



Thumb Taping



Using 25mm Stretch EAB tape , apply tape in a loop around the wrist going clockwise on the left wrist and anti-clockwise on the right wrist.



Apply a figure -8 around the proximal joint (knuckle) of the thumb. Be careful not to apply too tight as it may cut off circulation and sensation. After the Figure-8, perform another loop around the wrist.



Repeat step 2 up to 3 times until desired stability is reached.



Apply 25mm Rigid tape around the wrist to lock off.

Prepared with the advice of a professionally registered physiotherapist