

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.

WHAT YOU NEED

2 strips of KT TAPE

One 10" strip cut in half horizontally

One 10" strip cut in half length wise

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



BODY POSITION

Point the thumb up with the tip pointed forward.



Cut one strip of tape into two one-inch wide strips. Hereafter, these strips will be referred to as narrow strips.

STRIP ONE



0% STRETCH

ANCHOR: Anchor a narrow strip over the nail without stretch.



50% STRETCH

APPLY: Apply tape to the forearm with 50% stretch on tape.



0% STRETCH

FINISH: Smooth the tape against the skin. Lay the last two inches of tape down without stretch.

STRIP TWO



0% STRETCH

ANCHOR: Tilt the wrist and thumb down.

Anchor the middle of a half strip of tape over the base of the thumb with 80% stretch.



0% STRETCH

APPLY: Apply the ends around the wrist without stretch.

If desired, a second narrow strip can be applied over the first strip using the same technique to add extra support.



WATCH THE VIDEO

kttape.com/instructions/thumb