

## 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



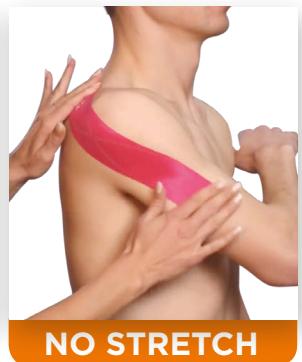
#### NO STRETCH

**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](http://kttape.com/instructions/general-shoulder)