stopping at the desired proximal point. Overlap the fabric as you go. Add additional pieces for longer length, or multiple layers.