

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



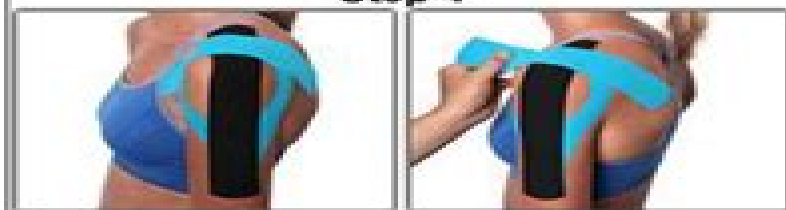
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

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

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Kinesio Taping Guide For Shoulder:

Adopting the Tune of Expression: An Psychological Symphony within **Kinesio Taping Guide For Shoulder**

In a world eaten by displays and the ceaseless chatter of instantaneous interaction, the melodic beauty and emotional symphony developed by the published term frequently diminish into the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. However, set within the pages of **Kinesio Taping Guide For Shoulder** a stunning literary treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this interesting masterpiece conducts viewers on a mental trip, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant analysis, we shall discover the book is main harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents Kinesio Taping Guide For Shoulder

1. Understanding the eBook Kinesio Taping Guide For Shoulder
 - The Rise of Digital Reading Kinesio Taping Guide For Shoulder
 - Advantages of eBooks Over Traditional Books
2. Identifying Kinesio Taping Guide For Shoulder
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Kinesio Taping Guide For Shoulder
 - User-Friendly Interface
4. Exploring eBook Recommendations from Kinesio Taping Guide For Shoulder
 - Personalized Recommendations

- Kinesio Taping Guide For Shoulder User Reviews and Ratings
- Kinesio Taping Guide For Shoulder and Bestseller Lists
- 5. Accessing Kinesio Taping Guide For Shoulder Free and Paid eBooks
 - Kinesio Taping Guide For Shoulder Public Domain eBooks
 - Kinesio Taping Guide For Shoulder eBook Subscription Services
 - Kinesio Taping Guide For Shoulder Budget-Friendly Options
- 6. Navigating Kinesio Taping Guide For Shoulder eBook Formats
 - ePub, PDF, MOBI, and More
 - Kinesio Taping Guide For Shoulder Compatibility with Devices
 - Kinesio Taping Guide For Shoulder Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Kinesio Taping Guide For Shoulder
 - Highlighting and Note-Taking Kinesio Taping Guide For Shoulder
 - Interactive Elements Kinesio Taping Guide For Shoulder
- 8. Staying Engaged with Kinesio Taping Guide For Shoulder
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kinesio Taping Guide For Shoulder
- 9. Balancing eBooks and Physical Books Kinesio Taping Guide For Shoulder
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kinesio Taping Guide For Shoulder
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kinesio Taping Guide For Shoulder
 - Setting Reading Goals Kinesio Taping Guide For Shoulder
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kinesio Taping Guide For Shoulder
 - Fact-Checking eBook Content of Kinesio Taping Guide For Shoulder

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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