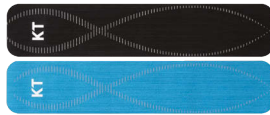


## SHOULDER STABILITY

### YOU WILL NEED



**STRIP ONE & TWO:** Tear backing paper two inches from end to create starting anchor.

**ALL COLORS** of KT Tape® are designed to perform equally.

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

#### CLEAN SKIN

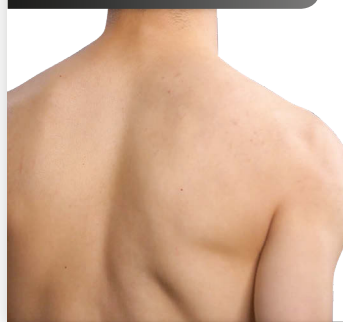
Clean dirt, oils and lotions from area with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously



### BODY POSITION



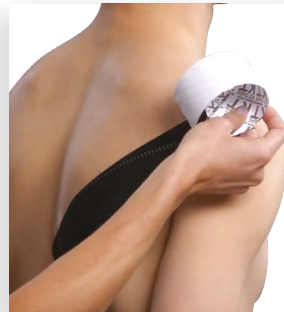
Put the shoulder blades in a retracted position while pushing your chest out.

### STRIP ONE



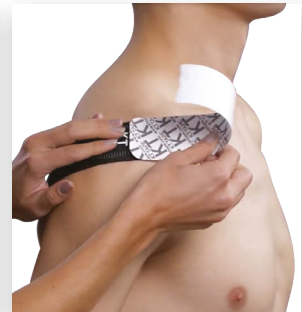
#### NO STRETCH

**ANCHOR:** Place anchor just below the shoulder blade with no stretch, close to the spine.



#### MODERATE STRETCH

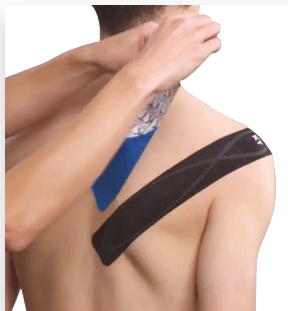
**APPLY:** Apply a moderate stretch on the tape while adhering it diagonally over the shoulder blade, ending on the top of the shoulder.



#### NO STRETCH

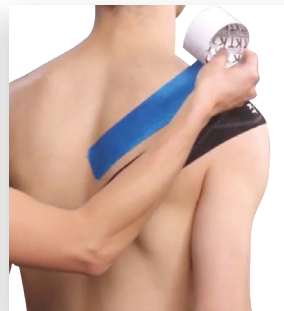
**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



#### NO STRETCH

**ANCHOR:** Place the anchor of the second strip just above the first anchor.



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, apply the second strip parallel to the first, ending on top of the shoulder without any overlap.



#### NO STRETCH

**FINISH:** With two inches remaining, lay the end down with no stretch.



### WATCH THE VIDEO

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