



## BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR  
BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH  
RUBBING ALCOHOL

## YOU WILL NEED

1 FULL STRIP



### STRIP ONE:

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

## HOW TO APPLY

### STRIP ONE



Place the wrist in a neutral position. Place the **anchor** on the lower palm with the end of the strip lined up with the mid-line of the hand and wrist.



Peel backer paper from middle segment of the strip. With **moderate stretch**, wrap the strip around the back of the hand and base of the thumb.



Once you reach the front,...



...curve the tape so the edge meets the mid-line of the hand...

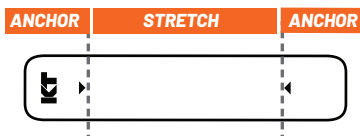


...and wrap around the base of the thumb to finish on the back of the hand.



Lay down the second **anchor** with no stretch using the last two inches of tape. Smooth over the full application to ensure tape is completely applied to the skin.

## FINISHED APPLICATION



Back of the hand



Front of the hand



WATCH STEP-BY-STEP  
VIDEO INSTRUCTIONS.