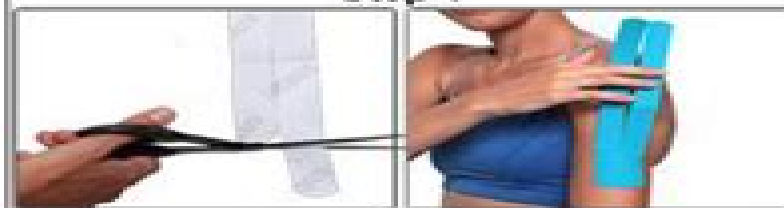


Application Instructions - Kinesio Tape Precut Shoulder Tape

General Instructions

Assistance is recommended to apply this application. Before applying, make sure skin is clean and dry. After applying, rub tape briskly to activate adhesive. It is normal for wrinkles to appear in the tape when it is applied to the skin and the muscles are relaxed.

Step 1



Begin with the blue Y strip. If necessary, use cutting guides on tape backing to cut strip to correct length. Tear backing at the marked tear line, then remove backing paper from end of strip. Apply the base of the tape at the mid-point of the arm. Rub tape to activate adhesive.

Step 2



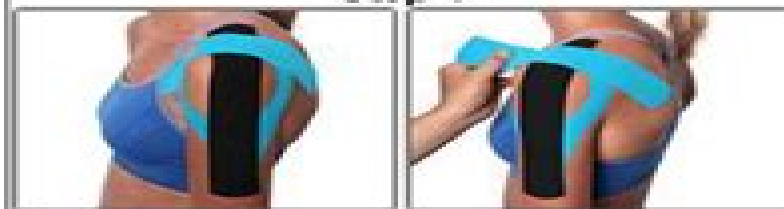
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

Step 3



Take black I strip and, if necessary, use cutting guide on backing to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply end of tape on top of shoulder, 4-5" above shoulder joint. Continue removing backing and applying tape over shoulder and down outside of arm, ending just below base of blue Y strip.

Step 4



Take blue I strip and, if necessary, use cutting guide to cut tape to correct length. Tear backing along tear line, then remove backing from end of tape. Apply base of tape along shoulder blade. Continue removing backing and applying tape over shoulder and down front of arm. There should be no stretch in the tape as it is applied. Rub all tape pieces to activate adhesive.

Kinesio Taping Guide For Shoulder

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

Kinesio Taping Guide For Shoulder:

A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions John Gibbons, 2023-12-21
Bodymaster Method creator John Gibbons is recognized as one of the world's leading authorities in sports medicine. In *A Practical Guide to Kinesiology Taping for Injury Prevention and Common Medical Conditions* Third Edition, he shares his wealth of knowledge and experience to help you get the best results when using kinesiology tape. This third edition offers self-help techniques to allow the patient to self-treat where appropriate. The author guides you step by step through the entire process of taping by first marking an area of dysfunction, then preparing and cutting tape, followed by application with variants for specific problems. The chapters are designed as a practical guide with pictorial demonstrations on the application of tape to treat each individual area of pain and dysfunction. The author gives a few examples of injuries common to each area of pain and the subsequent variations in taping applications. This book highlights over 60 specific areas of pain that are identified through illustrations that have actually been drawn onto photos of the body. Also included are over 40 QR codes linking to YouTube clips of practical demonstrations of the key techniques. This book is everything you need to know about how taping works.

The Complete Taping Handbook Ben Calvert-Painter, Tim Allardyce, 2024-12-19
This is the first book to cover all three types of taping: sports, rigid tape, k-tape, and biomechanical tape. Taping can be used as an excellent companion to standard treatments and within sport. Each tape has its own unique function and action that can aid patients at different stages of recovery. *The Complete Taping Handbook* is a practical, clear guide to understanding taping, its benefits, best practice, and how to use particular types. It's an essential resource for manual therapists, including physiotherapists, osteopaths, chiropractors, sports therapists, and students. Use this pioneering text to elevate your practice and unveil the intricacies of taping.

The Vital Shoulder Complex John Gibbons, 2025-09-04
With full-color photographs, illustrations, and case studies, *The Vital Shoulder Complex* empowers readers to confidently assess, diagnose, and treat patients experiencing pain in the shoulder and cervical spine.

