

# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## NECK & SHOULDER

### YOU WILL NEED



**STRIPS ONE & TWO:** Tear backing paper two inches from end to create starting anchors.

**STRIP THREE:** Tear backing paper at the center of strip to begin application.

**ALL COLORS** of K Tape® are designed to perform equally.

### BEFORE YOU START

#### APPLY BEFORE ACTIVITY

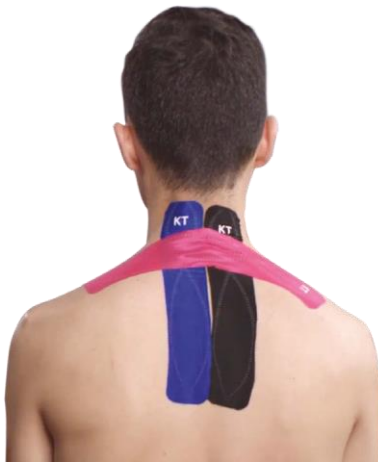
Apply one hour before beginning activity

#### CLEAN SKIN

Clean dirt, oils and lotions from area using rubbing alcohol

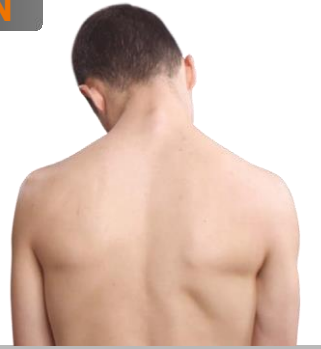
#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



### BODY POSITION

Sitting down, bring your chin to your chest, gently stretching the back of your neck.



### STRIP ONE



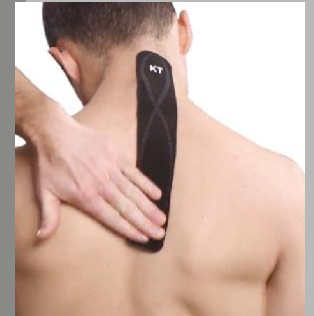
#### NO STRETCH

**ANCHOR:** Adhere two inches of tape with no stretch below the hairline on one side of the spine.



#### LIGHT STRETCH

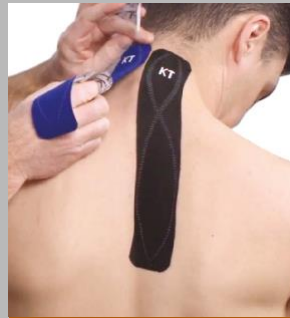
**APPLY:** With a light stretch, apply the tape along the side of the spine.



#### NO STRETCH

**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP TWO



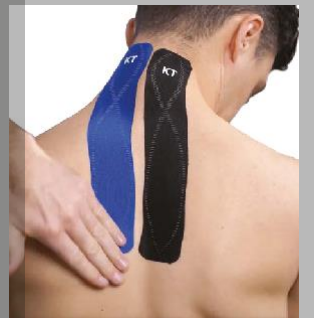
#### LIGHT STRETCH

**ANCHOR:** With no stretch, anchor on opposite side of spine from strip one.



#### MODERATE STRETCH

**APPLY:** With a light stretch, apply tape along the side of the spine parallel to strip one.



#### NO STRETCH

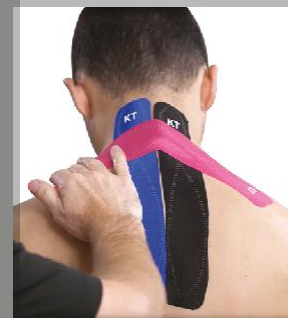
**FINISH:** With two inches remaining, lay the end down with no stretch.

### STRIP THREE



#### MODERATE STRETCH

**APPLY:** With a moderate stretch, adhere center of strip directly over point of pain, continuing both sides toward the top of the shoulders.



#### NO STRETCH

**FINISH:** With two inches of tape remaining, lay both ends down with no stretch.



### WATCH THE VIDEO

<https://physioproductskenya.com>