# Kinesiology Taping for Proprioception

## Edited Video Transcript

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### The Tight-Jeans Effect

[Look at the] short shoulders, forward head posture, okay. Actually, in this case, I’m just going to do…I’m betting I can get in, okay. With shoulders, that forward shoulder hunch in the upper back, we often see. I’m going to take the tape—I’m going to anchor and come back. Think about this when she goes into that posture—she's going to get that stretch. Same thing—I guesstimate how much I want. I’m going to want two, so I double that. Trim my corners. One—going to peel, get her in that position. I want her [to] lay one down, and then I’m going to bring my hand up through [the] shirt on the other side. “You're fine. I might need to get under the undergarment. That's okay. Grab that end, pull.” Same thing here, anchor from there. All I have to do is come up, find that end, and just pull, okay? Now she's got two strips running down. “Now go into that…go into that shrug. You just feel that pull, pulling you back into the right position. It's the tight-jeans effect.” So again, every time she goes [into forward shoulder posture], she can get that little reminder to come back, right.

### Promote Muscle Activation

So again, you can use this [kinesiology taping] to promote muscle activation. So let's say with our client, three working on him, bringing his toes up. You could do kinesiology taping to that muscle activation. Pull the toes up. Tape it down. When he drops the toes, he feels a little bit of stretch, encouraging him to come back up. You can do this with shoulder. You can do this with neck, really anywhere. Put him in the right position, lay the tape down, then when they go into the wrong position, they're going to feel that pull.