

Neck taping trapezius

K-Active



[↓ Directly to neck taping trapezius guide](#)

Main application area

Neck tension
Tension headaches
Neck injuries
Posture problems

What you need

2 tape strips:
2 x tape (blue) -> approx. 25 - 30 cm

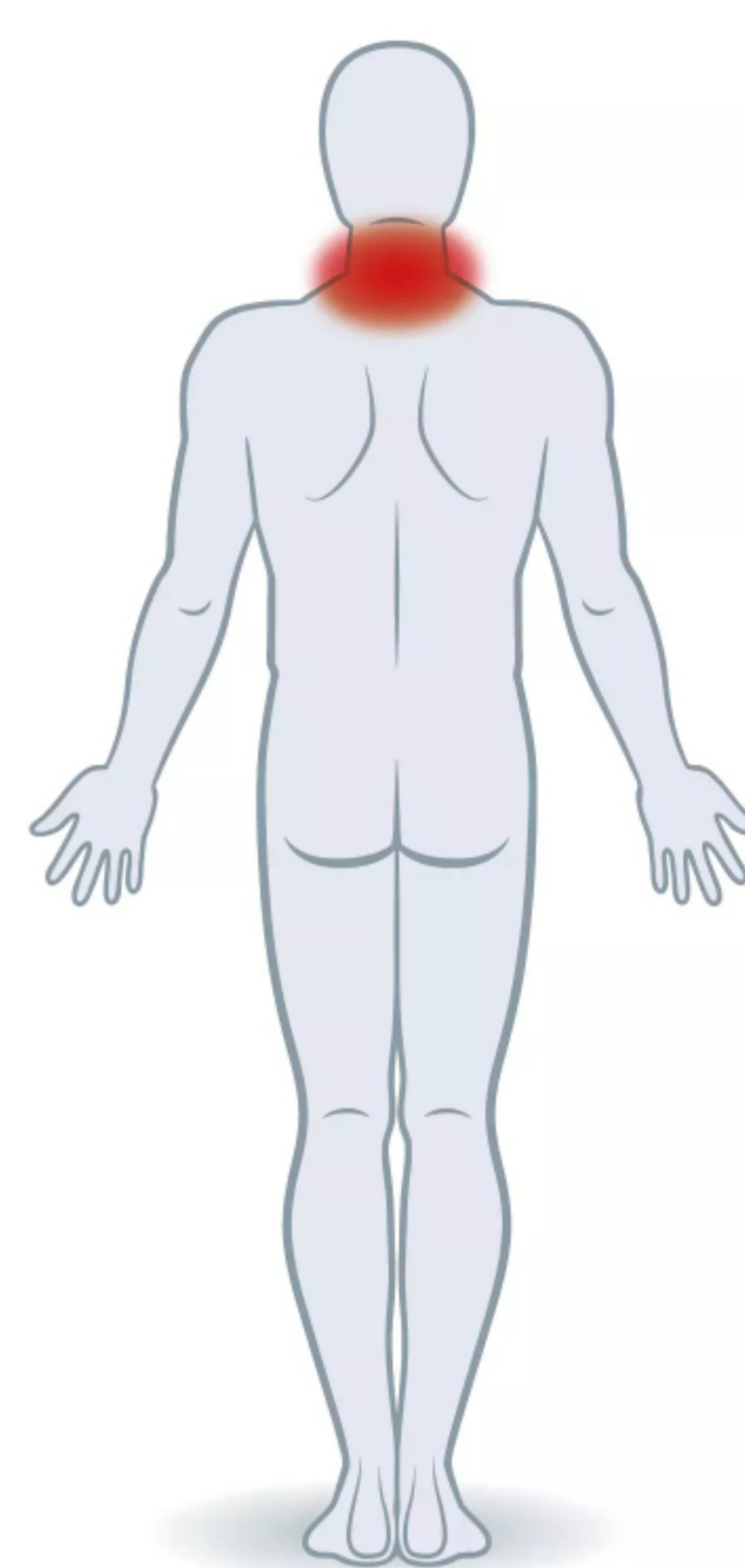
Duration of application

Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Pain in the trapezius muscle

The trapezius muscle extends from the cervical spine to the mid-thoracic spine and is responsible for many movements of the head, neck and shoulders. Common causes of pain in this area are muscle tension caused by poor posture, stress or prolonged sitting at a desk. Overloading through sporting activities or lifting heavy objects can also lead to discomfort. Typical symptoms are pain and stiffness in the neck and shoulder area, which can often radiate into the head or arms, leading to headaches and restricted movement.



