KT TAPE®
KINESIOLOGY THERAPEUTIC TAPE

ROTATOR CUFF

AVERAGE DAYS WEAR
KT TAPE ■■■□□□□
PRO ■■■■■■■

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.

WHAT YOU NEED
2 strips of KT TAPE
1 full 10″ strip
1 full 10″ strip cut in half

BEFORE YOU START

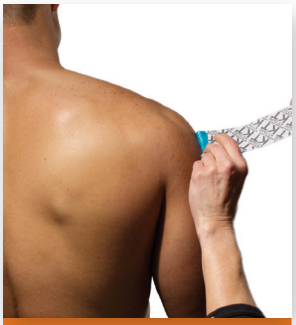
APPLY BEFORE ACTIVITY
Apply one hour before beginning activity

CLEAN SKIN
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE
After application rub tape vigorously to activate adhesive

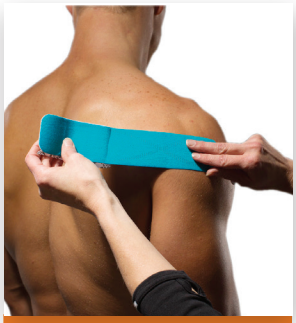
WATCH THE VIDEO
kttape.com/instructions/rotator-cuff

STRIP ONE



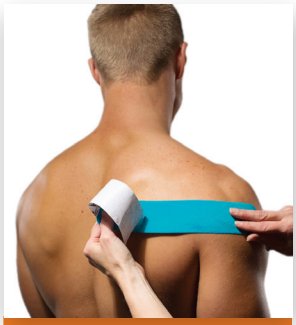
0% STRETCH

ANCHOR: Anchor a full strip slightly under the point of pain as shown without stretch.



25% STRETCH

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



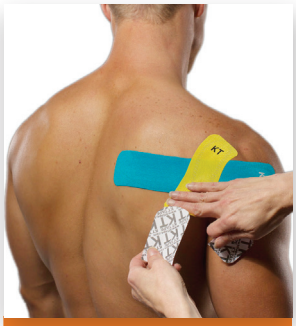
0% STRETCH

FINISH: Apply the last two inches of the tape without stretch.

STRIP TWO

80% STRETCH

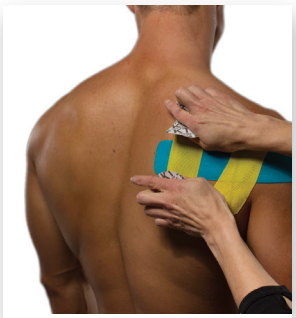
ANCHOR: Anchor the middle of a half strip of tape across the first strip as shown with 80% stretch.



0% STRETCH

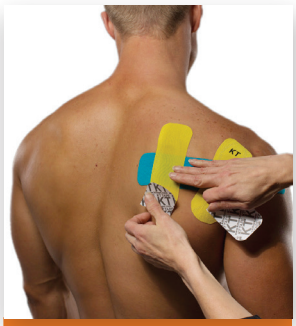
APPLY: Lay ends down without stretch.

STRIP THREE



80% STRETCH

ANCHOR: Anchor the middle of a second half strip across the first strip as shown with 80% stretch.



0% STRETCH

APPLY: Lay ends of tape down without stretch.

CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**