

**Location:** Shoulder

**Application:** Pectoral Muscle Support / Pain Relief





**Indication:** Pain - Pectoral Muscle

**Shape:** One Y-strip

**Body Position:** Sitting / Standing

Shoulder

## Acti-Tape Step by Step Instructions: Pectoral Muscle Support / Pain Relief

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| 1. | <ul style="list-style-type: none"> <li>● Sit or stand in an upright position. Apply a Y-strip with the fork at the centre of the top of the shoulder.</li> </ul>   |    |
| 2. | <ul style="list-style-type: none"> <li>● Lift the arm up and move it backwards with the palm facing upwards. Apply the outer leg of the Y-strip following the profile of the pectoral muscle.</li> </ul> |  |
| 3. | <ul style="list-style-type: none"> <li>● Return the arm to the starting position. Apply the inner leg of the Y-strip to the inner side of the pectoral muscle.</li> </ul>                                |  |
| 4. | <ul style="list-style-type: none"> <li>● Smooth down the strip firmly to complete.</li> </ul>  |  |