Information

General information about the neck and the trapezius muscle

The neck area

The neck is a complex and crucial area of the human body that connects the head to the torso. It consists of seven cervical vertebrae, which together form the cervical spine. These vertebrae are surrounded by a large number of muscles, tendons and ligaments that ensure the stability and mobility of the head. The muscles in the neck make it possible to move the head in different directions, which is essential for numerous everyday activities.

The trapezius muscle

The trapezius muscle, often referred to as the hood muscle, is a large, flat muscle that extends across the upper back and neck. It has a trapezoidal structure and is divided into three parts:

- **Upper fibers:** These run from the back of the head and the upper cervical vertebrae to the shoulders and help to lift and rotate the shoulders and stabilize the head.
- **Middle fibers:** These extend across the upper back and help with retraction (pulling back) of the shoulder blades.
- **Lower fibers:** These run from the middle back to the lower shoulder blades and are responsible for the depression (lowering) of the shoulder blades.

Causes of neck pain

Neck pain can be triggered by a variety of factors, including:

- **Muscle tension:** Stress, poor posture, prolonged sitting at a computer or physical overexertion can lead to tension and pain in the neck.
- **Poor posture:** Frequent poor posture, such as bending your head forward when working at a desk, can overload the neck muscles and cause pain.
- **Injuries:** Injuries such as whiplash from accidents or falls can lead to acute neck pain.
- **Degenerative diseases:** Conditions such as cervical osteoarthritis or herniated discs in the cervical spine can cause chronic neck pain.
- **Inflammation:** Inflammatory conditions such as rheumatoid arthritis can affect the neck and cause pain and stiffness.

How does K-Active Tape help with trapezius muscle pain?

K-Active Tape stabilizes and supports the neck and trapezius area, reduces strain and can therefore support healing. It helps to relieve pain through sensory stimulation, improve blood circulation and lymph flow, and thus reduce swelling and inflammation. The tape also optimizes proprioception, corrects poor posture and can counteract re-injury while maintaining freedom of movement.

