



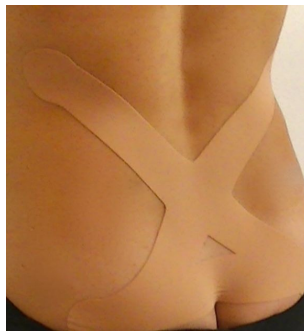
Thoracic X

- Postural control
- Headaches
- Neck pain
- Upper & mid back pain
- Muscle imbalances
- Shoulder injuries
- Rib injuries
- Round shoulders and poked chin



Inhibitory X

- Reduce overactivity in upper trapezius and levator scapulae
- Neck pain
- Headaches
- Upper and mi back pain
- Muscle imbalances



Lumbar X

- Supports thoracolumbar fascia
- Low Back Pain
- Sacro-iliac joint dysfunction
- Muscle imbalances
- Hip and buttock pain
- Lower rib dysfunctions



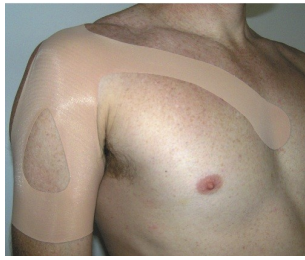
Abdominal X

- Assists abdominal muscle function
- Strains and tears of obliques
- Strains and tears of intercostals
- Rib dysfunctions
- Muscle imbalances
- Low back pain



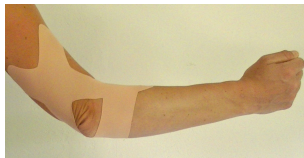
Pregnancy X

- Supports anterior abdominal wall
- Supports weight and gathers skin to reduce discomfort associated with stretching
- Back and pelvic discomfort during pregnancy



Shoulder X

- Rotator Cuff injuries
- A-C joint injuries
- Shoulder dislocations
- Neural irritation
- Muscle imbalances
- Bursitis
- Biceps tendinopathy



Elbow X

- Tennis elbow
- Golfer's elbow
- Muscle strains



Hip X

- Bursitis
- Gluteal muscle injuries
- Neural irritation and sciatica
- SIJ dysfunction
- Muscle imbalances



Knee X

- Arthritis
- Patellar tendinopathy
- Fat pad syndrome
- Patello-femoral dysfunction
- Ligament injuries and rehabilitation



Offload X

The X Ergo Tape can be cut down to form a very effective offload tape. The tissues are gathered from all directions towards the middle of the X



- Trigger Points
- Tender Points
- Strains, sprains and bruises