

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

GENERAL SHOULDER

YOU WILL NEED



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

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

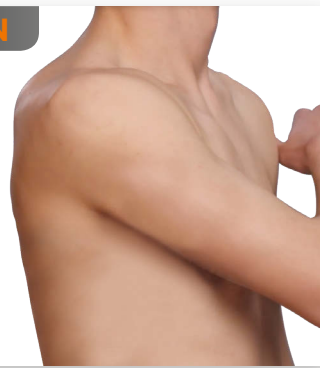
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

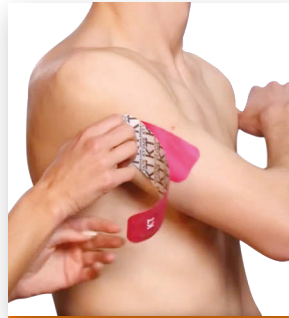


BODY POSITION

Reach your arm across your chest to lightly stretch the back of your shoulder.

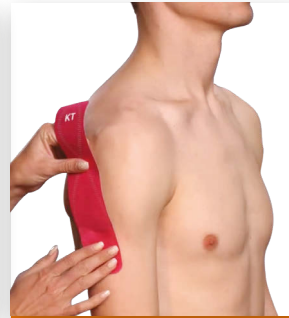


STRIP ONE



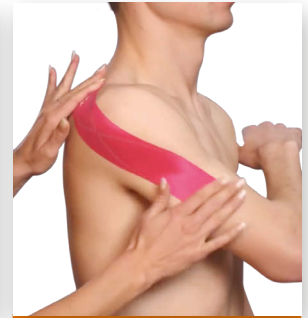
NO STRETCH

ANCHOR: Adhere two inches of tape with no stretch on the outside of the arm, between the shoulder and elbow joints.



LIGHT STRETCH

ANCHOR: With a light stretch, apply the tape along the back of the shoulder, continuing to the top.



NO STRETCH

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

STRIP TWO



NO STRETCH

ANCHOR: Next to strip one, anchor with no stretch on the outside of the arm.



LIGHT STRETCH

FINISH: With a light stretch, apply strip two tape along the front of the shoulder, continuing to the top.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch, careful not to overlap with strip one.



WATCH THE VIDEO

kttape.com/instructions/general-shoulder