



KOMO know how

*Shoulder Self Taping:  
an easy application guide*

KOMOTape  
Support in motion



For everyday use; including low and medium levels of exercise and sport

An easy application guide for **shoulder self-taping** when there is **pain** around the shoulder ball or at the **front** of the shoulder (**anterior shoulder pain**).

KOMO Physio tape was designed to help **PROMOTE** movement, **IMPROVE** performance & **RESTORE** function to the injured body.



Watch the Knee Taping with KOMO Tape video guide

**Always apply the tape to clean, dry skin**

**Remove** if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise**.

(This helps the tape stick for longer.)

- Place **hands at waist and slightly draw the shoulder blades back** before taping. This will **encourage a neutral shoulder taping position**
- **Cut two strips of tape; 20cm and 40cm** with rounded edges to increase adherence
- Tear the end piece and **secure the 40cm strip halfway down the arm**.
- Guide the **tape up past the shoulder ball to finish on top of the shoulder**
- **Secure the 20cm piece** at the front of the shoulder ball.
- Tape over the back of the shoulder to form a cross with the first piece
- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape otherwise too much stretch has been applied

www.komophysiotherapy.com.au  
phone 0406 889 796

KOMO Physio

