

GENERAL SHOULDER

APPLICATION OVERVIEW

The shoulder is a complex and relatively unstable joint. There are many muscles and forces that act on the shoulder, and when any of these is overactive or underactive, problems can arise. Potential causes of shoulder pain may include overuse, stress to the area, ligament or tendon damage, or muscle tears. KT Tape may increase circulation, reduce pressure over the area of pain, and offer support and stability to the shoulder.



BODY POSITION Tilt head away from shoulder, looking down and place arm around front of body

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

STRIP ONE



ANCHOR: full strip on lower deltoid without stretch



APPLY: tape around back of shoulder with 20% stretch as shown

Second Strip



ANCHOR: full strip half an inch below first piece of tape without stretch



APPLY: tape up to top of shoulder with 20% stretch with arm back as if throwing a bowling ball



APPLY: last two inches of tape without stretch