

**Location:** Shoulder

**Application:** Shoulder Joint Support




**Indication:** Instability - Shoulder Joint

**Shape:** Two I-strips

**Body Position:** Sitting / Standing

Shoulder

## Acti-Tape Step by Step Instructions: Shoulder Joint Support

1.	<ul style="list-style-type: none"> <li>Sit or stand in an upright position.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>Apply an I-strip over the top of the shoulder with maximum stretch as shown.</li> <li>Note that maximum stretch only applies to the center of the strip.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>Apply the second I-strip horizontally around the shoulder with maximum stretch, overlapping the base of the first I-strip.</li> <li>Note that this should pull the shoulder into the socket.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>Smooth down the strips firmly to complete.</li> </ul>	