



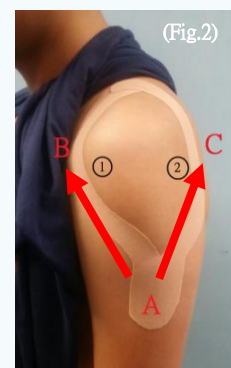
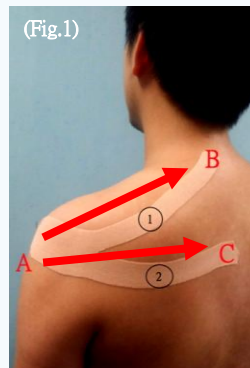
## Kinesiology-Tape (II)

White collars spend almost all their time in sedentary work at offices. If their postures are wrong, the movement ranges of their shoulders and necks will be reduced and their feet movements will be constrained when performing exercises. In our previous issue, we introduced elastic therapeutic tapes to readers. Nonetheless, how shall we use them to achieve alleviating and therapeutic results? In this issue, we shall introduce the proper ways to use them on different body parts so that readers can use them at home with therapeutic results.

### Neck and Shoulder (Fig.1)

❖ First, cut an elastic therapeutic tape into halves with a width of 2.5 cm each.

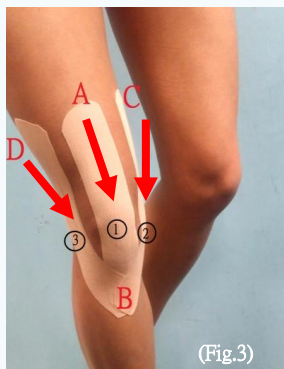
1. Fix the starting point at A.  
The starting point for the elastic therapeutic tape should be fixed at the rear lateral part of a shoulder near the posterior deltoid.
2. A → B  
Gently pull the tape and then apply a half of it along the upper edge of the shoulder towards the back of the neck.
3. A → C  
Gently pull another half of the tape across the shoulder blade and then apply it to the area concerned.



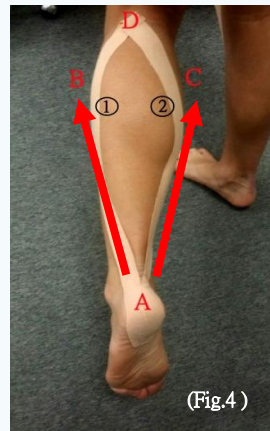
Shoulder  
(Fig. 2)

❖ First, cut an elastic therapeutic tape into halves with a width of 2.5 cm each.

1. Fix the starting point at A.  
The starting point for applying the elastic therapeutic tape should be fixed at the bottom edge of the deltoid.
2. A → B  
Apply a half of the tape across the anterior deltoid until reaching the shoulder joint.
3. A → C  
Apply another half of the tape across the posterior deltoid until reaching the shoulder joint.



Knee



(Fig.4)

### Foot Fatigue (Fig.4)

❖ First, approximate the length of the tape to be applied.

❖ Before applying, bend the knee slightly.

1. A → B  
Fix the starting point at A. Slightly pull the elastic therapeutic tape downwards from the middle of the thigh to the bottom of the kneecap.
2. C → B  
Fix the starting point at C. Slightly pull the elastic therapeutic tape downwards from the inner thigh to the bottom of the kneecap.
3. D → B  
Fix the starting point at D. Slightly pull the elastic therapeutic tape downwards from the outer thigh to the bottom of the kneecap.

❖ First, cut an elastic therapeutic tape into halves with a width of 2.5 cm each.

❖ Approximate the length of the tape to be applied. Before applying, bend the knee and ankle slightly.

1. A → B  
Fix the starting point at A. Lightly pull and apply a half of the elastic therapeutic tape upwards from the outer calf to point B. Continue until point D is reached.
2. A → C  
Fix the starting point at A. Lightly pull and apply another half of the elastic therapeutic tape upwards from the inner calf to point C. Continue until point D is reached.