



THUMB

AVERAGE DAYS WEAR

KT TAPE 
 PRO 

APPLICATION OVERVIEW

Thumb pain usually presents as pain at the base of the thumb and wrist. Names such as gamer's thumb, mother's wrist, and mommy thumb are all common thumb conditions that produce pain. KT Tape helps treat this condition by providing support and stability, increasing circulation, reducing pressure, and providing a mechanical assist.

BEFORE YOU START

YOU WILL NEED

- 2 strips of KT TAPE
- 1 full 10" strip cut in half horizontally
- 1 full 10" strip cut in half length wise

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

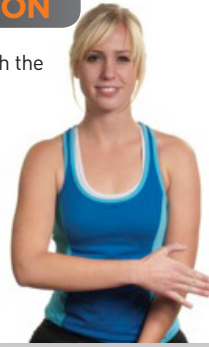
Clean dirt, oils and lotions from area

ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive

BODY POSITION

Point the thumb up with the tip pointed forward



STRIP ONE



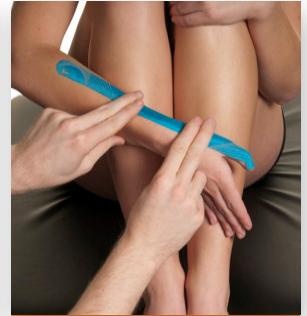
0% STRETCH

ANCHOR: narrow strip over nail without stretch



50% STRETCH

APPLY: tape to forearm with 50% stretch on tape



0% STRETCH

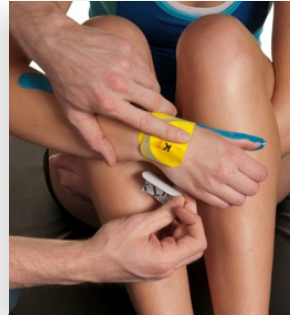
FINISH: smooth tape against skin and lay last two inches of tape down without stretch (If desired, a second narrow strip can be applied over first strip using same technique to add extra support)

STRIP TWO



0% STRETCH

ANCHOR: tilt wrist and thumb down and anchor middle of half strip of tape over base of thumb with 80% stretch



0% STRETCH

APPLY: ends around wrist without stretch (for additional support, apply a second half strip over the first)



WATCH THE VIDEO

kttape.com/instructions/thumb