




Location:	Shoulder	Shoulder
Application:	Frozen Shoulder Support / Pain Relief (Self-Taping)	
Indication:	Pain - Frozen Shoulder	
Shape:	Two I-strips	
Body Position:	Sitting / Standing	

Acti-Tape Step by Step Instructions: Frozen Shoulder Support / Pain Relief

1.	<ul style="list-style-type: none"> Sit or stand in an upright position. Apply one end of an I-strip to where the collarbone meets the shoulder. 	
2.	<ul style="list-style-type: none"> Pull the other end of the strip across the front of the shoulder with a moderate stretch, to a point at the bottom of the muscle. 	
3.	<ul style="list-style-type: none"> Apply one end of another I-strip at the top of the shoulder, overlapping the first strip. Move the arm and rest the hand on the opposite shoulder. Reach under to apply the I-strip around the back of the muscle with a moderate stretch. 	
4.	<ul style="list-style-type: none"> Smooth down the strips firmly to complete. 	