



ROTATOR CUFF

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

The rotator cuff is the group of muscles and their tendons that act to stabilize the shoulder. These muscles start at the shoulder blade and connect to the upper arm to provide the needed stability and mechanics of the shoulder. Causes of rotator cuff injury may include overuse, tears, motion beyond normal limits, or poor throwing form. KT Tape can help treat this condition by providing support and stability, relieving pressure to reduce pain, and increasing circulation.

BEFORE YOU START

YOU WILL NEED

- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

BODY POSITION

Tilt head away from the shoulder



STRIP ONE



0% STRETCH



25% STRETCH



0% STRETCH

ANCHOR: full strip slightly under point of pain as shown without stretch

APPLY: tape around shoulder and under shoulder blade with 25% stretch

FINISH: apply last two inches of tape without stretch

STRIP TWO



80% STRETCH



0% STRETCH

ANCHOR: middle of half strip of tape across first strip as shown with 80% stretch

APPLY: lay ends down without stretch

STRIP THREE



80% STRETCH



0% STRETCH

ANCHOR: middle of second half strip across first strip as shown with 80% stretch

APPLY: lay ends of tape down without stretch



WATCH THE VIDEO

kttape.com/instructions/rotator-cuff