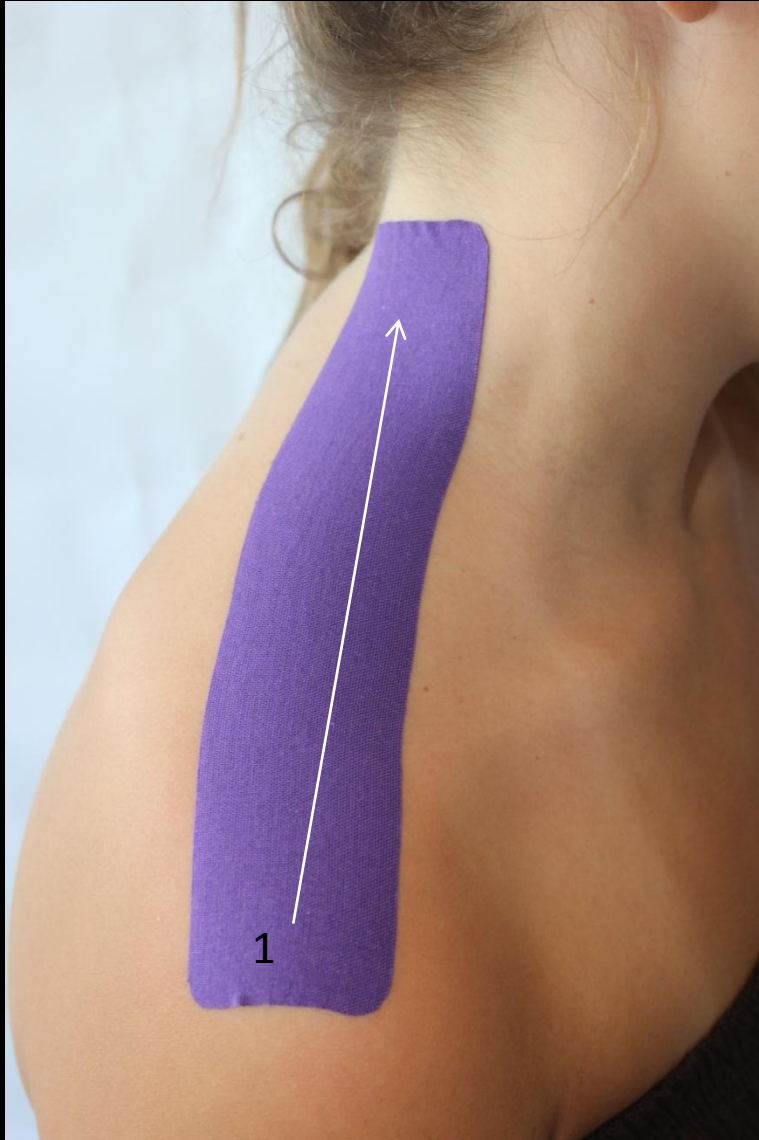**Step 1.** Cut 'V' Strip to correct length. Start on upper arm only tear off backing tape on bottom of 'V' and apply in position (1)

Step 2. Adhere front strip to shoulder as shown

Note: Ideal to have hand placed behind back when applying tape

Step 3. Adhere back strip to shoulder as shown

Note: Ideal to place hand on opposite shoulder when applying tape

Shoulder Pain

Step 1. Cut 'I' Strip to correct length and apply to upper shoulder. Follow along the muscle on the shoulder

Note: Tilt head slightly away when applying tape