Taping neck trapezius - Tips



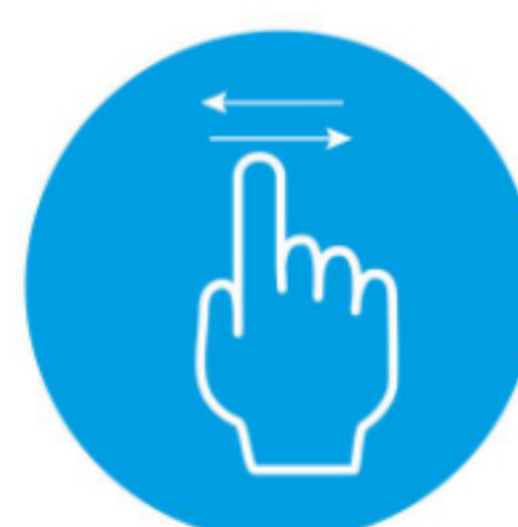
Apply before activity



Dry & clean skin



Round off tape edges



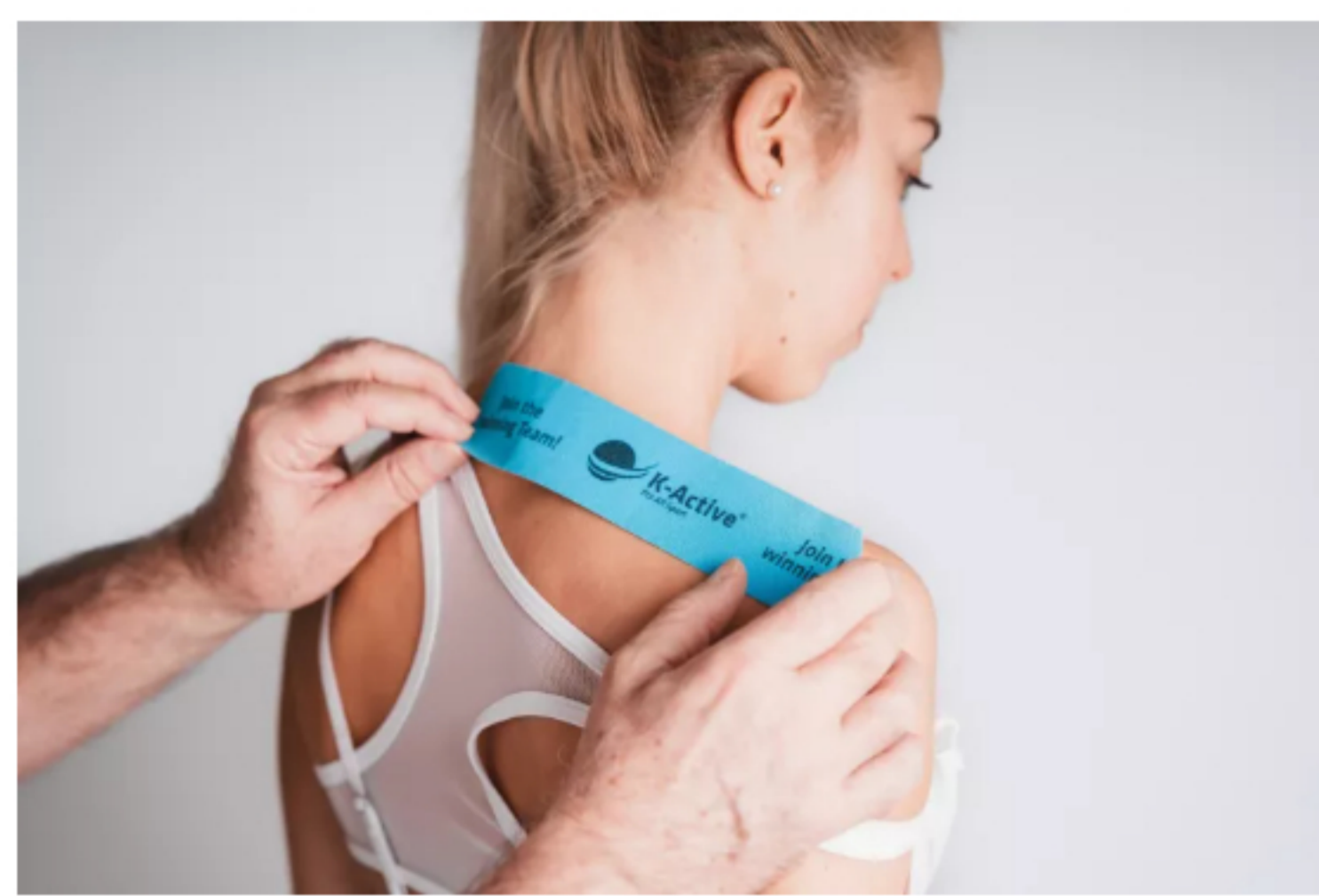
Rub over tape after applying



Do not wear for more than 7 days

Step by step tape tutorial

