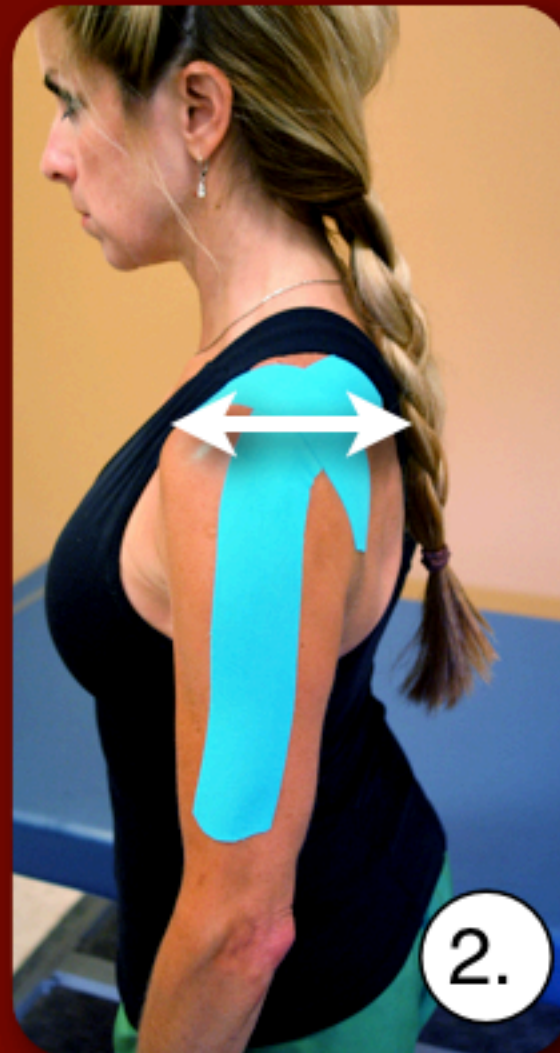


Shoulder



1. Anchor tape from mid upper arm to top of shoulder (AC Joint) with little to no stretch. The stabilization tape can be a single strip or split in middle to help contour around deltoid muscle.



2. Apply tape on top of shoulder, coursing from anterior to posterior (front to back). Stretch tape 50-75% in middle, with no stretch at ends.