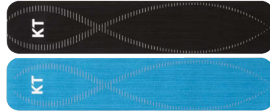


## ROTATOR CUFF

### 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

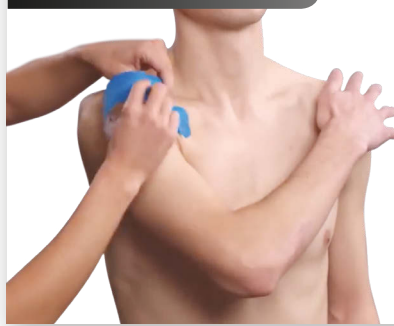
Clean dirt, oils and lotions from area with rubbing alcohol

#### 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



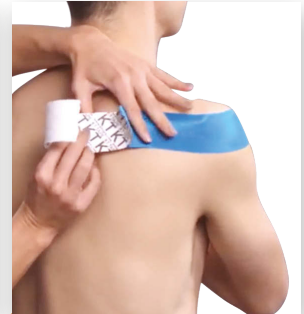
#### NO STRETCH

**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

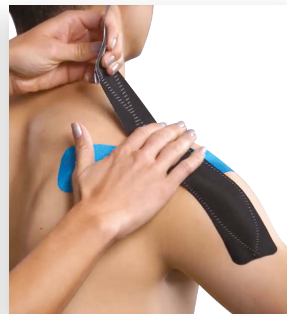
**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



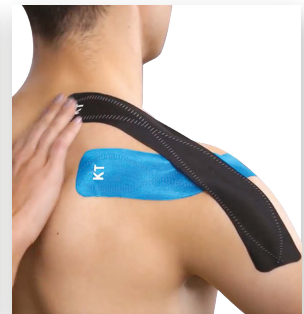
#### NO STRETCH

**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](http://kttape.com/instructions/rotator-cuff)