

## 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

**Thuy Bridges, Clint Bridges**



## **Kinesio Tape Guide:**

*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.

**Kinesiology Taping for Rehab and Injury Prevention** Aliana Kim, 2016-08-09  
THE ULTIMATE DIY TAPING GUIDE OF EVERYDAY INJURIES AND AILMENTS INCLUDES OVER 200 STEP BY STEP PHOTOS. Widely used by physical therapists, chiropractors, and personal trainers, kinesiology tape provides incredible support while simultaneously stretching so your body can perform its normal range of motion. Now you can utilize this amazing material at home. Simply buy a roll at your local drugstore and follow the taping methods described in this book to reduce pain, rehab an injury, and get back in the game. Providing clear step-by-step instructions and helpful photos, the author shows how to tape the most common injuries and conditions anywhere on the body: Neck pain, Frozen shoulder, Bicep strain, Tennis elbow, Wrist sprain, Tight IT band, ACL/MCL sprains, Achilles tendinitis, Ankle sprain, Plantar fasciitis.

**K Taping** Birgit Kumbrink, 2011-11-17  
Birgit Kumbrink's bestselling guide to K Taping is 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.

*K-Taping in Pediatrics* Birgit

Kumbrink,2015-11-23 Already integrated successfully in competitive sports medical treatment and rehabilitation programs K Taping therapy offers physical occupational and speech therapists a wide range of options for the treatment of infants small children and younger patients K Taping can now be integrated into pediatric physiotherapy and speech therapy aiding in the treatment of a range of conditions including postural defects deformities of the feet and dysphagia About the content K Taping in theory The properties function and mode of action of elastic K Tape The effects of K Tape therapy The fundamentals of K Tape application Contraindications K Taping in practice The four major application techniques muscle ligament correction and lymph applications including common indications in children and practical examples The appropriate technique for more than 50 medical indications Step by step guidance with photo series practical tips and alternative applications About the author Birgit Kumbrink founder and medical director of the international K Taping Academy Dortmund Germany and one of the most experienced users and teachers of the treatment method internationally The course companion and practical manual for therapists midwives and pediatricians      *The Excellent Kinesiology Taping* Doctor Jim Towles,2019-06-11 The Excellent Kinesiology Taping Handbook Full Guide on Everything You Need to Know About Kinesiology Taping Plus How to Use It in Sports Attain Fitness Overcome Pains Strains Lots MorePains injuries strains as well not being fit can generally and negatively limit our mobility and the ways we respond to our daily activities such as sporting activities or other activities Besides have you ever come across athletes or sportsmen sportswomen wearing elegantly colored tape on their shoulders legs knees elbows etc It is simply KINESIOLOGY TAPE KT and it is the secret behind the fitness or wellness of athletes and sportsmen sportswomen Kinesiology taping helps to minimize pain due to injuries does not severely limit range of motion or circulation assists in minimizing lower back pain as well as its assistance in the recovery of shoulder or wrist plus knee pains or injuries etc It can also help in the treatment of running injuries and a host of others And if you have been battling with pains strains or injuries related to sports or the work you do then this breath taking guide is specifically written for you to permanently conquer these issues or challenges Furthermore this guide reveals a step by step procedure and techniques that will assist or help you to permanently overcome pains injuries strains and lots more And you should start seeing meaningful results in few hours or days In this guide you will learn What Kinesiology Taping KT is The characteristics basics plus the theory behind Kinesiology taping The precautions contra indications plus several types of application in kinesiology Those who stand to benefit from kinesiology taping plus the health issues it can treat The vital types of application stretch pros and cos of Kinesiology taping advice to enhance your health and lots more Scroll up and click Buy Now Button to download your copy today You won t regret you did      **A Practical Guide to Kinesiology Taping** John Gibbons,2014 This book is a must have for any physical therapist involved in the treatment of patients athletes or indeed anyone likely to come into contact with a range of sporting injuries including coaches personal trainers and sporting enthusiasts The author takes the reader on an educational journey through the entire taping process

from marking an area of dysfunction to preparing and cutting tape and application with variants shown for special problems Opening with the principles and benefits of the Kinesiology taping method explaining what it is and when and why you would apply it the book then covers the correct application of tape to treat each individual area of pain and dysfunction Through the use of pictorial demonstrations including examples of injuries common to each area of pain and the subsequent variations in taping applications the reader is clearly presented with over 50 special areas of pain each identified through individual artistic illustrations The author has the ability to explain this fascination yet not widely understood subject in a relatively simplistic way helping every reader develop the ability to apply these phenomenal techniques with confidence in any setting

