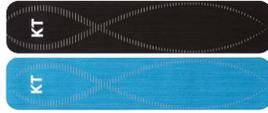


ROTATOR CUFF

YOU WILL NEED



STRIPS 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 to activate adhesive



BODY POSITION



Reach your arm across your chest to slightly stretch the back of your shoulder after applying the first anchor.

STRIP ONE



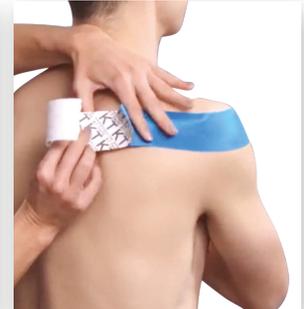
NO STRETCH

ANCHOR: Place two inches of tape on the front of the shoulder joint with no stretch.



LIGHT STRETCH

APPLY: Apply a light stretch on the tape while adhering it along the back of the shoulder, curving slightly to follow the shoulder blade.



NO STRETCH

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

STRIP TWO



NO STRETCH

ANCHOR: For this step, lift your arm slightly away from the body. Place the anchor on the side of the shoulder with no stretch.



MODERATE STRETCH

APPLY: Apply a moderate stretch on the tape while adhering the strip along the top of the shoulder, curving slightly back as you pass the shoulder joint.



NO STRETCH

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



WATCH THE VIDEO

kttape.com/instructions/rotator-cuff