

NECK & SHOULDER

AVERAGE DAYS WEAR

KT TAPE
 PRO

APPLICATION OVERVIEW

Potential causes of neck pain may include stress, overuse, looking down while running, or sleeping on it awkwardly. KT Tape helps treat this condition by adjusting posture, relaxing muscles, and relieving pressure to reduce pain.

WHAT YOU NEED

3 strips of KT TAPE

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

Stretch the neck by tilting the head forward and tucking the chin to your chest.



STRIP ONE



0% STRETCH

ANCHOR: Anchor a full strip an inch to the side of the spine.

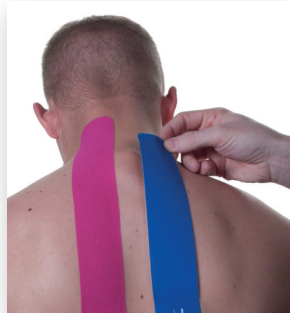


25% STRETCH

APPLY: Apply tape up the neck with 25% stretch.

FINISH: Apply the last two inches without stretch.

STRIP TWO



0% STRETCH

ANCHOR: Anchor a full strip to the opposite side of the spine.

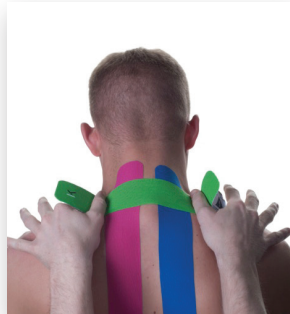


25% STRETCH

APPLY: Apply tape up the neck with 25% stretch.

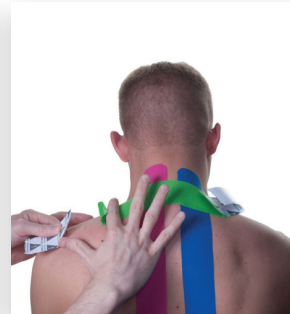
FINISH: Lay the last two inches of tape down without stretch.

STRIP THREE



80% STRETCH

ANCHOR: Anchor the middle of a full strip of tape over the point of pain with 80% stretch.



0% STRETCH

APPLY: Lay the last two inches of each end down without stretch.



WATCH THE VIDEO

kttape.com/instructions/neck-and-shoulder