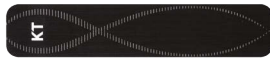


WRIST

YOU WILL NEED



STRIP ONE:

Tear backing paper two inches from end to create starting anchor.



TO CREATE A HALF STRIP:
Fold a full strip in half and cut folded edge rounding the corners.

ALL COLORS of KT Tape® are designed to perform equally.

BEFORE YOU START

APPLY BEFORE ACTIVITY

Apply one hour before beginning activity

CLEAN SKIN

Clean dirt, oils and lotions from area with rubbing alcohol

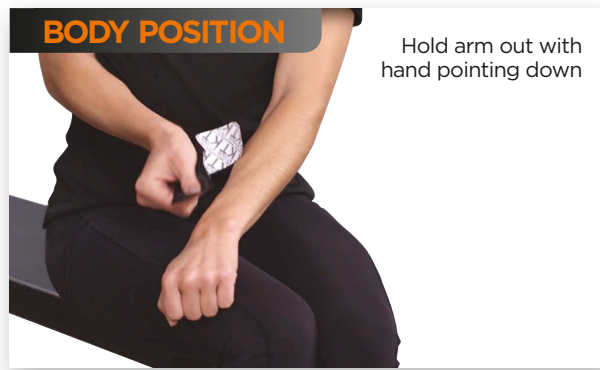
ACTIVATE ADHESIVE

After application rub tape vigorously to activate adhesive



BODY POSITION

Hold arm out with hand pointing down

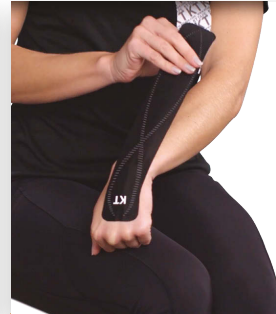


STRIP ONE



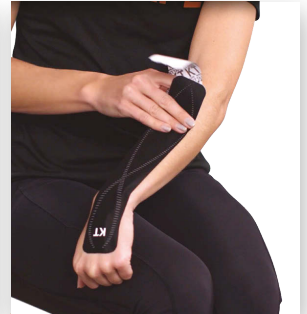
NO STRETCH

ANCHOR: Place anchor directly on the back of your hand.



LIGHT STRETCH

APPLY: With palm down and wrist flexed forward, apply a light stretch along your forearm, finishing before the elbow joint.



NO STRETCH

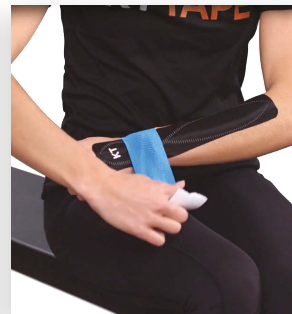
FINISH: With two inches remaining, lay the end down with no stretch.

STRIP TWO



NO STRETCH

ANCHOR: Place anchor with no stretch under the thumb joint under the wrist.



MODERATE STRETCH

APPLY: Apply the middle of the half strip with moderate stretch across the back of your wrist ending on the other side of your wrist.

Avoid overlap of the half strip ends to prevent compression.



NO STRETCH

FINISH: With two inches remaining, lay the end down with no stretch.



WATCH THE VIDEO

kttape.com/instructions/outer-knee