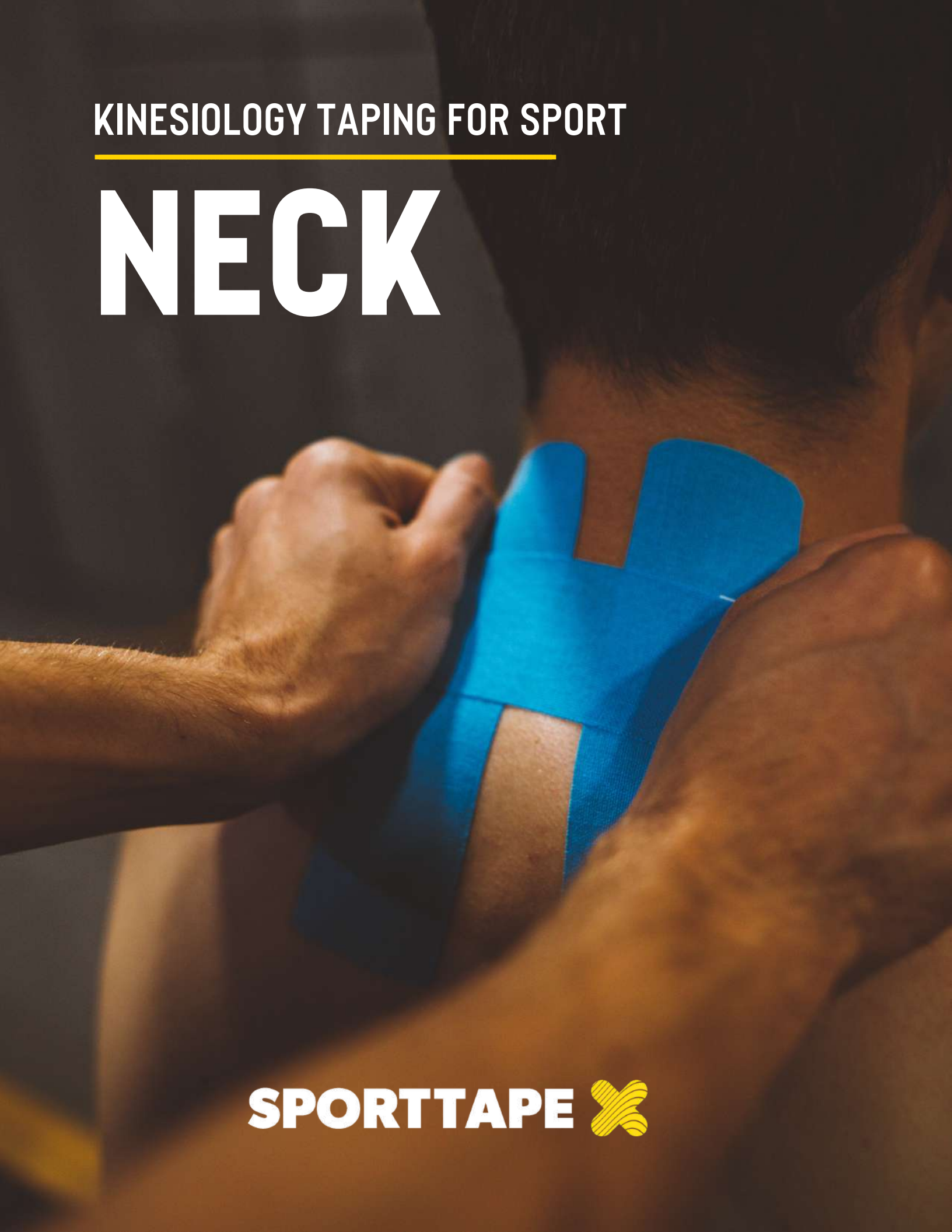


KINESIOLOGY TAPING FOR SPORT

---

# NECK



**SPORTTAPE** 



# GETTING STARTED

---

This is another brilliantly simple application that can work wonders for neck pain, neck stiffness...even headaches! I use this one a lot in motorsport because of the stress that driver's necks are put under.

This application uses 2 different taping techniques - stretching the muscle, and stretching the tape. So it's perfect if you're practicing your taping too.

Remember...these ebooks are a guide, not a prescription. Always use your clinical reasoning to modify applications as needed. Taping is best when you experiment.

## 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

With the athlete stood in a neutral position, measure and cut a strip of tape from the base of the neck (at the hairline) to mid scapula.



Round the edges to prevent it fraying or catching on clothing.



Create a Y-STRIP by cutting your strip of tape down the centre. Leave a small tab at the end.



Round the corners of each of your 'tails'.



# THE SUPPORT

THE RECOIL OF THE TAPE HELPS TO LIFT THE SKIN. REDUCING PRESSURE ON PAIN RECEPTORS.

## 2

### Y STRIP

With the neck still in neutral, stick the tab to base of the neck.

Get your athlete to drop their ear towards their shoulder on one side, stretching the neck.

Aiming towards the ear on the stretched side, Stick one tail down with no stretch.



### QUICK TIP:

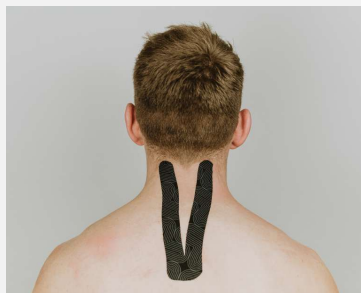
It's very easy to stretch the tape as you apply. You'll know if you have as the tape won't ridge up when the neck returns to neutral.

## 3

### REPEAT

Stretching the neck to the other side. repeat step 3 with the second tail. Sticking it down with no stretch.

When the athlete returns their neck to neutral, you should see small ridges in the tape where it has lifted the skin.



### QUICK TIP:

Try not to tape above the hairline.



# THE EXTENSION

STRETCHING THE TAPE ACROSS A SPECIFIC POINT OF PAIN HELPS TO ISOLATE THE RECOIL OF THE TAPE

## 5

### POINT OF PAIN

If you have a particular point of restriction or pain around the neck, measure another strip across the neck between the edges of your 2 tails.

Rip the backing paper into 3 sections and remove the middle piece of backing paper.

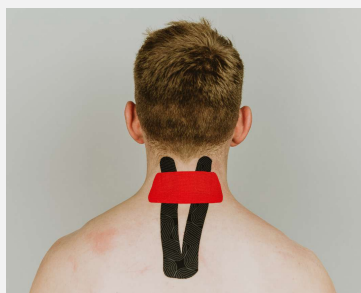
Stick the tape down with a moderate stretch directly across the specific point of pain. This can be at any point on the neck and doesn't have to be in the centre.

Lay the remaining tabs of the tape down with no stretch.



### QUICK TIP:

Removing the middle section of backing paper allows you to use the outside tabs to stretch the tape without touching the glue.



### QUICK TIP:

Rub the tape after you have applied it. The heat helps to activate the glue.

# THE FINISH

---

THIS IS HOW THE PERFECT NECK 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.

We've taped thousands of athletes and taught therapists to tape thousands more, but we're still learning and evolving.

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)