









Location:	Shoulder
Application:	Frozen shoulder support
Indication:	Pain frozen shoulder
Shape:	Two Y strips, Two I strips
Applying position:	In sitting / standing position

Acti-Tape - Frozen Shoulder - Step by Step Instructions

1.	<ul style="list-style-type: none"> ● Standing or sitting in an upright position with arms to the side apply the base of the Y with the fork on the bottom of the shoulder muscle, slightly on the front of the arm. 	
2.	<ul style="list-style-type: none"> ● Raise the arm to a horizontal position placing the hand on the opposite shoulder and smooth the bottom leg of the Y around the shoulder muscle. 	
3.	<ul style="list-style-type: none"> ● Return the arm to the side and pull the other leg of the Y around the front of the shoulder finishing where the shoulder meets the neck. Smooth down gently. 	
4.	<ul style="list-style-type: none"> ● Place the base of another Y strip on the front of the arm 5 cm down from the shoulder, with the legs of the Y towards the back. 	

5.	<ul style="list-style-type: none"> ● Bring the shoulder backwards Smooth down the legs around the shoulder blade. 	
6.	<ul style="list-style-type: none"> ● Apply an I strip overlapping the base of the first Y. 	
7.	<ul style="list-style-type: none"> ● Then gently lift the shoulder before stretching the Y strip diagonally across the front of the shoulder finishing up overlapping the leg of the first Y and smooth down. 	
8.	<ul style="list-style-type: none"> ● The final I strip is stretched over the shoulder towards the center of the back from just above the arm pit. 	
9.	<ul style="list-style-type: none"> ● The final result. 	