



SHOULDER PAIN

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The shoulder is a complex and relatively unstable joint. There are many muscles and forces that act on the shoulder, and when any of these is overactive or underactive, problems can arise. Potential causes of shoulder pain may include overuse, stress to the area, ligament or tendon damage, or muscle tears. KT Tape may increase circulation, reduce pressure over the area of pain, and offer support and stability to the shoulder.

BEFORE YOU START

YOU WILL NEED

2 strips of KT TAPE

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

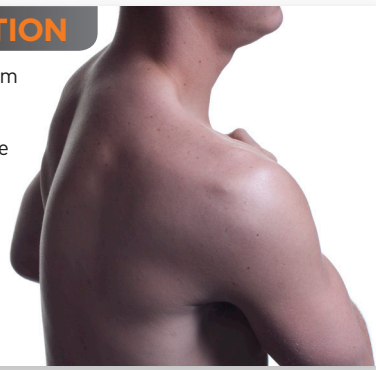
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

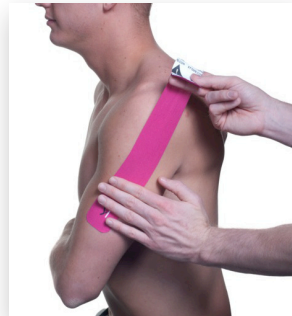


BODY POSITION

Tilt the head away from the shoulder, looking down and place arm around the front of the body



STRIP ONE



0% STRETCH

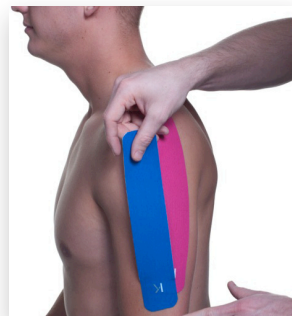
ANCHOR: full strip on the lower deltoid without stretch



20% STRETCH

APPLY: tape around the back of the shoulder with 20% stretch as shown

STRIP TWO



0% STRETCH

ANCHOR: full strip half an inch below the first piece of tape without stretch



20% STRETCH

APPLY: tape up to the top of the shoulder with 20% stretch with arm back as if throwing a bowling ball

0% STRETCH

APPLY: the last two inches of tape without stretch



WATCH THE VIDEO

kttape.com/instructions/general-shoulder