*Kinesiology Taping* John Langendoen, Karin Sertel, 2014 Taping can be effective and simple all with a 2 inch wide piece of self adhesive cotton tape 70 proven tape applications for 160 conditions *Kinesiology Taping* Dale Delp, 2019-10-19

Kinesiology tape is simply stretchy Kase created Kinesio tape with a proprietary blend of cotton and nylon It s designed to imitate the skin s elasticity so that you can use your full range of movement The tape s medical grade adhesive is also water resistant and robust enough to stay on for 3 to five days even while you work out or take showers When the tape is applied to your body it recoils barely lightly lifting your pores and skin It is believed that this helps to create a microscopic space between your skin and the tissues under it A therapeutic tape that is applied strategically to the body to offer support reduce pain lessen swelling and enhance overall performance Taping is an effective and powerful way to treat wide ranges of condition such as headache menstrual pain Arthritis sprains strains swelling bad posture sore muscles bruising and muscle pain and so on Kinesiology taping is mostly used by physical therapists trainers chiropractors to help provide incredible support and at the same time stretch the body It also helps to reduce inflammation increase movement and circulation and help your body naturally *Length, Strength and Kinesio Tape - eBook* Thuy Bridges, Clint Bridges, 2016-10-14

*Length Strength and Kinesio Tape Muscle Testing and Taping Interventions* is an essential manual for musculoskeletal therapists seeking to develop competency in the treatment of select clinical conditions using the concepts and principles of the Kinesio Taping Method Focusing on the identification and role of muscle structures the manual presents length and strength tests covering 68 muscle groups and provides practitioners with a framework to use and reassess the application of Kinesio Tape Endorsed by Kinesio Taping Association International *Length Strength and Kinesio Tape Muscle Testing and Taping Interventions* is designed as a companion to Kinesio Taping courses globally KT1 and KT2 Key Features Overview of the Kinesio method and how Kinesio Taping works Highlights the anatomy of the muscle and structures prior to taping Step by step instructions to a range of Kinesio Taping techniques covering the neck shoulder elbow wrist and thumb trunk pelvic girdle and hip knee and ankle Initial assessment using length and strength function testing and application of appropriate Kinesio Taping intervention Assessment sheets provided for each key anatomical area Includes eBook version on VitalSource Also available as a separate purchase A suite of 68 videos covering 8 major body areas with step by step instructions and

clear demonstrations of the assessment and taping strategies for each technique An ideal supplement to the text Excellent clinician refresher tool Useful when explaining treatment to client To find out more about these videos visit <http://www.elsevierhealthonline.com/au/kinesiotape> Overview of the Kinesio method and how Kinesio Taping works Highlights the anatomy of the muscle and structures prior to taping Step by step instructions to a range of Kinesio Taping techniques covering the neck shoulder elbow wrist and thumb trunk pelvic girdle and hip knee and ankle Initial assessment using length and strength function testing and application of appropriate Kinesio Taping intervention Assessment sheets provided for each key anatomical area *Schwann-1, Record & Tape Guide*, 1982 [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 **Orthopedic Taping, Wrapping, Bracing, and Padding** Joel W. Beam, 2021-01-05 Master the art and science of taping wrapping bracing and padding techniques for the prevention treatment and rehabilitation of common injuries and conditions Step by step the author details multiple methods for each injury condition not just the most popular approach You ll learn which technique to use and how to analyze the effectiveness of the technique Full color photographs give you a clear understanding of each step Insightful discussions based on the best available evidence develop the knowledge skills and clinical abilities you need to meet the needs of the patient **Kinesiology Taping** Lawrence Bracewell, 2020-01-28 KINESIOLOGY TAPING A Beginners to Pro Practical Guide on Everything One Needs to Know about Kinesiology Taping Kinesiology taping is a type of therapeutic treatment aimed at releasing tension in the muscles enhancing the flow of blood and lymph improving joint functions as well as improving the functions of the neurological system The method involves placing some tapes across the affected areas They are placed in a particular pattern so that the real effect is felt Notably you can see these tapes across the shoulders on the back knees and the abs among other areas Users of these tapes say that the tape lessens pain provides support improves performance and reduces swelling Kinesiology taping is gaining popularity especially in the world of sporting It has been used for quite some time now to prevent as well as manage injuries that sportspersons endure This Book is a Great guide on the basics of kinesiology taping including practical tips and applications Get your copy TODAY to start enjoying the benefits of kinesiology taping using this Guide **K and W Guide to Colleges for Students with Learning Disabilities Or Attention Deficit Disorder** Marybeth Kravets, Imy F. Wax, 2003-09-02 Hundreds of thousands of students with learning disabilities head to college every year The challenges seem endless Aside from coping with difficulties in learning students and their families

face the daunting process of seeking out the right school for their specific needs This indispensable resource includes Advice from specialists in the field of learning disabilities Learning disabled programs admission requirements and graduation policies Services available to learning disabled students at each college tutors note takers oral exams extended test time and more Policies and procedures regarding course waivers or substitutions Names phone numbers and email addresses of program administrators at each school Strategies for finding the right program for each student s needs In addition to the 338 schools profiled a Quick Contact Reference List provides essential program information for another 1 000 schools

