

## Shoulder taping for shoulder pain

K-Active

[Directly to shoulder taping guide](#)

### Main application area

General shoulder pain  
Muscle overload  
Impingement syndrome

### What you need

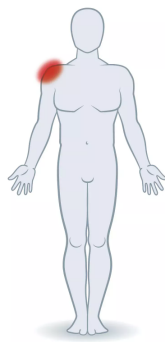
3 Tape strips:  
1 x short tape (pink)  
1 x short tape (blue)  
1 x long tape (green)

### Duration of application

Up to 7 days

## Shoulder pain

Shoulder pain is a widespread health problem that can affect people of all ages. The extremely mobile shoulder joint is complex and therefore prone to numerous diseases. Shoulder pain often occurs when **lifting, moving or rotating** the arm. Accompanying symptoms may include stiffness, swelling or reduced mobility of the shoulder.



### Information

#### General information

The shoulder is a **very flexible joint** of our body and consists of **three main bones**: the scapula, the humerus and the clavicle. These are connected by numerous muscles, tendons and ligaments and enable us to move every day.

#### Causes

Just like the pain itself, the causes of shoulder pain can be very diverse. The most common causes include:

- **Acute injuries:** Shoulder injuries such as strains, bruises, dislocations or bone fractures can cause pain.
- **Overload:** Extreme strain on the shoulder muscles due to repeated movements or heavy lifting can overload the shoulder.
- **Inflammation:** Inflammation of the tendons or mucous sacs of the shoulder, known as tendinitis or mucous sac inflammation, is a common cause of shoulder pain.
- **Osteoarthritis:** Osteoarthritis of the shoulder can lead to chronic shoulder pain.
- **Nerve compression:** Pinched or irritated nerves in the shoulder can cause pain, numbness and tingling in the arm.

#### How does K-Active Tape help against shoulder pain?

The K-Active tape is an effective option for shoulder pain relief. Thanks to its elastic and self-adhesive properties, it stabilizes the shoulder by applying gentle pressure. It may contribute to pain relief. The tape application also promotes blood circulation in the affected area, which can help to improve healing. It supports the surrounding muscles and relieves the affected area.

## Shoulder taping - 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 pink tape in the light ligament technique with a (25% stretch) towards the body. Keep the arm pointing slightly outwards, i. e. in abduction.



→ 2.

Attach the blue tape with the arm slightly rotated outwards. Start at the base of the shoulder, on the ventral side.



→ 3.

Use the correction technique and apply the tape to the middle of the shoulder.



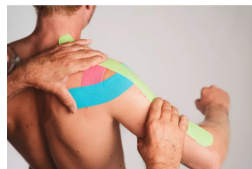
→ 4.

Apply the tape with activated inner rotation of the arm, applying the end without tension.



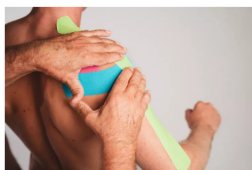
→ 5.

Attach the green tape while the arm is in abduction. Place the base of the tape at the highest point of the neck and at the elbow joint.



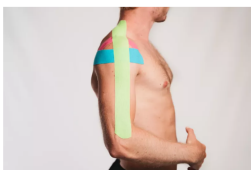
→ 6.

Slowly lower the arm while you apply the tape.



→ 7.

Rub over the whole application.



→ 8.

You are done with the application.