

# KT TAPE<sup>®</sup>

KINESIOLOGY THERAPEUTIC TAPE

## GENERAL SHOULDER

### AVERAGE DAYS WEAR

KT TAPE   
PRO 

### 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.

### WHAT YOU NEED

2 strips of KT TAPE

### BEFORE YOU START

#### 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



### BODY POSITION

Tilt the head away from the shoulder, looking down. Place arm around the front of the body.



### STRIP ONE



#### 0% STRETCH

**ANCHOR:** Anchor a full strip on the lower deltoid without stretch.



#### 20% STRETCH

**APPLY:** Apply the tape around the back of the shoulder with 20% stretch as shown.

### STRIP TWO



#### 0% STRETCH

**ANCHOR:** Anchor a full strip half an inch below the first piece of tape without stretch.



#### 20% STRETCH

**APPLY:** Apply tape up to the top of the shoulder with 20% stretch.

**POSITION:** Move arm back as if throwing a bowling ball.

Apply the last two inches of tape without stretch.



### WATCH THE VIDEO

[kttape.com/instructions/general-shoulder](http://kttape.com/instructions/general-shoulder)

# Kinesio Tape Shoulder Manual

**AW Chickering**



## **Kinesio Tape Shoulder Manual:**

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