

SHOULDER TAPING

AC Joint Taping

The following is a general recipe that may be used by physiotherapists to provide excellent support to the AC joint (especially following an AC joint injury) and to protect the AC joint during activity:

1. Upper Arm Anchor x 1
2. Shoulder Blade to Chest Anchor x 1
3. Straight Lines x 1 – 3
4. Shoulder Crosses x 1– 2
5. Final Straight Lines x 3 – 6
6. Repeat Upper Arm Anchor x 1
7. Repeat Shoulder Blade to Chest Anchor x 1

Shoulder Taping for Anterior Shoulder Instability or following Anterior Shoulder Dislocation

The following may be used by Physiotherapists to provide excellent support to the shoulder joint (especially following dislocation or instability) and to prevent shoulder dislocation:

1. Upper Arm Anchor x 1
2. Shoulder Blade to Chest Anchor x 1
3. Rotational Lines x 1 – 3
4. Straight Lines x 1 – 3 (these may be situated more at the front than the side of the shoulder)
5. Anterior Shoulder Crosses x 1– 2
6. Final Straight Lines x 3 – 6
7. Repeat Upper Arm Anchor x 1
8. Repeat Shoulder Blade to Chest Anchor x 1

EXERCISE



DETAILS

Anchors

Begin this taping technique in good posture with the hand positioned on the hip as demonstrated. Place a strip of tape around the upper arm keeping the biceps tense and a strip of tape from the shoulder blade to the chest. Begin by following the black arrows and conclude by following the white arrows. This should be applied gently to prevent circulatory problems and is used as a fixation point for the other shoulder taping techniques.

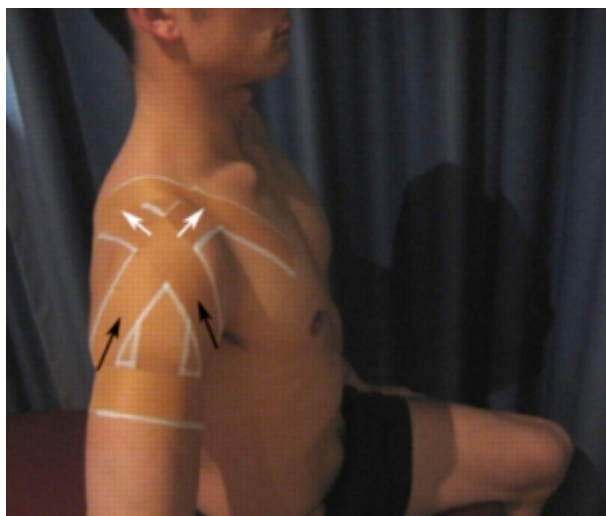
Straight Lines

Begin this taping technique in good posture with the hand positioned on the hip as demonstrated. Start the tape at the level of the upper arm anchor at the side of the arm by following the black arrow. Conclude this shoulder taping technique by firmly following the white arrow. Do 1 – 3 straight lines depending on the amount of support required, with each additional line partially overlapping the previous line.



Shoulder Crosses

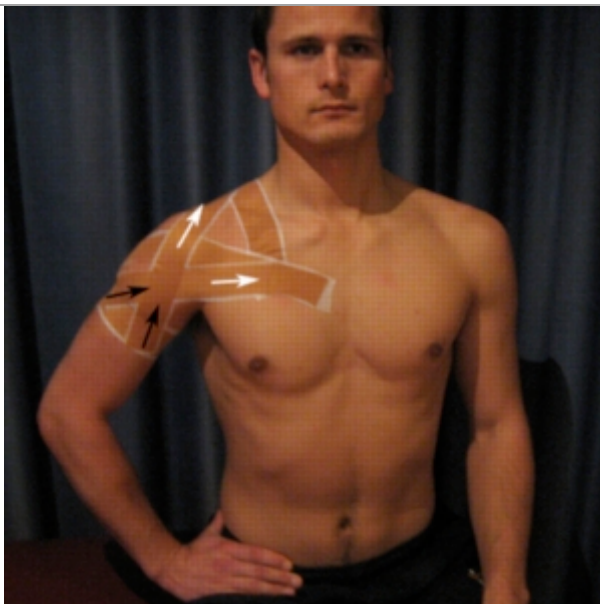
Begin this taping technique in good posture with the hand positioned on the hip as demonstrated. Start the tape at the level of the upper arm anchor at the side of the arm by following the black arrows. Conclude this shoulder taping technique by firmly following the white arrows. Two lines of tape should be used forming a cross. Do 1 – 2 crosses depending on the amount of support required.





Rotational Lines

Begin this taping technique in good posture with the hand positioned on the hip as demonstrated. Start the tape at the level of the upper arm anchor at the back of the arm by following the black arrow. Conclude this shoulder taping technique by firmly following the white arrow to the other anchor at the front of the chest. Do 1 – 3 rotational lines depending on the amount of support required, with each additional line partially overlapping the previous line.



Front Crosses

Begin this shoulder taping technique in good posture with the hand positioned on the hip as demonstrated. Start the tape at the level of the upper arm anchor at the side of the arm by following the black arrows. Conclude this shoulder taping technique by firmly following the white arrows. Two lines of tape should be used forming a cross at the front of the shoulder. Do 1 – 2 crosses depending on the amount of support required.