



[Dive into taping upper back](#)

Main application area

Muscle tension
Thoracic spine pain

What you need

4 tape strips:

- 1 x tape (green)
- 1 x tape (black)
- 1 x tape (blue)
- 1 x tape (pink)

or all in the same color.

Duration of application

Up to 7 days

Upper back pain

Upper back pain (thoracic spine) is less common than neck or lower back pain, but can cause significant discomfort. It often manifests as **stiffness, discomfort or pain in the thoracic spine**. Typical symptoms may include tension in the back muscles, limited range of motion, and occasionally pain radiating to the neck, shoulders, or arms.



Information

General information

The upper back, also called the **thoracic spine**, extends from the top of the neck to the bottom of the rib cage. The area spans **12 thoracic vertebrae**, which play an important role in supporting the spine and upper body. The upper back is less mobile than the neck or lower back, as its main function is to provide **stability to the rib cage**.

Causes

Upper back pain can be caused by:

- **Muscle tension:** As in the neck and lower back, muscle tension can develop in the upper back. These are often triggered by stress, poor posture or overload. Long sitting at the computer or heavy physical work can also cause muscle tension.
- **Bad posture:** Poor posture when sitting or standing can put additional strain on the thoracic spine. Carrying heavy backpacks can also promote misalignment.
- **Injuries:** Injuries to the thoracic spine can be caused by falls, accidents or sudden movements, resulting in pain.
- **Inflammation:** Inflammatory diseases such as spondylitis (inflammation of the vertebrae) or arthritis can cause persistent pain.
- **Osteoarthritis:** Especially in old age, a degenerative change in the thoracic spine can cause chronic pain in the upper back.
- **Nerve compression:** Pinched or irritated nerves in the area of the thoracic spine may cause pain, numbness and tingling in the arms.

How does K-Active Tape help with upper back pain (chest spine)?

The K-Active Tape can provide essential support when it comes to alleviating pain in the upper back. The special properties of kinesiological tape, including elasticity and self-adhesion, play an important role in pain management. The tape application stabilizes the upper back, which can reduce the strain on the affected areas. In addition, the tape promotes blood circulation in this area, which can support the natural healing processes. Another aspect is the effect of K-Active Tape on sensory perception. It can exert a gentle pressure on the skin, which helps our brain to receive positive signals and thus reduce pain stimuli.

Taping upper back - Tips



Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

Step by step tape tutorial

[Download instructions](#)



→ 1.

Measure the length of the green tape strip accordingly.



→ 2.

Remove the release paper and apply the tape as a ligament technique, the ends being applied as anchors without tension.



→ 3.

Apply the second (black) tape strip analogously.



→ 4.

Now follows the third (blue) stripe according to the instructions. Apply it slightly offset to the previous ones.



→ 5.

Finally, attach the pink tape strip in a horizontal alignment.



→ 6.

Finally, rub over all tapes.



→ 7.

And the application is done!