



I'm not robot



[Continue](#)

Kinesiology tape shoulder blades

Kinesiology recording is a quick and effective approach in offering support for the shoulder area and can help reduce inflammation and relieve pain. The kinesiology tape is applied around the edges of the shoulder area, or directly on the affected joints, tendons or muscles. The tape has a one-way stretch and elastic properties, similar to human skin, that allow it to be worn comfortably for several days. How do you record a shoulder? Watch our instructional video for a step-by-step guide on how to record a shoulder using kinesiology tape. Does the kinesiology tape work for shoulder pain? Kinesiology tape has the ability to provide shoulder support without limiting mobility. When applied correctly, the one-way elastic stretch and tape recoil provides a residual therapeutic benefit to the shoulder area. The effects are often felt immediately, with many people continuing activities that once limited them. Why should I use kinesiology tape for my shoulder? The application of recording the shoulder above can aid with muscle imbalance, pain reduction and limiting inflammation. PerformTex™ can be applied as soon as an injury occurs. The deltoid is a muscle and the largest abductor of the humerus. People who use their shoulders and deltoid muscles repeatedly, especially athletes have an increased risk of shoulder injury. Taping the shoulder can help with: Rotator Cuff Problems Frozen Shoulder Problems Slap the Shoulder Surgery Shoulder Before applying the kinesiology tape on the shoulder make sure that the skin is free of oils and lotion. The area should also be cleaned before application. If you have sensitive skin, it is recommended to apply a small strip of tape to evaluate before full use. When you remove the PerformTex™ tape from the paper holder holds the tape vertically, placing the index finger on the top edge of the tape. Pulling back and flexing your index finger the tape will peel off the support. Once the tape is anchored without stretch, pull the balance of the tape using the required stretch. Recording the instructions on the shoulder part 1 Measuring the straps for deltoid support on the shoulder : 1st strip – Y: Start the anchor Measure the AC joint up to above the deltoid, cut with scissors and round corners. 2nd strip – I: Start the anchor Measure the nape after the deltoid, cut with scissors and round corners. 1st Y strip for deltoid recording on the shoulder: 1. Make sure the patient is in the proper position, sitting 2. Anchor the tape below the deltoid without tension 3. Let the patient stretch the back of the deltoid 4. Place the first Y strip with 15-25% elasticity, wrap the tape around the deltoid anchor without tension. 5. The patient adjusts the arm back to stretch the anterior part of the deltoid. 6. Place the second Y strip with 15-25% elasticity, recording around the previous deltoid. 2nd strip I for shoulder engraving: 1. Anchor the tape on the (nucha) of the patient's neck without tension 2. Have the patient bend his neck upside down. Otherwise. 3. Ask the patient to raise the arm to find the medial deltoid, rotate the shoulder 4. With light voltage (about 10-15%) follow the upper part of the shoulder blade, on the ac joint, passing through the medial deltoid 5. Anchor toward the elbow without tension 6. Once applied rub the tape to create heat for better shoulder tape Side Part 2 Measuring the shoulder support straps: 1st strip-I: Start anchor Measure the nape (nucha) from the neck to the end of the shoulder omesta cutting tape with scissors and round corners. 2nd Y-strip: Start anchor Measure the column to the shoulder, cut strip with scissors and round corners. 1st strip I for shoulder recording: 1. Make sure that the patient is in proper position, the middle locks engaged, the chin is pushed back a little 2. Anchor on the nape (nucha) of the kneck without tension 3. Stretch 15-25% below the spine - shoulder blade 4. Anchor without voltage 5. Once applied, give it a good friction mop that creates heat and better fit 2nd Strip Y for shoulder engraving: 1. Confirm that the patient is in a proper position from the 1st application 2. Anchor to the column without voltage 3. First Y (upper band) find the scapula of the spine and place on top (above the spine/scapula) stretch 15-25%, anchor without tension 4. The second Y (lower strip) meets the scapula of the spine and places at the bottom (under the spine/scapula) with 15-25% stretch and anchor without tension. 5. Once applied give it a good friction mop that creates heat and better uptake *Discontinues use if the product causes irritation, redness or rash. This product is not intended to replace professional medical treatment. Consult your medical professional before using the PerformTex™ Tape. Related Products: How to Use KT Video Tape for Shoulder Stability The shoulder is an inherently unstable joint, but very important for almost all activities in life. The shoulder complex consists of many muscles, ligaments, tendons, bone, bursae, cartilage and other anatomical components. Shoulder instability, or the resulting pain, can be a major problem in itself. In addition, poor movement or placement of the shoulder can cause many other problems in the neck, spine and chest – as well as throughout the body. Shoulder pain can have many different causes, but