

PERFORMANCE MEETS SCIENCE™



Tape

# GENERAL SHOULDER



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1 Sit or stand with arm dropped by side.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2 Anchor full-strip low on side of the arm with enough length to reach tip of shoulder.



3 Move arm behind body and apply with 25% stretch to front of shoulder.



4 Lay end down with no stretch.



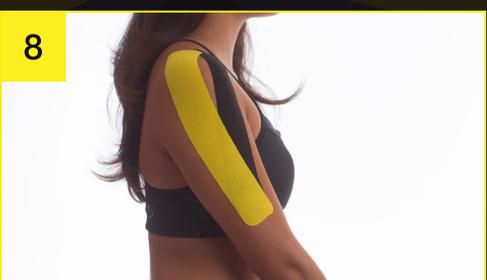
5 Return arm to side and anchor second full-strip just below first.



6 Move arm in front of body and apply with 25% stretch to back of shoulder.



7 Lay end down with no stretch.



8 Rub application well to securely fix all edges to skin.