

KINESIOLOGY TAPING FOR SPORT

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# UPPER TRAPEZIUS

SPORTTAPE 



# GETTING STARTED

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This is a really simple application and the first application we teach on any of our K Taping courses.

It will help you get to grips with the cutting and handling of K Tape, and is a great way to see the effect of stretching the muscle rather than the tape.

Although it may be simple, this can be a really effective application for neck pain and stiffness, or trapezius strains.

Check the range of motion around the neck before and after taping to see if you've been able to have an immediate affect.

## 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 and cut a strip of tape from the base of the neck along the upper trapezius to the shoulder. Round the corners.



# 2

## TAPE THE MUSCLE

Lay the base of the strip down with no tension at the base of the neck, being cautious not to stick the tape above the hairline or touch the glue.

Place the neck into opposite side-flexion.

Lay the tape down along the line of the upper trapezius with no tension. It doesn't matter if the tape is a little long.



# THE FINISH

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THIS IS HOW THE PERFECT UPPER TRAPEZIUS 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)