

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

THUMB

YOU WILL NEED



Cut one strip of tape into two one-inch wide strips.



STRIPS ONE & TWO: Tear backing paper two inches from end to create starting anchors.



TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area using rubbing alcohol

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION



Place your hand with your thumb up with the thumb tip pointed forward.

STRIP ONE



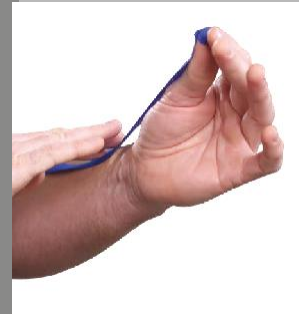
NO STRETCH

ANCHOR: Extend your thumb and place anchor with no stretch over your thumb tip and nail, directing the strip toward your wrist. Make sure the anchor is well adhered.



MODERATE STRETCH

APPLY: Apply a moderate stretch, adhering the tape over the tendons of the thumb and wrist.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch. As you slowly flex your finger, apply the tape down onto your wrist and thumb.

STRIP TWO



NO STRETCH

ANCHOR: Apply second strip anchor with no stretch over the inside portion of your thumb, directing the strip toward your palm.



MODERATE STRETCH

APPLY: Wrap the strip around the outer part of your thumb with a moderate stretch as you turn your palm down



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch on the back of your hand.



WATCH THE VIDEO

<https://physioproductskenya.com>