



# Tiger K Taping Techniques



## Neck 1



1. Bend the neck and place the base of the tape at the hair line at the back of the neck with no tension.



2. Extend each side of the tape downward around the cervical vertebrae with 0-15% tension.



3. Begin by tearing the middle of the tape and apply with full tension.

## Neck 2



1. Place the base of the tape at shoulder blade next to the back bone with no tension.



2. Extend the tape towards the neck line whilst tilting the neck forward with light tension.



3. Place one side of the tape along the hairline. Place the other side slightly apart from the first one - it should meet the end of the upper part of the tape behind the ear.

## Shoulder



1. Place the base of the tape at the centre of the outer arm. Bring the arm in front of the chest by bending it at the elbow and extend the tapes to wrap around the shoulder muscle with light tension.



2. With the arm down, place the base of the tape at the tip of the shoulder and lift the arm forward to stretch the back shoulder muscle. Extend the upper part of the tape and extend the lower part of the tape towards the bottom of the shoulder blade with light tension.



3. Place the base of the tape at the tip of the shoulder and extend the two parts of the tape separately across the shoulder blade and along the shoulder line with light tension.

## Tennis Elbow



1. Place the tape at the projection of the outer elbow joint.



2. Extend the tape towards the inside to form a spiral.

## Back



1. Place two tapes along the spine parallel with light tension while bending the back forwards.



2. Lay down the end of the tape and hold it with no tension whilst extending the tape over the region of greatest pain or spasm with moderate tension. Place the end of the tape with no tension.



## Buttock & Lower Back



1. Lie on the side and cross the leg over the other one. Place the base of the tape at the outer thigh with no tension.



2. Extend the lower tape towards the tail bone through the bottom of the buttock with a curve with light tension and the upper tape to the side of the hip bone.



3. Optional technique: Place another, shorter Y-tape inside of the longer tape in the same way as tape 2.

## Rib



1. Straighten the upper body and place the longer tape along the affected rib with no tension.

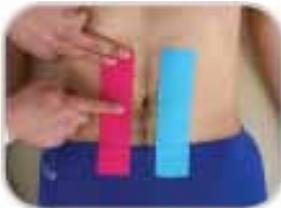


2. Stretch the side of the body and place shorter tapes vertically to the first one with full tension.



3. Completion.

## Abdomen



1. Place the base of the tape on the upper abdominals with no tension and raise both arms to stretch the stomach. Extend the tape downward with very light tension. Place the outer tape in the same way parallel.



2. Place the base of the tape lower than the navel with no tension. Extend the tape towards the side with very light tension.



3. Place the other tape in the same way.

## The Front of the Thigh & Knee



1. Stretch the leg and place the base of the tape at the front of the upper thigh with no tension. Bend the leg and extend the tape downwards with light tension (10-15% of available). Wrap around the kneecap with light tension.



2. Place the base of the tape below the knee and extend it around the kneecap with light tension.



3. Completion.

## Ankle



1. Place the base of the tape at the foot arch with no tension. Extend one side of the tape along the shin and extend the other side below the first side with light tension.



2. Place the tape on the ankle bone and extend both sides to wrap around the ankle.



3. Place the tape on the foot arch and extend both sides of the tape above the ankle.

## Knee



1. Place the base of the tape with no tension and extend it around the kneecap with moderate tension. Place the other tape in the same way.



2. Optional technique: Place the tape at the upper knee with no tension and extend it downwards with light tension.



3. Completion.

## Sole



1. Place the tape at the heel with no tension.



2. Stretch the sole of the foot and extend each parts of the tape towards the toes.



3. Completion.

## Achilles Tendon



1. Begin by tearing the middle of the tape and apply with full tension at the point of the Achilles.



2. Extend the tape into the calcaneus.

## Stuffed Nose



1. Apply tapes with light tension.

## Shortness of Breath & Palpitations



1. Apply tapes with light tension.

## Pain of Women's Reproductive Organs



1. Apply two tapes with moderate tension.

## Leg Cramps



1. Place the tape on the base of the heel with no tension and extend it upwards with light tension.



2. Place the tape on the base of the heel and extend both sides of the tape to wrap around the calf with light tension.
3. Completion.

## Wrist



1. Stretch the arm and bend the hand down. Place the centre of the tape at the wrist while slightly pulling the tape sideways with light tension.



2. Stretch the palm side muscle and extend the tape around the wrist with light tension.



3. Both ends of the tape meet at the wrist.

## Arm



1. Place the base of the tape on the back of the hand with no tension whilst stretching the arm and bending the hand down.



2. Extend the two parts of the tape to the elbow separately along the outside of the arm with light tension.



3. Extend the other side of the tape along the inside of the arm with light tension.