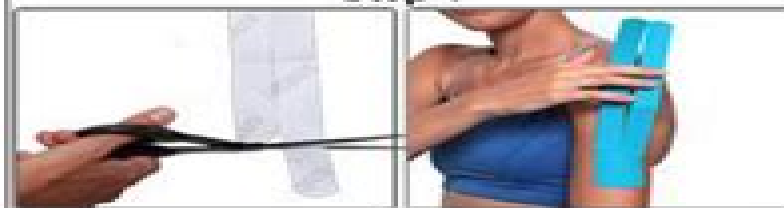


Application Instructions - Kinesio Tape Precut Shoulder Tape

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



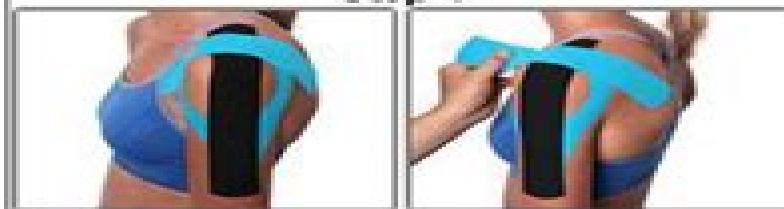
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

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.

Kinesiology Tape Manual

Thuy Bridges, Clint Bridges



Kinesiology Tape Manual:

The Manual of Kinesiological Tapping Dr. Sanoj Kr. Sharma, 2024-04-10 The content of this book includes all the techniques and step wise description for the kinesiological tapping This book is meant for all physiotherapy students professionals and all medical professionals This book contains all techniques for the muscular skeleton disorders This book will be in great help for understanding the features and also in application of it to patients as it is simplified with plenty of images and in step wise

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life today Author Biography Matthew Irvine is an experienced Osteopathic Physician working in the UK in private practice Since he was young he had high ambitions to help as many patients as he could overcome their often stubborn and debilitating pain With Matthew s 4 years of experience and expertise he has decided to create this book to help guide patients in better understanding and finding solutions to dealing with their back pain K-Taping Birgit Kumbrink,2014-12-04 Birgit Kumbrink s bestselling guide to K Taping now available in its 2nd edition This richly illustrated hands on guidebook features a highly successful therapeutic approach to treating orthopedic traumatological and many other conditions has now been extended to include 20 additional application techniques for the fields of neurology and gynecology including pre and post natal This practical guide provides all the background information physiotherapists sports physiotherapists medical doctors occupational therapists and health care professionals need It serves both as a perfect companion to training courses and as a reference book and refresher and shows how to use the specially developed elastic K Tape most effectively A brief introduction to the basic principles of K Taping the special elastic tapes used and the method s history is followed by 9 chapters highlighting treatment techniques and their application to nearly 70 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 tape manual ,2009 Txema Aguirre y Maria Achalandabaso han realizado un libro de 162 p ginas a todo color dedicado al Vendaje Neuromuscular y le han dado un sentido eminentemente pr ctico Para ello aparte de establecer los conceptos fisiolog a contraindicaciones del vendaje neuromuscular se han centrado en la Aplicaci n Pr ctica del Kinesiology Tape o Vendaje Neuromuscular Han tomado como referencia las patolog as m s comunes y con gran profusi n de im genes en color explican no s lo el vendaje final sino los pasos necesarios para llegar al final deseado Este libro nace del convencimiento de los autores sobre los beneficios que puede proporcionar la aplicaci n de una t cnica de vendaje el Neuromuscular y de la idea de transmitir y compartir estos posibles buenos resultados Y es que esta nueva t cnica de vendaje nacida en los 70 y que actualmente est en plena fase de descubrimiento por parte de terapeutas y pacientes puede por su propia sencillez frustrar sus expectativas si no se lleva a cabo un estricto protocolo de colocaci n desde el inicio hasta el final La complicitad entre los autores intenta transmitir a lo largo del libro el conocimiento y experiencia profesional acumulada por ambos a lo largo de los a os m s de 25 entre los dos para aplicar soluciones pr cticas a problemas reales que han ido encontrando a lo largo de su trayectoria vali ndose en este caso de las posibilidades que ofrece la utilizaci n del Vendaje Neuromuscular Kinesio Taping Perfect Manual Kenzo Kase,Kinesio Taping Association,Tatsuyuki Hashimoto,Tomoki Okane,1996

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