

Kinesiology tape for neck pain

K-Active

[Directly to neck taping guide](#)

Main application area

Muscle tension in the neck and shoulder area
Cervical spine pain

What you need

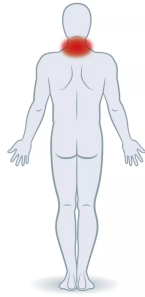
2 tape strips:
1 x y-shaped tape (blue)
1 x tape (pink)

Duration of application

Up to 7 days

Neck pain

Neck pain is a common problem everyone has probably experienced at one time or another, whether it's due to an awkward sleeping position or muscle tension in the shoulder and neck area. Common triggers for these complaints are **muscle tension**, **poor posture**, **overuse** or **injury**. They can occur acutely or chronically and considerably restrict mobility. Typical accompanying symptoms are stiffness, neck tension, headaches and occasionally pain that can radiate into the shoulder or arm.



Information

General information

The neck is a complex and important area of our body, as it forms the **connection between the head and the trunk**. The region includes a total of **seven cervical vertebrae**, also called the **cervical spine**, which form the supporting framework of the head. These vertebrae are surrounded by muscles, tendons and ligaments that not only provide stability, but also allow the head to move. This enables the head to rotate and tilt in many directions. A healthy neck is essential for mobility and comfort in everyday life.

Causes

Neck pain can be triggered by quite a few factors, including

- **Muscle tension:** These are among the most common causes of neck pain and can be triggered by stress, poor posture, sitting at a computer for long periods of time or excessive weight lifting. As a result, the muscles in the neck tighten, causing pain and stiffness.
- **Poor posture:** Poor posture while sitting, standing or sleeping, can increase the strain on the neck muscles. Common poor postures include hanging your head forward while working at a computer or sleeping on a pillow that is too high or too low.
- **Overuse:** If you spend a lot of time at the computer for work or perform tasks that require the same head movements repeatedly, you may experience excessive strain on your neck muscles.
- **Injuries:** Accidents such as car crashes or falls can cause injuries to the cervical spine and cause severe neck pain. In such cases, we advise immediate medical examination.
- **Inflammatory conditions:** Inflammatory conditions, such as cervical spondylitis or rheumatoid arthritis, can affect the neck region and cause pain.
- **Nerve compression:** When nerves in the neck area become pinched or irritated, pain, numbness, and tingling in the arms, among other symptoms, may occur.

How does K-Active Tape help against neck pain?

K-Active tape can be used supportively for neck pain. The elastic and self-adhesive properties of the kinesiology tape can help stabilize the neck area. In addition, it can also influence sensory perception and thus contribute to pain relief.

Taping neck - 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](#)

Muscle technique



→ 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.

Muscle and ligament technique

Before you start with the ligament technique, the basis should be the muscle technique from above. Afterwards you can complete the neck taping by adding the ligament technique (short or long version).

Short tape strip



→

Align the pink tape in the center of the neck.



→

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

Long tape strip



→



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