SHOULDER STABILITY

YOU WILL NEED

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

STRIP ONE

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

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

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

STRIP TWO

ANCHOR: Place the anchor of the second strip just above the first anchor.

APPLY: With a moderate stretch, apply the second strip parallel to the first, ending on top of the shoulder without any overlap.

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

WATCH THE VIDEO
kttape.com/instructions/shoulder-stability

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT 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.