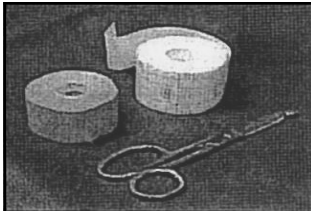


Shoulder Taping

Purpose: This tape application is to help stabilize and limit movement in your shoulder. You will need a partner to assist with the application.



Materials Needed:

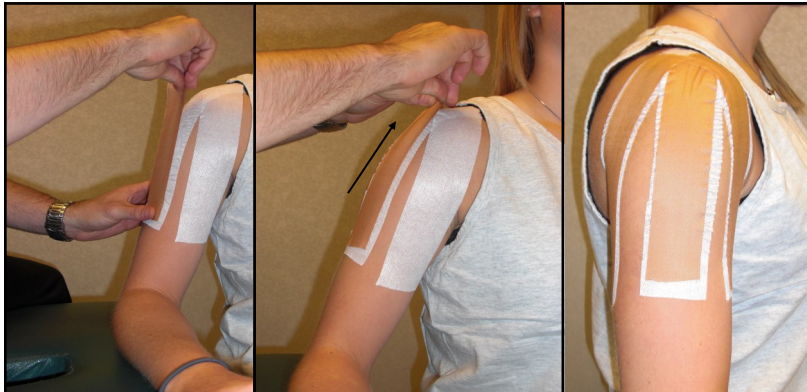
- Brown Tape (Leukotape)
- White Tape (Cover Roll)
- Scissors



1. Sit with your arm slightly away from your body resting on a table.



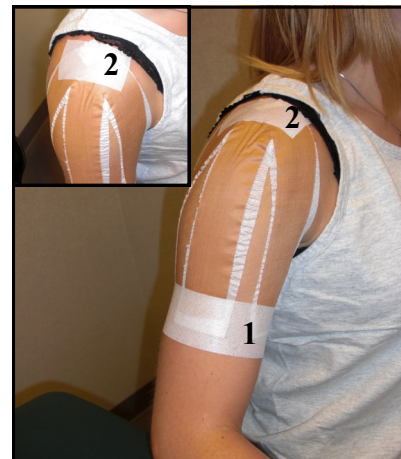
2. Apply 3 strips of white tape (Cover Roll) on the front, back and lateral side of your shoulder and upper arm as shown above.



3. Apply 3 strips of brown tape (Leukotape) on top of the white tape. Begin attaching the tape on the arm and pull upwards direction toward the top of the shoulder. The amount of tension and resultant wrinkle in the white tape will depend upon the amount of desired stability.

Apply in the following order:

- Lateral Side, Front, Back
- Front, Lateral side, Back
- Back, Lateral side, Front
-



4. Apply 2 strips of white tape (Cover Roll) to secure the tape job in place as shown in the pictures above.

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

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM