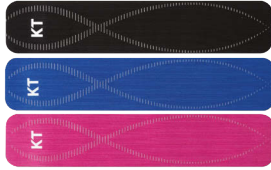


NECK & SHOULDER

YOU WILL NEED



STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

STRIP THREE: Tear backing paper at the center of strip to begin application.

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 using rubbing alcohol

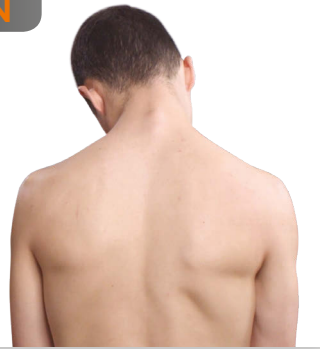
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

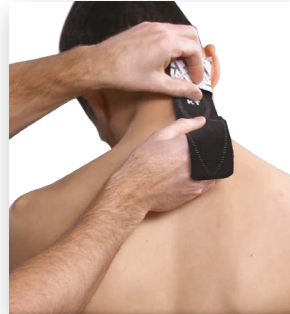


BODY POSITION

Sitting down, bring your chin to your chest, gently stretching the back of your neck.

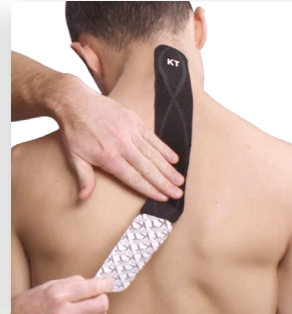


STRIP ONE



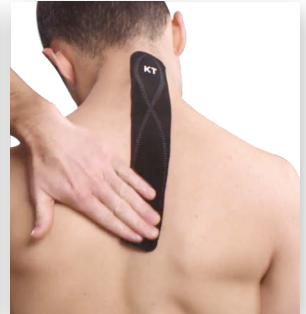
NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch below the hairline on one side of the spine.



LIGHT STRETCH

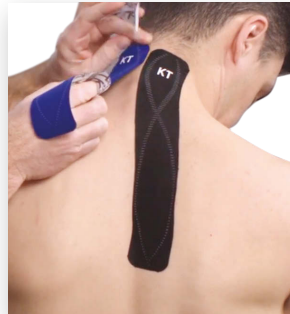
APPLY: With a light stretch, apply the tape along the side of the spine.



NO STRETCH

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

STRIP TWO



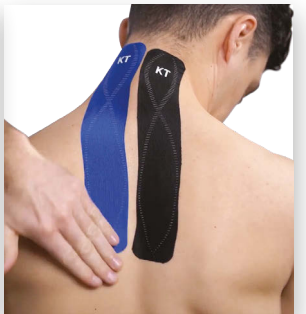
LIGHT STRETCH

ANCHOR: With no stretch, anchor on opposite side of spine from strip one.



MODERATE STRETCH

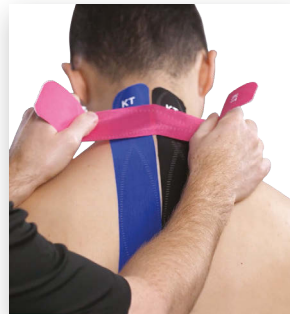
APPLY: With a light stretch, apply tape along the side of the spine parallel to strip one.



NO STRETCH

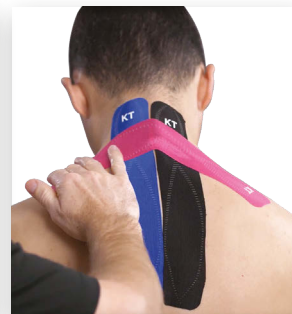
FINISH: With two inches remaining, lay the end down with no stretch.

STRIP THREE



MODERATE STRETCH

APPLY: With a moderate stretch, adhere center of strip directly over point of pain, continuing both sides toward the top of the shoulders.



NO STRETCH

FINISH: With two inches of tape remaining, lay both ends down with no stretch.



WATCH THE VIDEO

kttape.com/instructions/neck-and-shoulder