



# STRENGTHTAPE®

## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

## ITEMS NEEDED:

2 pre-cut strips of StrengthTape Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



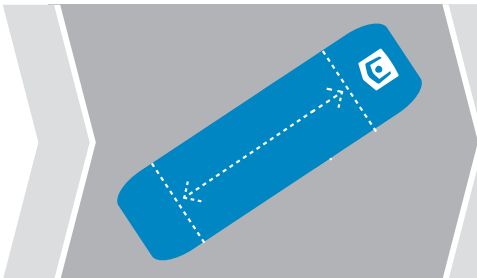
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## GENERAL SHOULDER

### TIP:



Always anchor the first and last two inches with absolutely no stretch.

### BODY POSITION:



Tilt the head to the opposite shoulder with the arm laying relaxed down your side.

### STEP 1:



Anchor the strip at the bottom of the deltoid or shoulder muscle where it creates a 'V' shape.

### STEP 2:



Apply the strip at a 25% stretch, following the back-side of the muscle up to the top of the shoulder. Anchor with zero stretch.

### STEP 3:



With no stretch, anchor the 2nd strip just below and in front of the 1st strip on skin.

### STEP 4:



With a 25% stretch, apply the strip following the front of the deltoid or shoulder muscle to the top of the shoulder. Firmly rub to activate adhesive.