

KINESIOLOGY TAPING FOR SPORT

# DELTOID

**SPORTTAPE** 



# GETTING STARTED

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This is a really simple application that is brilliant for shoulder pain and stiffness, as well as localised muscle strains around the shoulder. It's not one you can easily self-apply though.

I like to test passive and active range of movement around the shoulder to get a gauge of what I'm dealing with. This also gives me a sense of pain and restriction before and after taping.

Always remember to use your clinical reasoning when taping. This ebook is a guide, but you can modify the application to suit your athlete if needed.

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# THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS



## 1

### PREPARE

Measure 2 strips of tape from the bottom fo the deltoid to the upper shoulder. Round the edges.



## 2

### STRETCH & TAPE

Stick the base of one strip to the lower deltoid, aiming slightly forward

Stretch the muscle by getting the athlete to place their hand at the back of their hip.

Stick the rest of the tape down along the line of the posterior deltoid with no stretch, finishing at the shoulder.



### QUICK TIP:

Placing the hand behind the athletes back places the shoulder in horizontal adduction and medial rotation.





# THE SUPPORT

CHANGING THE POSITION OF THE ARM MEANS YOU CAN STICK THE TAPE DOWN WITH NO STRETCH

## 3 REPEAT

Return the arm to a neutral position and lay your second anchor down slightly over the top of your first anchor.

Aim the tape slightly towards the back this time. Again be cautious that this is placed with no stretch.

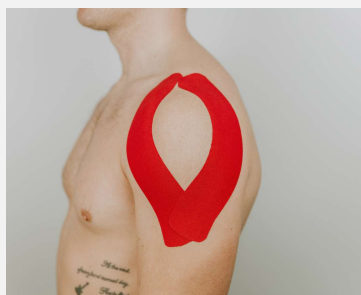
Get the athlete to straighten their arm across the chest, supporting it with the other arm if needed.

Stick the rest of your second strip over the anterior deltoid, aiming to create a teardrop shape.



### QUICK TIP:

*This places shoulder into abduction, extension and external rotation*



### QUICK TIP:

*Don't apply the tape with any stretch as the muscle is already stretched.*

# THE FINISH

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THIS IS HOW THE PERFECT DELTOID APPLICATION SHOULD LOOK



Please let us know how you get on with the application. If you have any questions or suggestions don't hesitate to get in touch.

This is the most basic shoulder application, with additional steps available in our Shoulder ebook for postural correction and AC joint support.

We're here to support you and your athletes. It's our passion and we've built SPORTTAPE on providing honest practical advice, and products that work.

For your taping needs visit: [www.sporttape.co.uk](http://www.sporttape.co.uk)