

Kinesio Tape Application for Carpal Tunnel Syndrome

Preparation

1. Create an “X” strip by starting with a piece of tape slightly shorter than the distance from wrist to elbow. Make a 2-3” vertical cut from one end of the tape. Make a second vertical cut from the other end, leaving an uncut “base” of 2-3” in the middle. Round the corners to prevent peeling.
2. Create an “I” strip by cutting a length of tape long enough to reach approximately 75% of the way around the wrist. Round the corners to prevent peeling.
3. Prepare the skin by cleaning with alcohol.



STEP 1: Extend the wrist backward with the palm facing up. Tear tape across base area and peel backing 1-2” in each direction. Apply on inside of the wrist above the palm. Rub briskly to activate adhesive.



STEP 2: One at a time, peel backing from each of the short ends of the “X,” applying one end toward the little finger and the other toward the base of the thumb. Apply light to moderate stretch to all but the end portions. Extend longer tails toward the inner and outer elbow areas, adding light to moderate stretch to all but last 1-2 inches. . Rub tape briskly to activate adhesive



STEP 3: Peel backing from one end of the “I” strip and apply to inner wrist area. Wrap around the back of the wrist, adding light stretch to the tape. Anchor on the inside of the wrist with no stretch on the final portion. Rub tape briskly to activate adhesive.



Final Appearance of Kinesio Tape Application for Carpal Tunnel Syndrome