



CARPAL TUNNEL (ALTERNATE)



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



WATCH STEP-BY-STEP
VIDEO INSTRUCTIONS.



Back of the hand



Front of the hand