BODY POSITION
Reach your arm across your chest to lightly stretch the back of your shoulder.

ANCHOR:
With a light stretch, apply the tape along the back of the shoulder, continuing to the top.

ANCHOR:
Adhere two inches of tape with no stretch on the outside of the arm, between the shoulder and elbow joints.

ANCHOR:
Next to strip one, anchor with no stretch on the outside of the arm.

APPLY:
With two inches remaining, lay the end down with no stretch.

FINISH:
With a light stretch, apply strip two tape along the front of the shoulder, continuing to the top.

FINISH:
With two inches remaining, lay the end down with no stretch, careful not to overlap with strip one.

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.