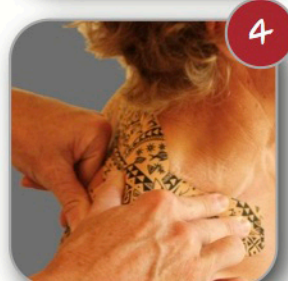
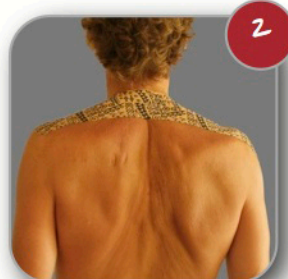
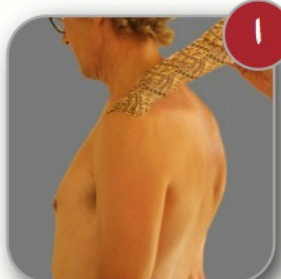
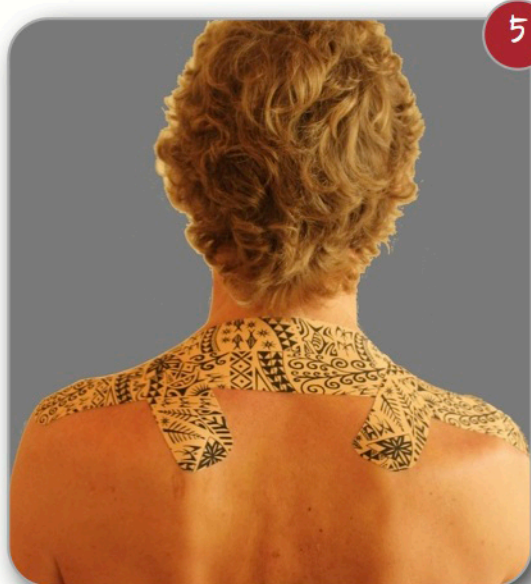


Cervical offload



Tape: Dynamic Tape 5cm (2") and 7.5cm (3")

Position: Shoulder shrug (scapula elevation)

Actions: Apply the tape with the scapula elevated and using the cervico-thoracic junction as the fulcrum. When the shoulders drop down to neutral the tape will lengthen and provide a lifting force to take the weight of the shoulder girdle. This will reduce excursion of sensitized brachial plexus neural tissue and reduce the workload of the cervical and scapula musculature (which may also be an interface for further neural irritation e.g. scalenes). The offload strips in addition to increasing the unloading of the shoulder girdle aim to gather the soft tissue in the supraclavicular region to reduce irritation of neural tissue and also to inhibit overactive muscles e.g. levator scapulae.

Indications: Whiplash Associated Disorders, Mechanosensitivity of upper limb neural tissues, radiculopathy, thoracic outlet syndrome, cervicogenic headaches

1 & 2

Commence on the acromion with a large anchor point. Apply the tape to the opposite acromion using the C7/T1 region as the fulcrum - too high will create a poked chin position and too long will create a line of pull into retraction rather than elevation. This could aggravate mechanosensitive neural tissue as retraction and depression will increase neural tissue excursion.

3 & 4

Have the patient support the weight of the upper limb with the scapula elevated in order to relax the scapula muscles. Alternatively, support the arms folded on some pillows. Use a 'pinch' offloading technique to gather and lift the soft tissues to reduce stimulation of mechanosensitive neural tissue i.e. upper and middle trunks of the brachial plexus.

5

Transverse strips run from clavicle to spine of scapula such that the recoil of the tape creates a lifting effect. If the tape extends further distally it will create scapula retraction and depression which will increase neural tissue excursion and potentially aggravate symptoms.

