

WRIST

AVERAGE DAYS WEAR

KT TAPE
 PRO

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.

WHAT YOU NEED

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

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

Hold arm out with hand pointing down

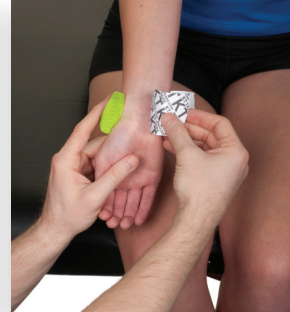


STRIP ONE



80% STRETCH

ANCHOR: Anchor the middle of a half strip of tape to the top of the wrist with 80% stretch.



0% STRETCH

FINISH: Lay ends down around the wrist without stretch.

STRIP TWO



80% STRETCH

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



0% STRETCH

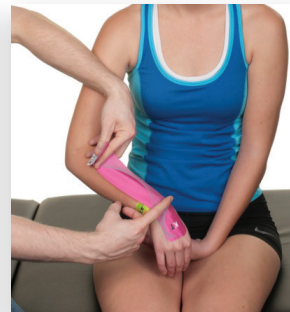
FINISH: Apply the ends of tape without stretch around the wrist.

STRIP THREE



0% STRETCH

ANCHOR: Anchor a full strip on back of hand without stretch.



25% STRETCH

APPLY: Apply tape up the arm with 25% stretch.

FINISH: Lay the last two inches down without stretch.



WATCH THE VIDEO
kttape.com/instructions/wrist