

K TAPE

KINESIOLOGY THERAPEUTIC TAPE

FINGER JAM

YOU WILL NEED



STRIP ONE:
Tear backing paper two inches from end to create starting anchor.



STRIPS TWO:
Tear backing paper at the center of the half strip to begin application.



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



Hold your finger in a slightly flexed position, palm down.

PREPARE: 1 strip halved lengthwise and half of one resulting strip

STRIP ONE



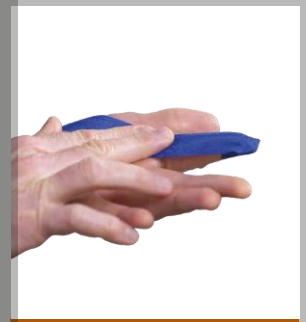
NO STRETCH

ANCHOR: Place your anchor with no stretch over your nail and fingertip, directing the strip away from your hand.



MODERATE

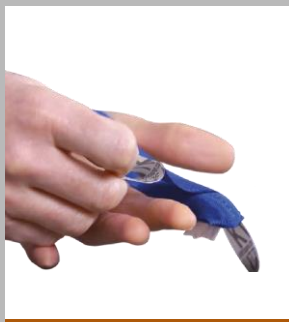
APPLY: Control the anchor with an adjacent finger, turn your hand palm up and apply a moderate stretch directing the strip over the front of your finger and palm, toward and onto your wrist.



NO STRETCH

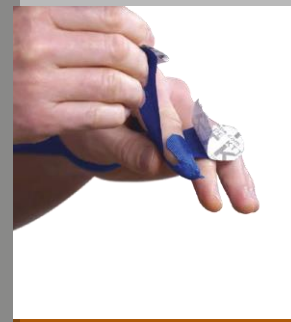
FINISH: Apply the last two inches with no stretch. Now, as you slowly extend your finger, apply the tape down onto the skin of your palm and finger.

STRIP TWO



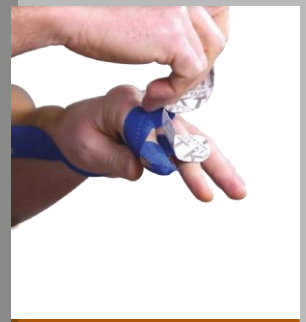
NO STRETCH

ANCHOR: Next, take 1 small strip of tape tear the backing in the middle. Apply with no stretch on the front of your finger just beyond the painful joint.



MODERATE

APPLY: With your finger flexed, apply moderate stretch and direct one end of the tape over the side of the painful joint.



NO STRETCH

FINISH: Apply the last two inches with no stretch on the top of the finger above the joint. Repeat steps to apply the other end of the strip.



WATCH THE VIDEO

<https://physioproductskenya.com>



CAUTION: If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. K TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. **READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.**