TAPE ROTATOR CUFF



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY

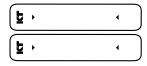


TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED





STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.

ANCHOR	STRETCH	ANCHOR
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HOW TO APPLY

STRIP ONE



Bring the arm across your chest to create a stretch on the back of the shoulder. Tear backer paper 2 inches from end to create your first anchor. Place the anchor on the front of the shoulder with no stretch.



Peel backer paper from middle segment of the strip. Apply tape with **moderate stretch** around the outside of the shoulder, toward the top of the shoulder blade.



Lay down the second anchor with **no stretch**, using the last 2 inches of tape.

STRIP TWO



Lift the arm slightly away from the body. For the second strip, create your first anchor and place it on the the outer arm with no stretch.



Peel backer paper from middle segment of the strip. Apply tape with moderate stretch along the top of the shoulder toward the base of the neck.



Lay down the second anchor with **no stretch**, using the last 2 inches of tape. Smooth over the full application to ensure tape is completely applied to the skin.

