

PERFORMANCE MEETS SCIENCE™



Tape

WRIST STABILITY



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1 Bring palm to forearm by flexing the wrist.



Clean skin with soap and water



Apply at least 30 minutes prior to activity



Clip hair to 1 cm or less (if needed)



Stretch the skin to be taped



Do not stretch the ends of the tape



Rub entire application well after applying each strip



2 Anchor middle portion of half-strip over top of wrist.



3 Flip wrist over and bring back of hand to forearm by extending wrist



4 Lay each end down with no stretch.



5 With wrist still extended, anchor middle portion of half-strip over bottom of wrist.



6 Flip wrist over and lay each end down with no stretch.



7 Anchor full-strip near elbow with enough length to reach top of hand.



8 Apply 25% stretch along the forearm muscles.



9 Lay end down with no stretch.



10 Rub application well to securely fix all edges to skin.

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