[Download instruction](#) 📄



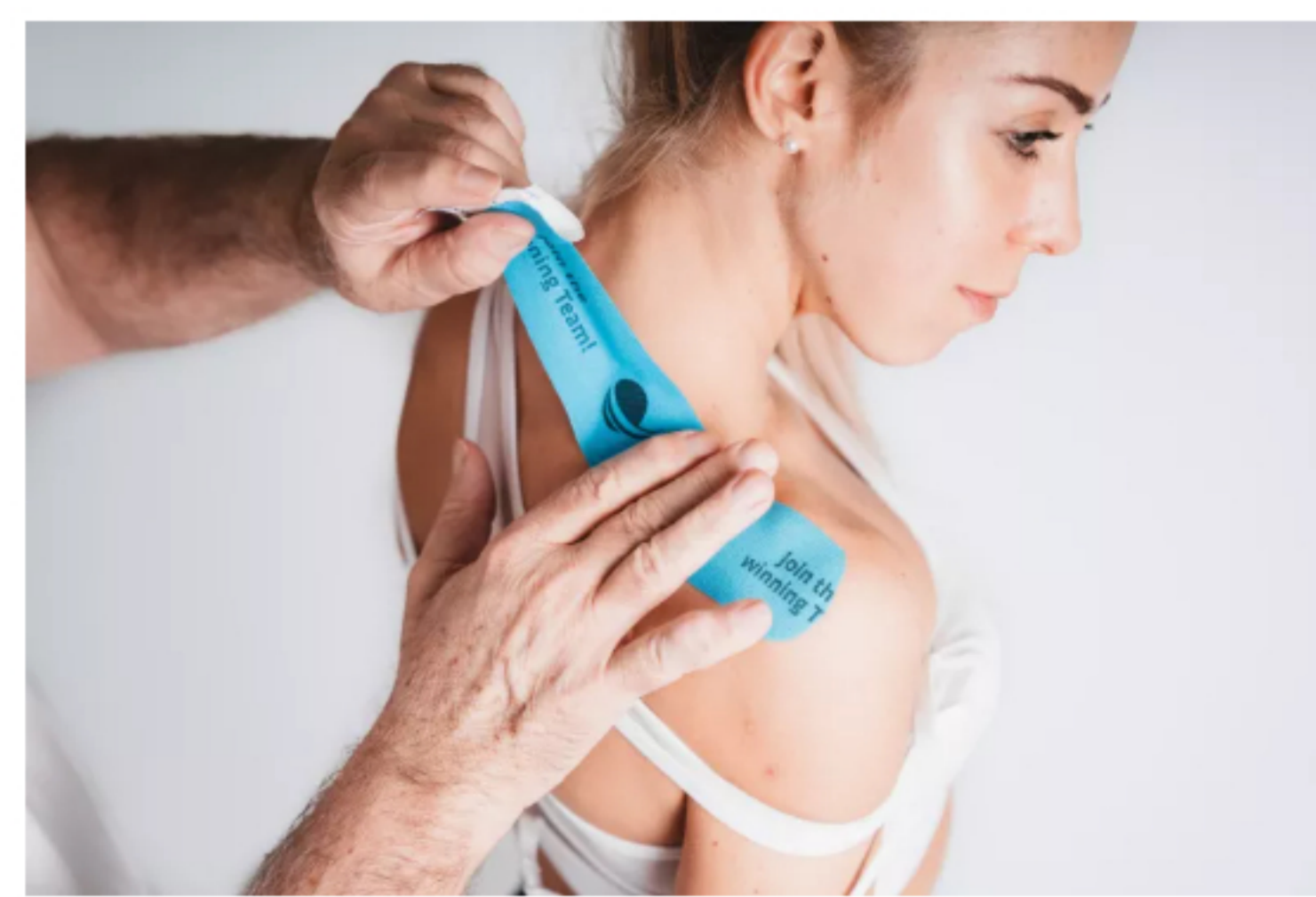
⇒ 1.

Bring the head into a pre-stretch to measure the length of the blue tape strip.



⇒ 2.

Attach the base of the tape in neutral head position between the shoulder blades. Leave the ends with release paper.



