



## Posterior deltoid trigger point

K-Active

Directly to taping posterior deltoid trigger point

### Main application area

Muscular imbalance  
Muscular tension

### What you need

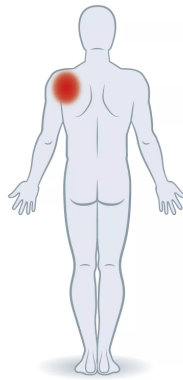
3 tape strips  
2 x tape (green)  
1 x tape (pink)

### Duration of application

Up to 7 days

## Posterior shoulder pain

Your shoulders are subjected to a lot of stress every day, whether it's from sports activities or the one-sided stress of everyday life, especially from sitting for long periods of time. Unfortunately, this stress often leads to a **muscular imbalance** between the strong front shoulder area and the weak back shoulder area. The consequence of this is stressed and tense shoulders that feel immobile. When you move your shoulders, you then feel an uncomfortable pressure and can even lose strength.



### Information

#### General information

The posterior shoulder, also known as the deltoid or posterior deltoid, is an important muscle in the upper back and shoulder region. Consisting of several muscle heads, it is responsible for the **movement** and **stability** of the shoulder joint. The posterior deltoid is also crucial for rotating, raising and lowering the arm, as well as stabilizing the shoulder blades.

#### Causes

Pain and tension in the posterior shoulder can be caused by the following:

- **Muscular imbalance:** a common trigger for posterior shoulder pain is an imbalance between the muscles in the front and back of the shoulder. Often, the muscles in the front are more developed and pull the shoulders forward. This can lead to tension and pain in the back of the shoulder.
- **Poor posture:** especially sitting for long periods of time with the upper body bent forward, can pull the shoulders forward and overstretch the muscles in the back of the shoulder. This affects posture and can lead to pain.
- **Overuse:** sports activities that put a lot of stress on the shoulder, such as tennis or weight lifting, can put a lot of strain on the back shoulder.
- **Stress:** increased stress levels can cause tension in the shoulder muscles and subsequent pain. Nerve compression: In some cases, nerve compression of the suprascapular nerve, can cause posterior shoulder pain.

#### How K-Active Tape helps?

Posterior shoulder taping can help relieve tension and associated pain in the shoulder area, especially if it is caused by muscle tightness or trigger points.

## Taping posterior shoulder - Tips



Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying

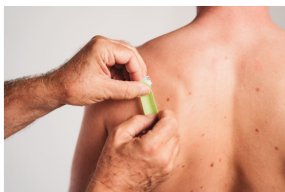


Do not wear for more than 7 days

## Step by step tape tutorial

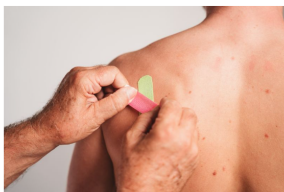
[Download instruction](#)

### Correctional technique



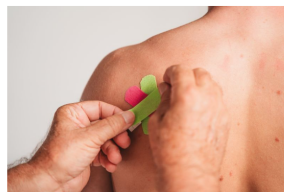
→ 1.

Apply the first green tape strip to the shoulder blade with moderate tension (25% stretch).



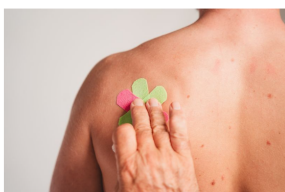
→ 2.

Attach the second tape slightly offset from the first with a small amount of tension (25% stretch).



→ 3.

Now the third tape strip follows. Use light tension (25% stretch) to fix it in place as well.



→ 4.

Rub over all the tapes to activate them.



→ 5.

And the application is done!