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Kinesiology Taping for Shoulder, Rotator Cuff - How To Strap a Shoulder with Kinesiology Tape

60 Second Shoulder Release for Frozen Shoulder / Adhesive Capsulitis - Dr Mandell *Rotator Cuff Massage for PAIN RELIEF * BEST VIDEO! * [SCAM or SCIENCE?](#) Kinesio Tape reviewed by Doctor*

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Kinesio Taping For A Frozen

Kinesio Taping Your Frozen Shoulder. Frozen shoulder (FS) is the more commonly known name for Adhesive Capsulitis (AC) which is the loss of movement or stiffness in the shoulder. Shoulder movements become very restricted as there is a scar like tissue formed in the shoulder joint leaving lesser room for movement.

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Recovery from a frozen shoulder takes about 2-4 years. So instead of waiting for your frozen shoulder to recover by itself, you can always seek professional assistance. Kinesio taping included as a part of athletic therapy provides security and stability to the affected joint, and at the same time reduce pain.

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Kinesio Books
This typically lasts 2-9 months. The first symptom is usually pain. Stiffness and limitation in movement then also gradually build up. The pain is typically worse at night and when you lie on the affected side. Phase two - the 'frozen', stiff (or adhesive) phase. This typically lasts 4-12 months.

ARES Kinesiology Tape: Frozen Shoulder
Tear off the tape backing on about two inches of one side of the "I" strip and anchor it on the upper part of the back of your shoulder. Peel off the tape backing. Gently pull the kinesiology tape to about 25% stretch, and anchor the end on the side of your arm about 1/3 of the way down.

Support Your Shoulder With Kinesiology Tape
Kinesio Tape offers support and stability to athletes and rehab patients. Breathable, latex-free and therapeutic, Kinesio Tape is the leading brand of tape used when utilizing the Kinesio Taping Method introduced by Dr. Kenso Kase over 30 years ago.

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Kinesiology tape is really stretchy.. Kase created Kinesio tape with a proprietary blend of cotton and nylon. It's designed to mimic the skin's elasticity so you can use your full range of motion.

Kinesiology Tape Benefits and Uses
Kinesio Taping As an Advanced Sports Practitioner I am qualified to apply Kinesio taping, which I use for many sporting and non-sporting injuries – for example, “frozen shoulder”, back pain, rotator cuff injuries, “tennis elbow”, plantar fasciitis and achilles tendinopathy to name but a few.