



For everyday use; including all levels of exercise and sport

An easy application guide for **shoulder 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 Shoulder 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 a 30 cm strip** lengthways 3/4 of the way down to **form a "Y" shape**
- **Secure** the tape **at the pointy end of the shoulder blade**
- Slide each strip towards the shoulder to form a "Y" shape
- Place a **40cm strip halfway down the upper arm**. Secure past the shoulder ball on top of the shoulder  
Aim towards the back and not up the neck if the tape is too long
- Place a final **30cm strip at the front of the shoulder ball** and aim to stretch it over the shoulder and down towards the starting pointy end of the shoulder blade
- **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

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**KOMO** Physio