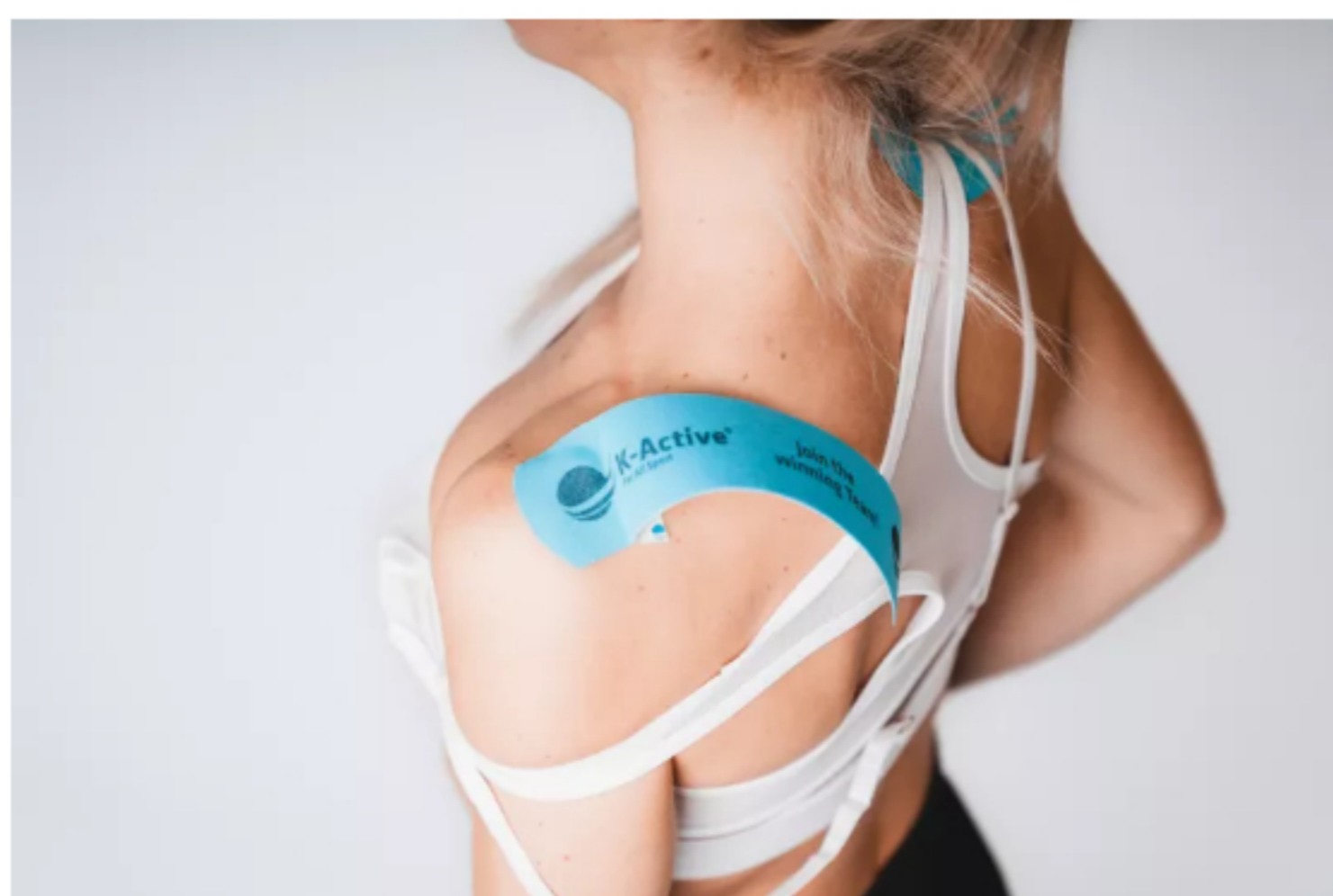
⇒ 3.

Pull the release paper off as you move upward and lightly adhere it, but do not finalize the tape.



⇒ 4.

Apply the first tape rein **without stretch (0%)** along the neck. The head is in the pre-stretch.



⇒ 5.

Apply the second tape rein in pre-stretch of the head. Again, **without stretch (0%)**.



