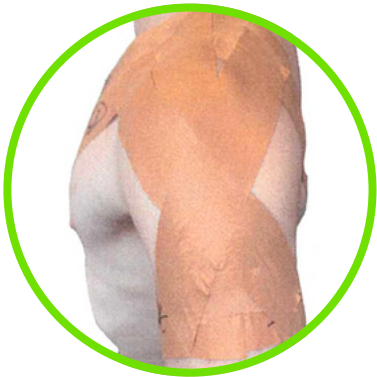




# Shoulder Taping



**Have the athlete sitting with good posture and their hand placed on their hip. Using 50mm Rigid tape, place a strip of tape around the upper arm and 1-2 strips from the chest to the shoulder blade as anchors**



**Run one straight strip and 2-4 crosses depending on required level of support, going from the chest anchor to the upper arm anchor.**



**Using 75mm Stretch EAB tape, apply from the chest, running a figure 8 around the bicep to finish on the shoulder blade.**



**Using 50mm Rigid tape, apply 1-2 strips from the chest to the shoulder blade to secure.**

**Prepared with the advice of a professionally registered physiotherapist**