

Low back



1

Hold the patch with its backing film facing you and fold it back at the center crease.



2

Pull both sides of the patch until the backing film separates at the center.



3

Then peel the film a bit further both ways.



4

Keep the patch that way and apply it to the low back



5

Remove the film on both sides by pulling it gently sideways.



6

Press the patch gently all over for better adhesion.