



Strapping Tutorial

The Shoulder d³ k6.0 tape Video #13

strapping to support the whole
of the shoulder

EQUIPMENT:

1 roll 38mm d3 Kinesiology Tape
d3 tape scissors
*d3 adhesive spray optional.



TOP TIPS

d3 k-tape is latex-free and hypoallergenic, meaning adverse skin reactions are very rare and tape can be worn for days on end to support rehabilitation between physio sessions.

Avoid taping onto wet, hairy or heavily moisturised skin, as this can affect adhesive qualities.

Cut tape with sharp scissors, or d3 tape cutting scissors, to avoid fraying.

Round off the edges of the tape ends with scissors to help prevent tape from being peeled off the skin through abrasion.

d3 k-tape sticks best when applied directly onto the skin, rather than onto tape.

K-tape tape is stretchy and designed to move and react like a second layer of skin. Try to handle and place the tape carefully and avoid touching the adhesive side of the tape wherever possible.

The anchor strips, at each end of the tape, should always be applied under no stretch for better adhesion and results.

The backing tape paper can be ripped/ split, but not immediately removed (until needed to) to help handle the tape and avoid touching the adhesive side.

PREPARATION

K-Tape Strips: Cut 2 strips of d3 Kinesiology tape: 2 x 20-25 cm or as required.

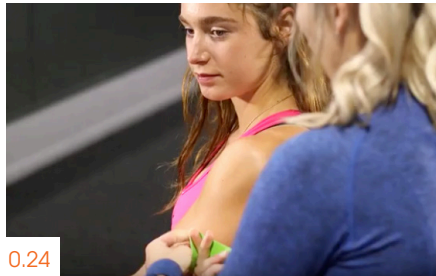
Decompression (lateral) Tape Strip: Cut one length of K-Tape 1 x 12-15 cm or as required.

(If using d3 adhesive spray, spray the area to be taped lightly and allow the area to get tacky by leaving it for 30-seconds to air dry.)

K-STRIPS #1 & #2 (GREEN IN VIDEO)

01. Place the athlete's arm across their body, rotating the shoulder forward (flexion and adduction).

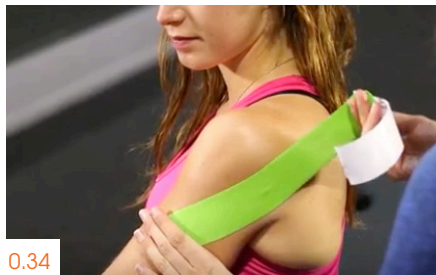
02. Rip and remove 5 cm of the lowest part of the backing tape to help place the initial anchor point. **0.24**



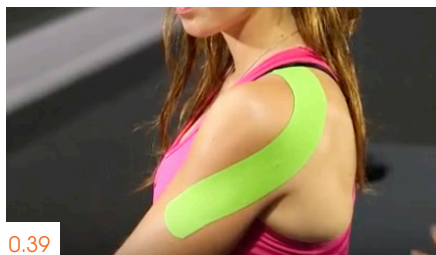
03. Place the anchor, under no tension/stretch, at the midpoint of the arm (mid-humerus). **0.30**



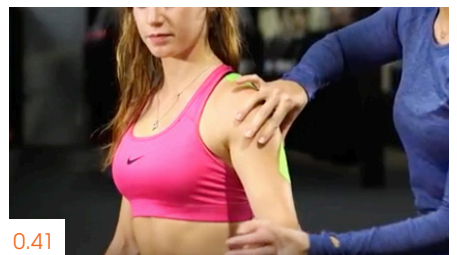
04. Remove the backing paper and whilst pressing down the anchor, stretch the tape (approximately 80%) up, around and behind the shoulder. **0.34 / 0.35**



05. Ensure the top anchor point is applied under no stretch and on the top of the collar bone (clavicle). **0.39**



06. Move the athlete's arm backwards, so the shoulder joint opens up (extension and external rotation). **0.41**



07. Repeat steps 3-5 with the other tape strip (green), this time on the inside (medial) aspect of the the shoulder, mirroring the first strip applied. Again, apply the top anchor under no stretch. **0.53**



08. To enhance the adhesion the tape can be applied onto the skin rather than on the tape. To do this cut and extra 5 cm of tape for the second strip so the anchor is fixed on top of skin not tape.

09. Rub the tape and press it down with hands, or the discarded backing tape paper, to ensure the glue activates and adhesion is firm.

DECOMPRESSION/LATERAL TAPE STRIP (BLUE IN VIDEO)

10. Bring the arm back to a neutral position. 1.02



11. Tear the backing tape across the middle of the strip and remove from the centre to near the outside ends, leaving the last 2-5 cm of the anchor points with backing tape in place 1.09



12. Place the anchor laterally across the line of the shoulder (deltoids) under 80-90% stretch. 1.11



13. Remove the anchor tape backing and place both anchor points down under zero stretch. 1.19

14. Rub the tape and press it down with hands or the discarded backing tape paper to ensure the glue activates and adhesion is firm.



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