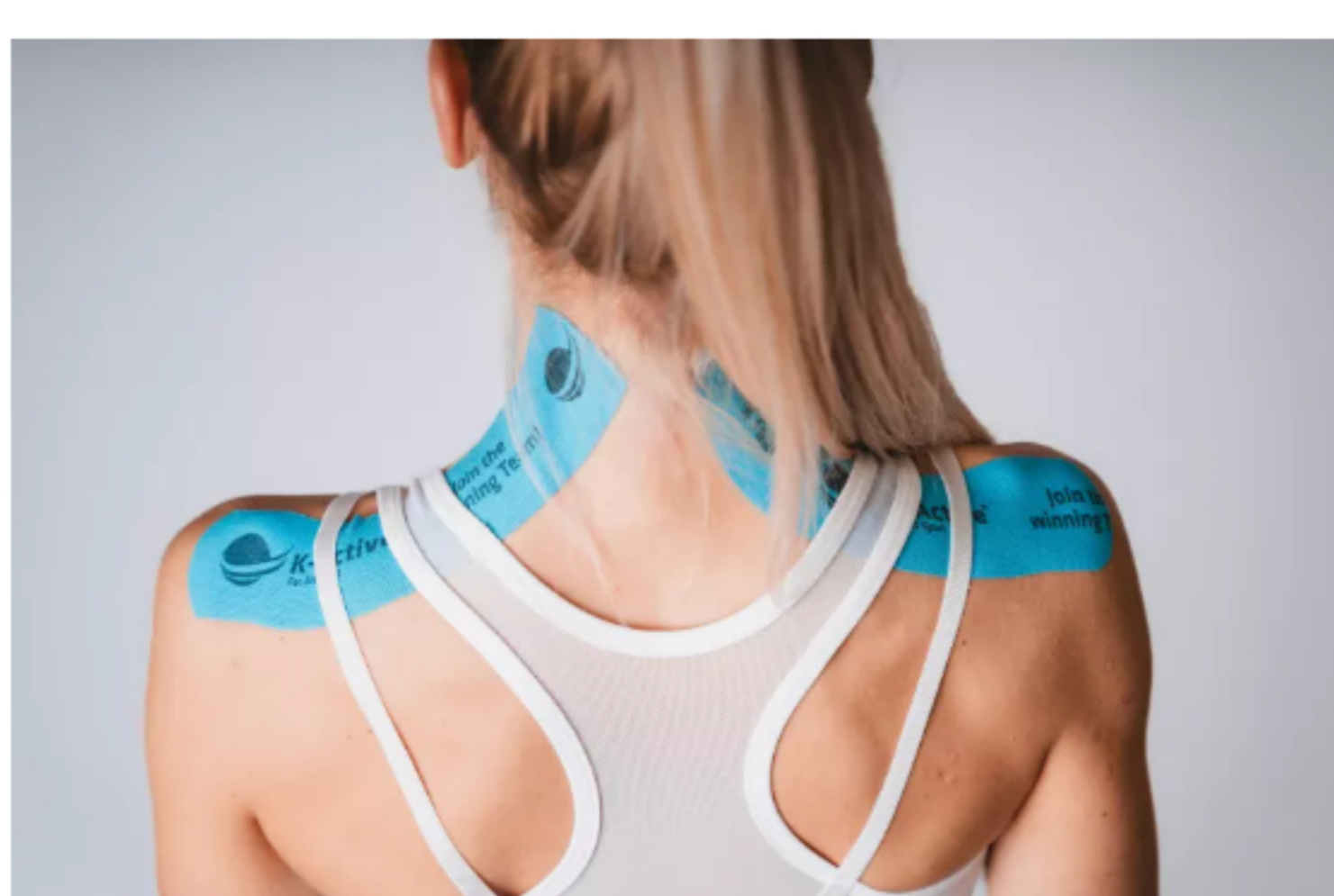
⇒ 6.

That's it for the muscle technique.



⇒ 7.

Align the pink tape in the center of the neck.



⇒ 8.

👉 Apply the tape firmly and then rub it from the center outwards to activate it.