



Strapping Tutorial

# The Shoulder (Rotator cuff) d<sup>3</sup> k6.0 tape Video #2

strapping to support the whole of the shoulder

### EQUIPMENT:

- 1 roll 50mm 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 3 strips of d3 Kinesiology tape for the shoulders: 3 x 20-25cm 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-STRIP #1 (PINK IN VIDEO): STABILISER STRAP

01. Ensure the athlete is standing (facing away from you) but bending over slightly, to engage the hamstring muscles under some tension. 0.07



0.07

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

03. Place the anchor, under no tension/stretch, at the bottom of the rotator cuff and above the shoulder blade. 0.12



0.12

04. Remove the backing paper and whilst pressing down the anchor, stretch the tape (approximately 75-90%) around front of shoulder (across the deltoids). 0.18



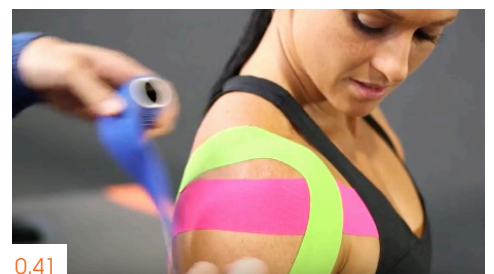
0.18

03. Ensure the top anchor point is applied under no stretch and on the top of the chest (pectorals). 0.19



0.19

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



0.41

**K-STRIP #2 (GREEN IN VIDEO):  
ROTATOR STRAP**

**07.** Rip the tape 5 cm from each end of the tape to create the two anchor points.

**08.** Remove the backing for the first anchor point and place immediately above the first pink tape anchor point, onto the skin and under no stretch.

**09.** Holding the anchor point down, now stretch the tape to 75-90% over the shoulder and above the pink tape. **0.27**

**10.** Now pull the tape down, placing on the skin as you go around the front of the shoulder (front/anterior head of the deltoid) and across the top of the arm (over the humerus). **0.32**

**11.** Remove the second anchor point tape backing and secure the tape into the skin under no stretch.



**K-STRIP #3 (BLUE IN VIDEO):  
DECOMPRESSION STRAP**

**12.** 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.

**13.** Begin below the green tape and place the first anchor point, with zero stretch, on the midpoint of the arm (humerus). (Anchor is **0.47**)

**14.** Stretch the tape 60-75% and, holding the anchor down, apply upwards over the shoulder and anchoring, under zero stretch, onto the skin at the base of the neck (Trapezius). **0.50**

**15.** 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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