

Basic Kinesio Tape Application for the Shoulder

Preparation

1. Create a “Y” strip - start with a piece of tape long enough to stretch from the midpoint of the upper arm to the base of the neck. Make a vertical cut in the tape, leaving an uncut “tail” of 2-3”. Round the corners to prevent peeling.
2. Create an “I” strip by cutting a length of tape long enough to reach from the base of the neck to just above the elbow. Round the corners to prevent peeling.
3. Prepare the skin by cleaning with alcohol.



STEP 1: 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 at the midpoint of the upper arm. Rub tape briskly to activate adhesive.



STEP 2: Peel backing from one tail and apply around the shoulder muscle as shown, without adding any stretch to the tape. Tape should end on the top surface of the shoulder. Repeat with the other tail, on the other side of the shoulder muscle. Rub tape briskly to activate adhesive



STEP 3: With the arm at a 90° angle from the body, peel backing from one end of the “I” strip and apply on top of the shoulder below the base of the neck. Continue applying the tape down the arm with no stretch, ending below the base of the “Y” strip. Rub tape briskly to activate adhesive.



Final Appearance of Basic Kinesio Tape Application for the Shoulder