



WRIST

AVERAGE DAYS WEAR



APPLICATION OVERVIEW

Causes of wrist pain may include typing for long periods of time, overuse in sports, landing on an outstretched hand, or carrying heavy loads. KT Tape helps treat this condition by relieving pressure to reduce pain, relaxing associated muscles, and may increase circulation

BEFORE YOU START

YOU WILL NEED

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

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

Hold arm out with hand pointing down

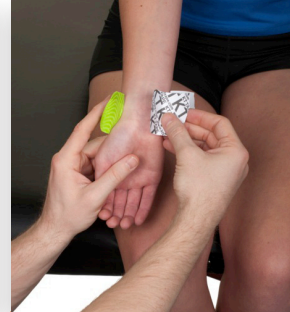


STRIP ONE



80% STRETCH

ANCHOR: middle of half strip of tape to top of wrist with 80% stretch



0% STRETCH

FINISH: lay ends down around wrist without stretch

STRIP TWO



80% STRETCH

ANCHOR: middle of second half strip to bottom of wrist as shown with 80% stretch



0% STRETCH

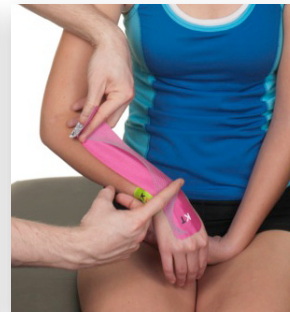
FINISH: apply ends of tape without stretch around wrist

STRIP THREE



0% STRETCH

ANCHOR: full strip on back of hand without stretch



25% STRETCH

APPLY: tape up arm with 25% stretch

0% STRETCH

FINISH: lay last two inches down without stretch



WATCH THE VIDEO
kttape.com/instructions/wrist