




**Location:** Shoulder  
**Application:** Muscle relax  
**Indication:** Stress of neck muscle trapezius  
**Shape:** Three I strips  
**Applying position:** In sitting position

## Acti-Tape - Neck & Upper Back - Trapezius - Step by Step Instructions

1.	<ul style="list-style-type: none"> <li>● In an upright seated position place one end of an I strip at the lower rear side of the neck.</li> <li>● Gently move the shoulder upwards before lightly stretching and smoothing down the strip over the top of the shoulder.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>● Relax the shoulder. A second shorter I strip is stretched horizontally from just above the shoulder blade to overlap the first I strip on the side of the shoulder.</li> <li>● Before sticking down, gently pull the shoulder back and smooth down.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>● The final I strip overlaps the first 2 on the side of the shoulder, again the shoulder should be moved backwards before stretching the strip downwards to the back, to a point just below the shoulder blade.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>● The final result.</li> </ul>	