

KT TAPE®

KINESIOLOGY THERAPEUTIC TAPE

AC JOINT

AVERAGE DAYS WEAR

KT TAPE
PRO

APPLICATION OVERVIEW

AC (acromioclavicular) Joint injuries are common in contact sports or accidents wherein a collision with the tip of the shoulder occurs. In fact, they are the most common reason an athlete seeks medical attention following a shoulder injury. KT Tape helps treat this condition by relieving pressure to reduce pain, providing support, and increasing circulation.

WHAT YOU NEED

2 - 10" strips of KT Tape cut in half

BEFORE YOU START

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

Turn head away from shoulder looking down



STRIP ONE



80% STRETCH

ANCHOR: the middle of a half strip of tape over the point of pain
Lay the ends down without stretch

STRIP TWO



80% STRETCH

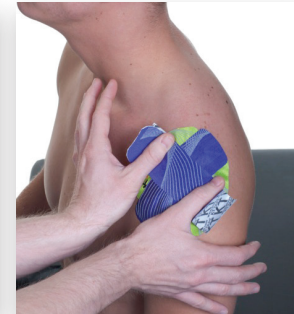
ANCHOR: the middle of a second half strip in an X pattern over the first strip

STRIP THREE



80% STRETCH

ANCHOR: the middle of a third half strip at a diagonal over the first two strips



0% STRETCH

APPLY: Lay ends down without stretch.



WATCH THE VIDEO

kttape.com/instructions/ac-joint