An Illustrated Guide To Taping Techniques Thomas John Hewetson, Karin Austin, Kathryn Gwynn-Brett, Sarah Marshall, 2009-12-11
This successful and acclaimed guide has now been fully updated and expanded in its second edition. Injuries are a constant problem in sporting life and often require immediate on-the-spot action to alleviate pain and limit further damage. This book addresses the two most essential elements of effective taping: recognition of injuries and application of techniques. Accessible, portable, and easy to use, the book is organized into two sections: the first covers taping supplies and their use, taping objectives, guidelines, basic pathology, and key taping strategies; the second shows taping techniques in precise step-by-step stages, illustrated by color photographs. Techniques are further illustrated by physical demonstration in the DVD accompanying the book. Good taping is a matter of practice, but this book goes further than simply showing HOW to tape; it explores the reasons WHY we tape and the therapeutic effect it has on the physiology, neurophysiology, biomechanics, neuromusculoskeletal system, and psychology of an

individual The possible adverse reactions to these systems are also covered as well as dermatological adverse reactions Easy to use step by step pictorial presentation Demonstrates techniques to provide immediate pain relief as well as the best environment for healing Includes detailed charts to help identify the injury and select the most appropriate taping technique Illustrates and clarifies basic soft tissue anatomy and physiology Portable on field manual Describes selection and use of taping material New color photographs and anatomical illustrations DVD with videoclips of taping techniques K Taping Birgit Kumbrink,2011-11-17 Birgit Kumbrink s bestselling guide to K Taping finally available in English This richly illustrated hands on guidebook features a highly successful therapeutic approach to treating orthopedic traumatological and many other conditions It serves both as a perfect companion to training courses and as a reference book and refresher for health care professionals who have completed their training A brief introduction to the basic principles of K Taping the special elastic tapes used and the method s history is followed by 7 chapters highlighting treatment techniques and their application to 50 frequently seen conditions Each is featured on a double page with up to five color photos brief instruction practical information about symptoms dosage progress to be expected and tips regarding variations of techniques As the benefits of K Taping in enhancing the effects of other conservative care and surgical treatments are getting more and more appreciated Birgit Kumbrink s K Taping An Illustrated Guide developed by Germany based K Taping Academy has rapidly established itself as the ultimate reference book for therapists and clinicians in an ever expanding range of medical disciplines

Kinesiology Taping for Rehab and Injury Prevention Aliana Kim,2016-08-23 Kinesiology tape is a newly hugely popular treatment that is proven to decrease pain and preventing injury and re injury Not just for professional athletes taping can easily be done at home to treat a myriad of conditions from tennis elbow and shin splints to carpal tunnel and headaches

Positional Release Techniques with on-line videos E-Book Leon Chaitow,2015-11-12 Positional Release Techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals As well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge At its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as McKenzie s exercise protocols and kinesio taping methods that unload tissues These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence In addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical approach models throughout Revised content structure New chapters

including Strain counterstrain research Positional release and fascia Balanced ligamentous tension techniques Visceral positional release the counterstrain model Redrawn and new artwork Athletic Taping, Bracing, and Casting David H. Perrin, Ian A. McLeod, 2025-09-15 Athletic Taping Bracing and Casting Fifth Edition introduces the most common and frequently applied taping bracing and casting procedures in clinical practice Over 600 photographs and medical illustrations and 57 videos depicting the techniques needed for each major joint and body region are included **The Sports Rehabilitation Therapists' Guidebook** Konstantinos Papadopoulos, Mark Richardson, 2021-06-30 The Sports Rehabilitation Therapists Guidebook is a well equipped comprehensive practical evidence based guide that seeks to assist both students and graduate sport practitioners The book is designed to be a quick reference book during assessment and treatment planning giving instant access to figures and case scenarios It introduces evidence based practice in all principal areas of sport rehabilitation such as anatomy musculoskeletal assessment pitch side care injury treatment modalities and exercise rehabilitation principles and related areas and is designed to be more flexible than the usual single focus books It is written by a team of expert contributors offering a systematic perspective on core concepts The book can be used as a guide in each stage of the sport rehabilitation process and it is an asset for sport clinical practitioners such as sport rehabilitators sport therapists personal trainers strength and conditioning coaches as well as for students on these and related courses in their daily practice on core clinical placements such as a clinic sporting environment pitch side and university

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