

PERFORMANCE MEETS SCIENCE™



Tape

GENERAL SHOULDER



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1 Sit or stand with arm dropped by side.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip

2



Anchor full-strip low on side of the arm with enough length to reach tip of shoulder.

3



Move arm behind body and apply with 25% stretch to front of shoulder.

4



Lay end down with no stretch.

5



Return arm to side and anchor second full-strip just below first.

6



Move arm in front of body and apply with 25% stretch to back of shoulder.

7



Lay end down with no stretch.

8



Rub application well to securely fix all edges to skin.