FULL SHOULDER

SPORTTAPE

GETTING STARTED

This application builds on the basic Deltoid taping application by expanding it for further support around the full shoulder.

I've used this a lot over the years, especially with the GB Canoe and Kayak teams, and in contact sports such as Rugby and Gaelic Football.

It's brilliant for rotator cuff strains and tendinopothies, as well as offering that postural awareness.

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.

PATRICK HARDING

Patrick is a Physiotherapist and Performance Coach for Hintsa Performance, working in Formula One and Professional Boxing.

THE FOUNDATIONS

YOU WILL NEED: EXTRA STICKY KINESIOLOGY TAPE & TAPING SCISSORS

1

PREPARE

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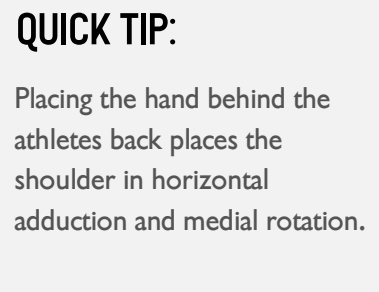

2

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.

If you only need to tape the deltoid then stop here. The next steps add additional rotator cuff support and a postural correction.

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 EXTENSION

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

4

ADDITIONAL SUPPORT

Measure a 3rd strip of tape from the front the deltoid to the spine, coming around the side of the shoulder.

Cut the tape and round the corners to prevent fraying and catching on clothing.

Rip the backing paper to reveal a small tab of tape and stick it to the front of the deltoid with no stretch.

Get the athlete to place their arm behind their back to stretch the deltoid.

Stick the rest of your third strip down, coming around the shoulder and following the line of supraspinatus, with no stretch.

QUICK TIP:

This places shoulder into abduction, extension and external rotation

THE CORRECTION

YOU CAN USE THE STRETCH PROPERTIES OF K TAPE TO GREAT EFFECT WHEN AIMING TO INCREASE PROPRIOCEPTION

5

POSTURAL AWARENESS

Get your athlete to return their arm to a neutral position.

Measure your final strip of tape from the front of the shoulder to the lower scapula (shoulder blade), coming over the top of the shouder.

Stick your anchor to the front of the shoudler, just below the clavicle, with no stretch.
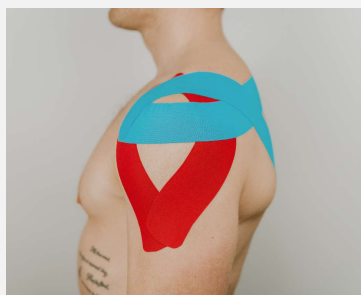
Making sure that your athlete is demonstrating good posture, bring the tape over the top of shoulder, applying a moderate stretch.

Stick the rest of the strip down with no stretch.

QUICK TIP:

Stretching the tape slighlty will increase propriception if the athlete loses posture.

THE FINISH

THIS IS HOW THE PERFECT SHOULDER 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.

Feel free to break this application down into it's 3 components and only use the parts that are relavent. Taping shouldn't be done 'by numbers'.

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