

AC JOINT

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 create starting anchors.



TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.

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

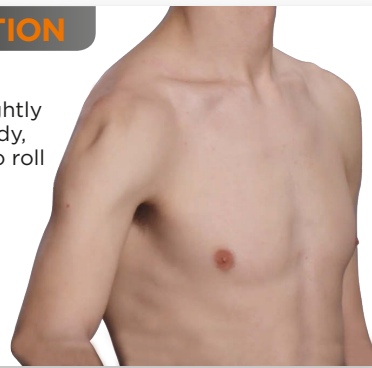
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Pull your elbow slightly away from your body, being careful not to roll the shoulder forward.



STRIP ONE



NO STRETCH

ANCHOR: Place the anchor with no stretch on the outside of the arm, 4 inches below the shoulder joint.



MODERATE

APPLY: Apply a moderate stretch on the tape with one hand while adhering the strip along the top of the shoulder.



NO STRETCH

FINISH: Apply the opposite anchor with no stretch and finish with a gentle rub to improve adhesion.

STRIP TWO



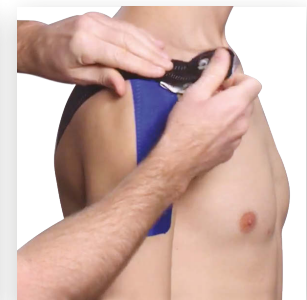
NO STRETCH

Place your anchor with no stretch just below the shoulder blade, close to the spine.



MODERATE

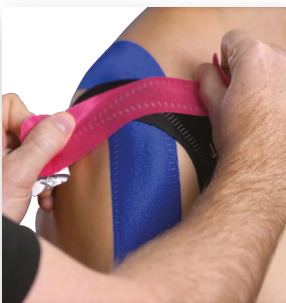
APPLY: Apply a moderate stretch on tape diagonally over the shoulder blade, ending on the top of the shoulder.



NO STRETCH

APPLY: Apply the opposite anchor with no stretch and finish with a gentle rub to improve adhesion.

STRIP THREE



MODERATE

APPLY: Take the first half strip and tear the paper backing in its center. With an even, moderate stretch, apply directly over the AC Joint in line with the front and back of your shoulder.



MODERATE

APPLY: Apply second half strip perpendicular to the first. Avoid placing ends over the other strips of tape.



NO STRETCH

FINISH: Lay ends down with no stretch and finish with a gentle rub to improve adhesion.



WATCH THE VIDEO
kttape.com/instructions/ac-joint