

PERFORMANCE MEETS SCIENCE™



Tape

SHOULDER STABILITY



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1 Sit/Stand up tall. Bring shoulders down and slightly back.



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 with no stretch at level of the top of the elbow and on spine.



3

Apply with 25% stretch over bottom of shoulder blade towards tip of shoulder.



4

Lay end down with no stretch.



5

Anchor second full-strip at spine above first anchor.



6

Apply with 25% stretch over top of shoulder blade towards tip of shoulder.



7

Lay end down with no stretch over tip of shoulder.



8

Rub application well to securely fix all edges to skin.