

Scapular Taping

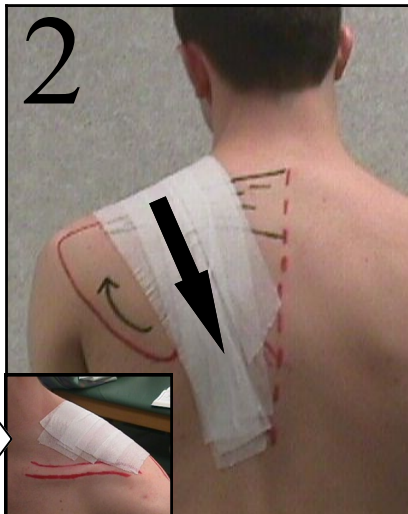
Purpose: This tape application is to assist you with controlling your shoulder blade position and movement. You will need a partner to assist with the application.



Supplies needed:
White tape and brown tape (supplied), towel, scissors, and milk of magnesia.

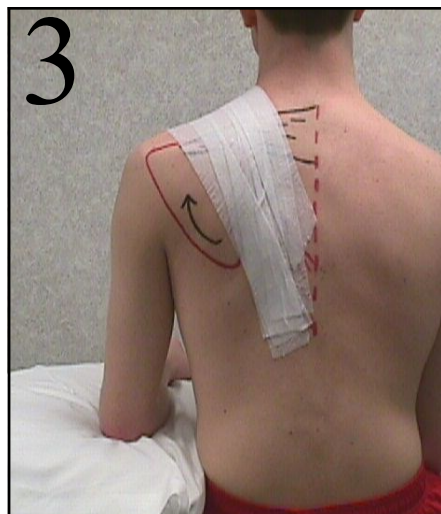


1
Apply a light coat of milk of magnesia over the back and shoulder of the injured side. Extend to collarbone. **Let dry completely.**



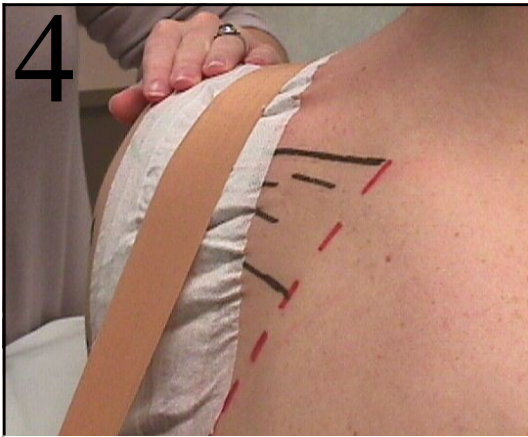
Note: The tape should not extend over the collarbone

2
Apply 7-10 white strips from front to 2-4 inches past shoulder blade in the direction shown by the large arrow.

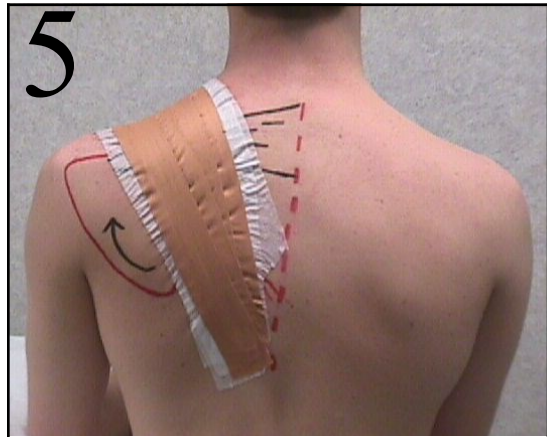


3
Rest arm in position shown. You should feel that your arm is supported, but not being pushed upward.

HOME EXERCISE PROGRAM



4
Apply the first brown strip over the first laid white strip. Pull down firmly in the same direction. This will create wrinkles similar to above.



5
Lay 6-8 more strips, as shown above and as directed by the therapist. Place the last strip over the first one. Note the wrinkles created by the pulling of the tape.

ADDITIONAL INSTRUCTION

- ◆ Assess posture, you should feel the shoulder blade moved downward and to the spine.
- ◆ If you move the arm in a painful direction, use your back muscles with the tape and you should have less pain.
- ◆ If the above are not true, you can have your partner apply more tape.
- ◆ Remove tape if you have constant skin itching/burning.
- ◆ Make sure that you wear the tape with exercise and sport.
- ◆ Wear tape at night if it helps you sleep.
- ◆ **You must work your back muscles during exercise and painful movements. Don't let the tape do all the work!!**
- ◆ **INDIVIDUAL NOTES:** _____

Tape Wearing Schedule	
Apply: _____ am/pm	Apply: _____ am/pm
Remove: _____ am/pm	Remove: _____ am/pm
Apply: _____ am/pm	Apply: _____ am/pm
Remove: _____ am/pm	Remove: _____ am/pm
Apply: _____ am/pm	Apply: _____ am/pm
Remove: _____ am/pm	Remove: _____ am/pm

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____