

## 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



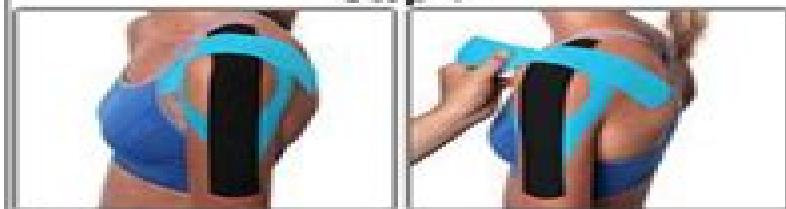
Hold arm across front of body, and without stretching the tape, apply the back tail along the outside of the arm, ending on the back of the shoulder. Rotate arm back at a 45 degree angle and, without stretching the tape, apply the front tail along the front of the arm, ending on the front of the shoulder.

#### 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 Tape Guide

**LP Steffe**



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## **Table of Contents Kinesio Tape Guide**

1. Understanding the eBook Kinesio Tape Guide
  - The Rise of Digital Reading Kinesio Tape Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Kinesio Tape Guide
  - 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 Tape Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Kinesio Tape Guide
  - Personalized Recommendations
  - Kinesio Tape Guide User Reviews and Ratings
  - Kinesio Tape Guide and Bestseller Lists
5. Accessing Kinesio Tape Guide Free and Paid eBooks

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