

## How to Apply Kinesio Tape to Common Golfing Injuries

### Application For : Shoulder



1 Cut an approximate 8-9-inch "I" strip of tape. Remove the paper backing from the anchor and apply the anchor of the tape strip at the mid-point of the arm.



2 Move arm in front and across the chest like a seat belt. Without stretching the tape, apply the back tape tail along the back of the shoulder. Once applied in the correct place, it is important to rub both tape tails to activate the adhesive. Move arm back at a 45° angle and, without stretching the tape, apply the front tape tail along the front of the shoulder. Rub the tape.



3 Cut an approximate 12-inch "I" strip. Remove the paper backing and apply the anchor of the tape strip approximately 3-4" above the shoulder joint. Without stretching the tape, apply the tape strip over the shoulder joint and down the arm ending over the anchor of the "I" strip. Rub the tape.



4 Using an approximately 10-11 inch "I" strip remove the paper backing and, with assistance, apply the anchor to the shoulder blade. Begin removing the remaining paper backing and apply the tape strip over the shoulder joint without stretching the tape. Rub the tape. Application complete.

### Application For : Back



1 Cut an approximate 12-inch "I" strip of tape.



2 Place the anchor above the lowest part of the back on one side of the spine. Bend forward to stretch the back muscles and begin removing tape backing. Without stretching the tape, extend the strip up and alongside the spine. Once applied in the correct place, it is important to rub the tape to activate the adhesive.



3 Using another approximate 12-inch "I" strip, repeat the previous step for the opposite side of the spine. Rub the tape.



4 Using an approximate 10-11-inch "I" strip, tear the tape paper backing in the center of the tape strip and expose the center portion of the adhesive. Using minimal tension, apply the tape strip horizontally over the strained area on the lower back. Rub the tape. Application complete.

### Application For : Wrist



1 Cut an approximate 12-inch "I" strip of tape.



2 Bend wrist/hand downwards and place the anchor of the tape strip above the knuckles. Without stretching the tape, begin removing the remaining paper backing as you apply the tape strip over the wrist joint and up the arm. Once applied in the correct place, it is important to rub the tape to activate the adhesive.



3 Cut two approximate 5-inch "I" strips of tape. With assistance, apply one tape strip over the top of the wrist joint using minimal stretch. Apply ends with no stretch around wrist joint so that they do not overlap. Rub the tape.



4 Using a second "I" strip, repeat the previous step, but apply the tape strip to the bottom of the wrist joint. Rub the tape. Application complete. **For Wrist Support Only:** Using two tape strips approximately 5 inches in length, repeat step 3. This option is only used to achieve support for the wrist joint if applied without the 12-inch "I" strip of tape. Rub the tape to activate the adhesive.



Do not use on open wounds, broken or irritated skin. If you are diabetic, pregnant, have poor circulation, nerve damage, a skin condition or allergy to adhesives, seek medical advice before use. Test small area of skin for sensitivity. Discontinue use if tape becomes uncomfortable or skin sensitivity occurs. Seek medical advice if the condition is severe or does not improve within 5 days. Store in a cool dry place, avoid direct sunlight and extreme temperatures. Keep out of reach of children. Use by expiry date shown on bottom of package. For external use only.  
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# Kinesio Taping Guide

**JE Gale**



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