


Kinesiology tape lab

1

Shoulder subluxation taping


- I strip
 - Place one end of tape (no tension on base) just lateral to patient's spine on the affected side
 - Have patient round shoulders forward and apply tape with 15-20% tension lay tape over supraspinatus stopping near insertion



2

Shoulder subluxation taping

- Correction of subluxation
 - Passively abduct patient's arm to 90 degrees
 - Lay tape down with 20% tension to deltoid tuberosity



3

Stabilize acromioclavicular joint

- 1 strip (4" to 5")
 - With patient's arm relaxed at side place middle 2" of tape directly over a/c joint with 100% stretch
 - Lay both ends down with no stretch



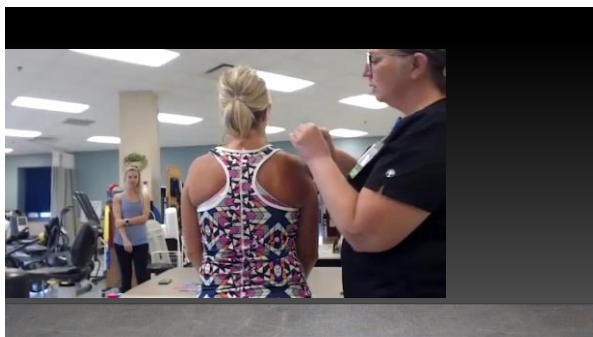
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Stabilize acromioclavicular joint

- 1 strip (4" to 5")
 - Place one end on anterior aspect of humerus with no tension
 - With shoulder correctly aligned lay down anterior aspect to middle of lateral aspect of humerus with 75-100% stretch
 - Lay remaining tape down with no tension



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Functional correction ankle

- Position: ankle in dorsiflexion
- 1 Strip anchored distally with no tension
- Apply 50+% tension to therapeutic zone
- End proximally at Tibial Crest

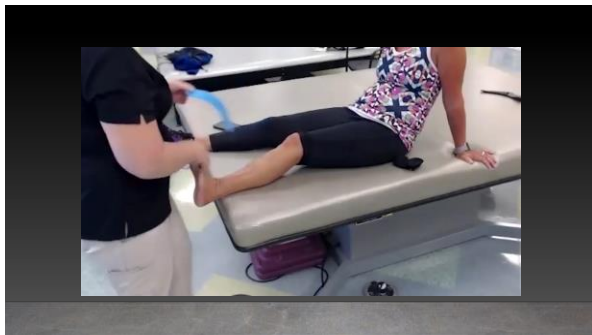


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- Hold ends in place
- Move ankle into plantar flexion
- Slide hands to center to smooth and adhere tape



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Functional correction wrist

- Position: forearm pronation and wrist extension
- I Strip anchored with no tension at distal metacarpals
- Apply 50+% tension through therapeutic zone
- Create "Bridge"
- Anchor proximally on forearm with no tension



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- Hold both ends
- Move joint into wrist flexion
- Slide hands to center to smooth and adhere tape

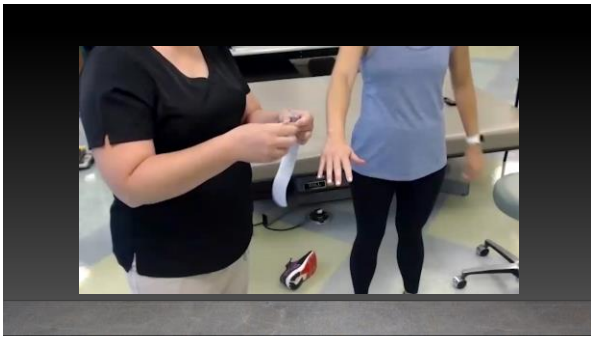


11

ALTERNATE APPLICATION FOR WRIST AND HAND



12

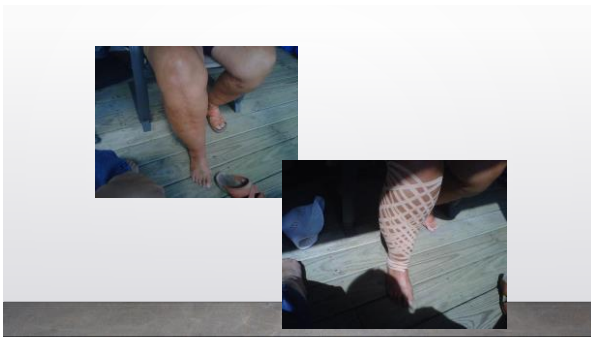


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Edema

- Cut: 2 fans
- Anchor with no tension at region of healthy lymph node, proximal to edema
- Apply 0-20% tension in tails over swollen area

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