

### DELTOID (SHOULDER)

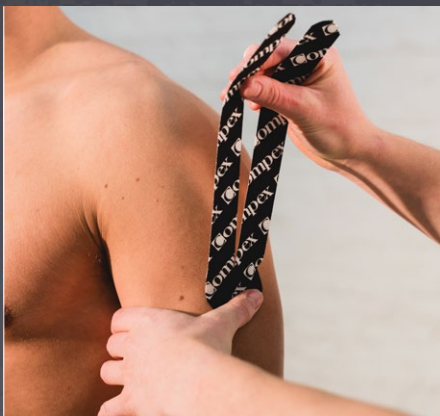
#### RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



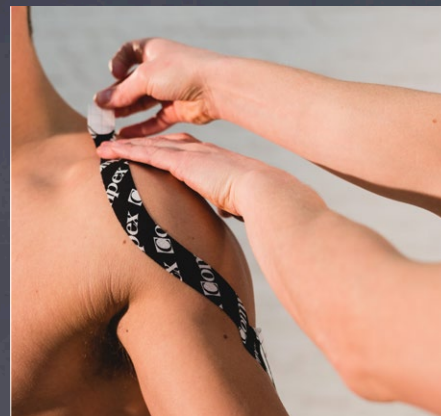
#### BODY POSITION

Stand with shoulders relaxed and arm facing forward



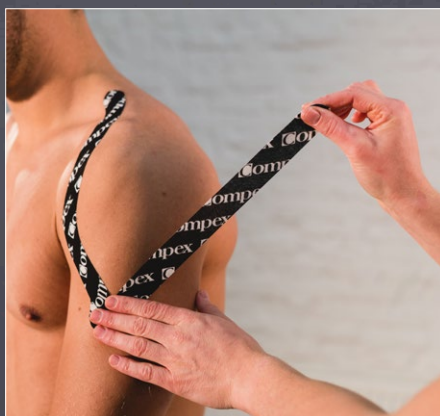
#### STEP 1

Attach the first 5cm of tape with 0% stretch



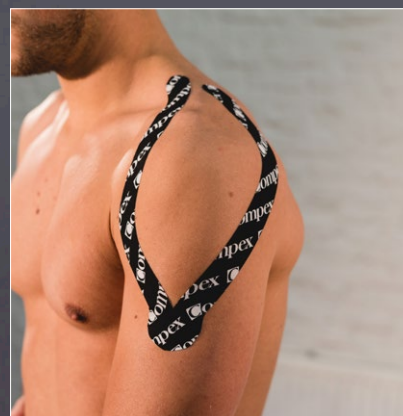
#### STEP 2

Stretch the shoulder by pulling the arm slightly back and tape along the shoulder with 25% stretch



#### STEP 3

With the shoulders relaxed, place the arm around the front of the body and tape along the shoulder with 25% stretch



#### FINAL RESULT