



# FINGER JAM

## AVERAGE DAYS WEAR

KT TAPE    
 PRO 

## APPLICATION OVERVIEW

“Jammed Finger” is a term that refers to the many injuries of the ligaments and soft tissue around the small joints of the fingers.

Jammed fingers are very common in ball handling sports or activities where there is a high degree of catching objects. Finger jams occur when a compressive force hits the end of the finger, causing inflammation and pain in the joint. KT Tape stabilizes the joint without immobilizing it.

## BEFORE YOU START

### YOU WILL NEED

- 1 strip of KT TAPE
- 1 full 10' strip cut in half vertically

### 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 hand up with injured finger pointed out

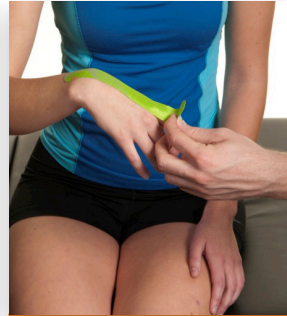


## STRIP ONE



0% STRETCH

**ANCHOR:** narrow strip two inches below the wrist



0% STRETCH

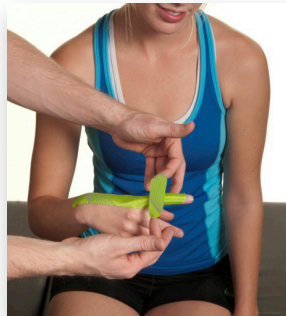
**APPLY:** lay tape down over the wrist without stretch



10% STRETCH

**FINISH:** apply remaining tape with 10% stretch towards the tip of the finger and lay the last inch of tape down without stretch

## STRIP TWO



0% STRETCH

**ANCHOR:** cut a narrow strip in half and lay the tape around the point of pain without stretch



## WATCH THE VIDEO

[kttape.com/instructions/finger-jam](http://kttape.com/instructions/finger-jam)