**Endurance Sports Medicine** Timothy L. Miller, 2023-05-17 Providing a fresh update of this continuously evolving branch of sports medicine this comprehensive yet practical guide focuses specifically on the treatment of athletes who train for and participate in endurance sporting events including not only traditional endurance athletes such as runners swimmers bikers and triathletes but also rowers adventure racers military personnel and cross fit athletes Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete s performance this book is divided into three thematic sections The first section covers common medical conditions faced by the endurance athlete including cardiovascular conditions asthma and heat and altitude related illnesses while also discussing gender differences pregnancy and the pediatric and masters endurance athlete Section two focuses on the management of common musculoskeletal conditions such as stress fractures overuse injuries of the soft tissue shoulder and hip injuries and exercise and osteoarthritis this section now includes discussion of the use of cutting edge orthobiologics The last section presents performance optimization and event coverage including gait and swim stroke analysis bike fitting resistance training mental preparation optimizing nutrition and how to organize medical coverage for events as well as decision making for return to play Completely updated and including brand new chapters Endurance Sports Medicine Second Edition remains a valuable guide for sports medicine physicians orthopedists athletic trainers physical therapists coaches officials and athletes in understanding the needs of the determined individuals who participate in endurance sports **Technical Manual** United States. War Department, 1943

**Climbing Medicine** Volker Schöffl, Isabelle Schöffl, Christoph Lutter, Thomas Hochholzer, 2022-05-25 This book comprehensively discusses the medical aspects of sports climbing a still young but emerging sport which will be one of the disciplines at the Tokyo Olympics Its rapid development from niche to popular sport has been accompanied by an increase in the number of climbing sports specific injuries and has attracted growing interest within the sports medicine community Gathering expertise from around the globe the book covers all aspects related to this discipline from physiology biomechanics and anatomy through upper and lower extremity injuries to cardiology gynecology pediatric and adolescent conditions Following a coherent structure each chapter equips readers with evidence based diagnostic and therapeutic guidelines Enriched by a wealth of pictures this manual offers a timely and up to date resource for sports physicians orthopedic surgeons and traumatologists as well as trainers physiotherapists and other health professionals

involved in climbing      *London Journal of Arts, Sciences and Manufacturers, and Repertory of Patent Inventions* William Newton, Charles Frederick Partington, 1836      **Seating and Wheeled Mobility** Michelle L. Lange, Jean L.

Minkel, 2024-12-30 Fully updated and expanded in its second edition *Seating and Wheeled Mobility A Clinical Resource Guide* presents clinical assessment considerations when working with a person with a mobility disability The book provides a wide spectrum of information from foundational information for those practitioners who are new to the field to in depth population specific information for practitioners who perhaps have not worked with a particular population in the past The book is divided into sections each section addressing a different area of clinical practice in wheelchair seating and mobility The first section is an in depth presentation of the assessment process and pressure management The range of available seating supports is presented as part of the product selection process including matching the person's needs with available technology The second section focuses on 24 hour postural care Three types of sitters are presented hands free hands dependent and prop sitters Included is the most current method to measure and describe the seated person and related support surfaces needed when recommending a device The third section lays the foundation for clinical decision making around the selection and fit of the most appropriate wheeled mobility device manual power wheelchair or scooter The fourth section provides in depth clinical applications for each mobility category On time mobility for the very young power seating and mobility skills training are addressed The fifth section provides population specific clinical application of position pressure management and mobility for the pediatric geriatric and bariatric populations as well as persons with both degenerative and complex neuromuscular impairments The sixth section presents additional considerations when working with persons who are aging with a disability considerations of the environment of use safe transport of a wheelchair and the application of wheelchair standards in the clinic Finally measuring outcomes throughout the service provision process and a look at the past present and future of complex rehab technology is included Richly illustrated throughout this book has been carefully designed to support occupational and physical therapists suppliers distributors and funders payers who are interested in wheelchair seating and mobility assessment and applications      **Suggested Guidelines for Consumer Education, Grades K-12** United States President of the United States, 1970



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