



For everyday use; including all levels of exercise and sport

An easy application guide for **shoulder taping** when there is **shoulder and neck pain** or **shoulder and upper back 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.)

- If **neck and upper back pain** is one-sided then tape just the affected side but **if pain is central then tape both sides**
- Place hands at waist and slightly draw the shoulder blades back before taping
This will **encourage a neutral shoulder taping position**
- **Cut two 50 cm and two 40cm strips** with rounded edges to increase adherence
- Secure the **50cm strip on upper arm**, past the shoulder ball and across the upper back and neck or towards the shoulder blade to form a 'V'
- Place the **40cm piece at the front of the shoulder ball**
Stretch it over the shoulder and towards the pointy end of the shoulder blade
- This can be repeated on the other side if needed
- **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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