



STRENGTHTAPE®

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

2 pre-cut strips of StrengthTape
Scissors
Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



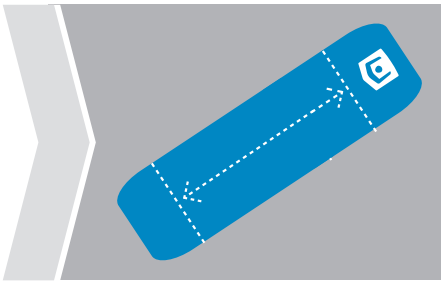
Clean any oils and lotions from area.



Trim excess hair for better adhesion.

ROTATOR CUFF

TIP:



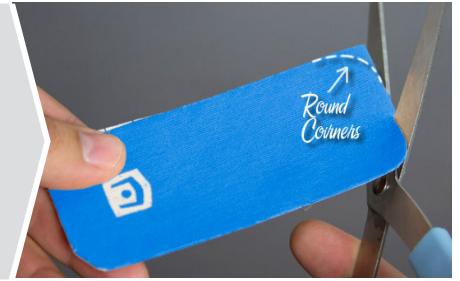
Always anchor the first and last two inches with absolutely no stretch.

BODY POSITION:



Turn your body slightly away from the person applying the tape. Tilt your head to the

PREPERATION:



Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:



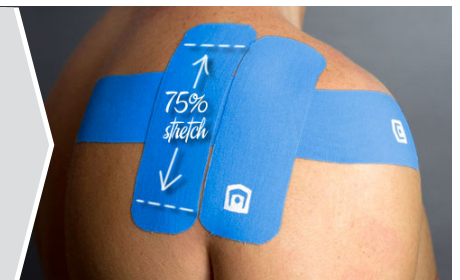
Anchor the 1st strip at the end of the bone on top of the shoulder. Using 25% stretch, follow the bone of the shoulder blade. Applying the end with no stretch.

STEP 2:



Apply the 1st half-strip with 75% stretch on the backside of the shoulder. Anchoring both ends with absolutely zero stretch.

STEP 3:



Apply the 2nd half-strip with 75% stretch parallel to the 1st half-strip towards the spine. Firmly rub the application to activate adhesive.