CAUSES OF WRIST PAIN MAY INCLUDE:
- Typing for long periods of time
- Overuse in sports
- Landing on an outstretched hand
- Carrying heavy loads

KT Tape helps treat this condition by relieving pressure to reduce pain, relaxing associated muscles, and may increase circulation.

BEFORE YOU START

YOU WILL NEED
- 2 strips of KT Tape
- 1 full 10' strip
- 1 full 10' strip cut in half

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

STRIP ONE

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

FINISH: lay ends down around the wrist without stretch

STRIP TWO

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

FINISH: apply ends of tape without stretch around the wrist

STRIP THREE

ANCHOR: full strip on back of hand without stretch

APPLY: tape up the arm with 25% stretch

FINISH: lay the last two inches down without stretch

WATCH THE VIDEO
kttape.com/instructions/wrist

Discontinue use if skin becomes irritated or sore. Instructions provided are for educational use only. KT TAPE is not a replacement for professional medical care. Cancer patients should not use KT TAPE as it may interfere with treatment. Do not use on abdomen if pregnant. Warranties and remedies limited to product replacement cost. © 2011 Lumos, Inc. All rights Reserved.