



Horizontal application of the Box tape targets scapular position

- Round shoulders
- Poor posture
- Neck pain
- Headaches
- Mid back pain
- Muscle imbalances
- Shoulder injuries



Vertical orientation of the Box tape targets sagittal plane motion and may be useful for:

- Poked chin and humped back
- Neck pain
- Headaches
- Mid back pain
- Low back pain

The box can be positioned lower to address thoraco-lumbar junction or higher to offload upper trapezius



The Box tape can be applied to children to assist postural control



The lumbar box resists sagittal plane motion i.e. flexion and may assist:

- Postural correction especially when sitting
- Low back pain
- Hip and buttock pain
- Sciatic pain



The Offload Box can be used to promote healing and to reduce pain, swelling and bruising in soft tissue injuries. The Box can be moved to various locations to assist:

- Hamstring tears
- Quadriceps tears
- Groin strains
- Trochanteric Bursitis
- ITB Friction Syndrome

