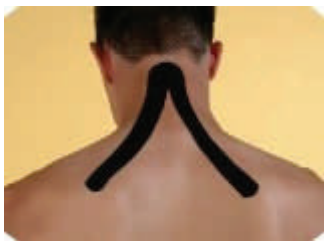


# Basic Kinesio Tape Application for the Neck

## Preparation

1. Create a “Y” strip - start with a piece of tape approximately 6” long. Make a vertical cut in the tape. leaving an uncut “tail” of approximately 1.5”. Round the corners to prevent peeling.
2. Create an “I” strip - cut a length of tape 2-3” long. Round the corners to prevent peeling.
3. Prepare the skin by cleaning with alcohol.



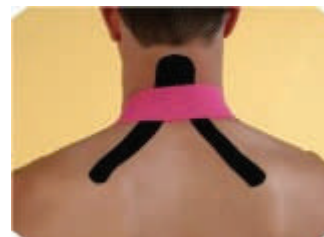
**STEP 1:** Tilt head forward to create a stretch at the back of the neck. Peel backing from the base of the “Y” strip, leaving the rest of the backing in place. Apply the base of the “Y” strip with no stretch just below the hairline. Rub tape briskly to activate adhesive.



**STEP 2:** Peel backing from one tail and apply as shown above, without adding any stretch to the tape. Tape should end near the upper margin of the scapula (shoulder blade). Repeat with the other tail. Rub tape briskly to activate adhesive



**STEP 3:** Tear paper backing in the middle of the “I” strip and peel both sides away from the middle approximately 1”. While holding the ends, lightly stretch the middle and place over the strained area. Apply ends with no added stretch . Rub tape briskly to activate adhesive.



**Final Appearance of Basic Kinesio Tape Application for the Neck**