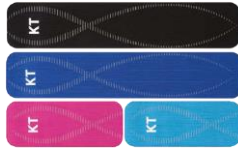


# K TAPE

KINESIOLOGY THERAPEUTIC TAPE

## AC JOINT

### 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 create starting anchors.



**TO CREATE A HALF STRIP:** Fold a full strip in half and cut folded edge rounding the corners.

**ALL COLORS** of KT 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 with rubbing alcohol

#### ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

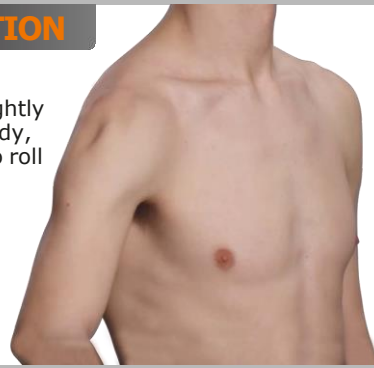


**WATCH THE VIDEO**

<https://physioproductskenya.com>

### BODY POSITION

Pull your elbow slightly away from your body, being careful not to roll the shoulder forward.



### STRIP ONE



**NO STRETCH**

**ANCHOR:** Place the anchor with no stretch on the outside of the arm, 4 inches below the shoulder joint.



**MODERATE**

**APPLY:** Apply a moderate stretch on the tape with one hand while adhering the strip along the top of the shoulder.



**NO STRETCH**

**FINISH:** Apply the opposite anchor with no stretch and finish with a gentle rub to improve adhesion.

### STRIP TWO



**NO STRETCH**

Place your anchor with no stretch just below the shoulder blade, close to the spine.



**MODERATE**

**APPLY:** Apply a moderate stretch on tape diagonally over the shoulder blade, ending on the top of the shoulder.



**NO STRETCH**

**APPLY:** Apply the opposite anchor with no stretch and finish with a gentle rub to improve adhesion.

### STRIP THREE



**MODERATE**

**APPLY:** Take the first half strip and tear the paper backing in its center. With an even, moderate stretch, apply directly over the AC Joint in line with the front and back of your shoulder.



**MODERATE**

**APPLY:** Apply second half strip perpendicular to the first. Avoid placing ends over the other strips of tape.



**NO STRETCH**

**FINISH:** Lay ends down with no stretch and finish with a gentle rub to improve adhesion.

**CAUTION:** If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**