is almost associated with previous (or forward) shoulders. Muscle imbalances, noddedly excessively strong or tight muscles in the chest and corresponding weak muscles in the back, can aggravate this issue and exacerbate poor posture. Poor biomechanics in the hips, legs or trunk can further disrupt the fluid movement of the shoulder and incite pain. Shoulder pain can also be caused by a number of problems in joint space, such as tears, arthritis, swollen bursae or inflammation, ligament laxity, and so on. With front and raised shoulders, the joint is under pressure and doesn't have much chance of healing. This postural set also paves the way for many other complications in the rest of the body. Retracting shoulders goes going always create more joint space and relieve stress and shoulder pain. Use this app in combination with the General Shoulder Pain app for maximum effect*. Other useful treatments include massage, muscle release therapy, muscle balance through evaluation and training, as well as a conscious effort to maintain a good posture. Try to avoid steroid injections that break down healthy tissue. Ice after activity and use NSAIDs if the pain becomes intolerable. For additional resources, visit the KT Tape Forum. *NOT CLINICALLY PROVEN FOR ALL INJURIES Write a testimony presented in testimonials Individual results may vary. Not clinically proven for all lesions. Some of these users received a coupon for taking the time to share their experience using our product. If you want to participate, share your Sign up experience by email and receive news and special offers. Copyright © 2020 | KT Health LLC. All rights reserved. If you have neck pain, maybe you have felt those horrible knots that reside in the upper scapula and levator muscles. The muscles make up the part of your shoulder where your neck and shoulder meet. These trigger points can cause pain, tension, and muscle spasm in the neck and shoulders. Brett Sears, PT 2014 There are many treatments proposed to release trigger points in your upper scapula and levator scapula muscles. The release of massage and trigger point are often used. Historically, electrical stimulation and ultrasound have been used to break the nodes, but scientific evidence indicates that these treatments may not be the most effective. Maintaining proper posture can help keep your symptoms away. You can also use kinesiology tape to help lessen the pain and spasm caused by trigger points in your upper traps and levator's scaly muscles. Kinesiology tape is a type of physiological treatment that can be used in many different ways. It can help improve muscle contractions, decrease swelling and inhibit pain in injured tissues. The tape can also be used for lymphedema management. Kinesiology tape can be used to help lift the skin from the underlying tissues, which can help increase circulation and release muscle spasms. This can help decrease the trigger points and knots that arise in your upper trapezoid and levator muscles when you have neck pain. To decrease the trigger points in your upper traps and lift muscles, you can use a specific type of kinesiology tape strip called the lifting strip. Be sure to review the various types of strips to learn how to properly cut the lifting strip. Before using the kinesiology tape, you should consult your doctor or physiotherapist to assess your injury and situation. Kinesiology tape is not for everyone, some people have conditions in which the use of kinesiology tape should be avoided altogether. Your PT can assess your neck pain and trigger points for if you should be using kinesiology tape for your condition. This is how you use kinesiology tape to decrease spasm and trigger points on your upper shoulders and neck: Sit comfortably with your neck and shoulders exposed. Cut a lifting strip to each side of your neck if necessary. The elevator range should be about 3 to 4 inches long. Remove the paper in the center part of each strip. The exposed tape in the center should make the strip look like an adhesive bandage. Both ends of the lifting strip should still have the paper back. Stretch the kinesiology tape fully by 100%. Place the stretched tape directly over the trigger points in the upper shoulder area. Remove the support on both sides of the lift strip and place the ends on the skin without any stretch applied. Gently rub the kinesiology tape to help the adhesive adhere to your skin. Once the tape has been applied, you can leave it there for 2 to 5 days. You can get wet, too. Monitor your skin around the tape to observe redness or other signs of a negative reaction to the tape. This method of releasing trigger points in the upper trapezoid and levator muscles was not supported by scientific study. Be sure to understand the limitations and expected benefits of using kinesiology recordings for this, or any condition. Although kinesiology recording can be a useful tool for reducing pain and spasm, it does not replace active exercises and postural correction for the treatment of neck and shoulder pain. Make sure that your physiotherapist teaches you appropriate self-care strategies for your specific condition. If you have neck pain and muscle spasm in the upper shoulders, a kinesiology recording test can help lessen your pain and improve your overall condition. Thanks for your feedback! What are your concerns? Concerns?