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SHOULDER APPS

For more applications, visit strengthtape.com.



Avoid stretching the ends of the tape.



After applying, firmly rub the tape to activate the adhesive.

GENERAL SHOULDER PAIN 2 Strips + Partner + Head tilted with relaxed arm



1 Anchor the 1st strip at the bottom of the deltoid muscle.

2 With 25% stretch, follow the back side of the muscle up to the top of the shoulder.

3 Anchor the 2nd strip just below and in front of the 1st strip. Make sure to anchor on skin, not tape.

4 With 25% stretch, follow the front of the deltoid muscle to the top of the shoulder. Firmly rub to activate adhesive.

ROTATOR CUFF 2 Strips + Partner + Scissors + Head tilted with relaxed arm



1 Anchor the 1st strip at the end of the bone on top of the shoulder. Using 25% stretch, follow the bone of the shoulder blade.

2 Cut a full strip in half and round corners to make 2 short strips.

3 Apply the 1st half-strip with 75% stretch on the backside of the shoulder.

4 Apply the 2nd half-strip with 75% stretch next to the 1st half-strip towards the spine. Firmly rub to activate adhesive.

AC JOINT 2 Strips + Partner + Scissors + Head tilted with relaxed arm



1 Cut a full strip in half and round corners to make 2 short strips.

2 Apply the 1st half-strip with 75% stretch directly over the joint/point of pain.

3 Apply the 2nd half-strip with 75% stretch making an 'X' with the 1st strip. Firmly rub to activate adhesive.

4 Repeat steps 1-3 with another full strip. Make a star over the joint/point of pain.



Check out easy-to-follow videos at strengthtape.com

OTHER APPLICATIONS INCLUDE:

Shin Splints	IT Band	Hip Flexor
Hamstring	Plantar Fasciitis	Ribs
Achilles Tendon	Jumper's Knee	Neck Strain
Calf Strain	Carpal Tunnel	Tennis Elbow
Osgood Schlatter	Joint Support	<i>Many more...</i>