

**Location:** Shoulder

**Application:** Shoulder Swelling Relief (Self-Taping)





**Indication:** Swelling - Shoulder

**Shape:** Two Octopus-strips

**Body Position:** Sitting / Standing

Shoulder

## Acti-Tape Step by Step Instructions: Shoulder Swelling Relief

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| 1. | <ul style="list-style-type: none"> <li>● In a sitting or standing position, apply the base of an Octopus-strip at the centre of the pectoral muscle, with the fingers of the strip pointing towards the back of the shoulder.</li> <li>● Apply the fingers of the Octopus-strip without stretch. Position two over the top of the shoulder and two around the side of the shoulder.</li> </ul> |    |
| 2. | <ul style="list-style-type: none"> <li>● Apply the base of the second Octopus-strip on the shoulder blade with the fingers of the strip pointing towards the shoulder.</li> <li>● Tip: support your elbow with the other arm while applying.</li> </ul>  |  |
| 3. | <ul style="list-style-type: none"> <li>● Apply the fingers of the second Octopus-strip in the same manner over the shoulder to the front, overlapping the fingers of the first strip.</li> </ul>   |  |
| 4. | <ul style="list-style-type: none"> <li>● Smooth all the fingers of the strips down firmly to complete.</li> <li>● Note that the fingers of the strips should cover the entire area of swelling.</li> </ul>   |  |