

# **FINGER JAM**

## **AVERAGE DAYS WEAR**

# **APPLICATION OVERVIEW**

"Jammed Finger" is a term that refers to the many injuries of the ligaments and soft tissue around the small joints of the fingers. Jammed fingers are very common in ball handling sports or activities where there is a high degree of catching objects.

Finger jams occur when a compressive force hits the end of the finger, causing inflammation and pain in the joint. KT Tape stabilizes the joint without immobilizing it.

### WHAT YOU NEED

1 strip of KT TAPE 1 full 10" strip cut in half vertically

## **BEFORE YOU START**

#### **APPLY BEFORE ACTIVITY**

Apply one hour before beginning activity

#### **CLEAN SKIN**

Clean dirt, oils and lotions from area

## **ACTIVATE ADHESIVE**

After application rub tape vigorously to activate adhesive





strip in half vertically to create two one-inch wide strips. Hereafter, these strips will be called narrow strips.

PREPARE: Cut a full

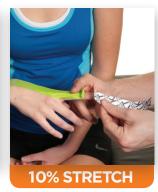
#### STRIP ONE



**ANCHOR:** Anchor a narrow strip two inches below the wrist.



**APPLY:** Lay the tape down over the wrist without stretch



FINISH: Apply remaining tape with 10% stretch towards the tip of the finger. Then lay the last inch of tape down without stretch.

#### **STRIP TWO**



**ANCHOR:** Cut a narrow strip in half. Lay the tape around the point of pain without stretch.

