**FINGER JAM**

**YOU WILL NEED**

- All colors of KT Tape® are designed to perform equally.

**BEFORE YOU START**

**APPLY BEFORE ACTIVITY**
Apply one hour before beginning activity

**CLEAN SKIN**
Clean dirt, oils and lotions from area using rubbing alcohol

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

**STRIPE ONE**

- **ANCHOR:** Place your anchor with no stretch over your nail and fingertip, directing the strip away from your hand.
- **APPLY:** Control the anchor with an adjacent finger, turn your hand palm up and apply a moderate stretch directing the strip over the front of your finger and palm, toward and onto your wrist.
- **FINISH:** Apply the last two inches with no stretch. Now, as you slowly extend your finger, apply the tape down onto the skin of your palm and finger.

**STRIPE TWO**

- **ANCHOR:** Next, take 1 small strip of tape tear the backing in the middle. Apply with no stretch on the front of your finger just beyond the painful joint.
- **APPLY:** With your finger flexed, apply moderate stretch and direct one end of the tape over the side of the painful joint.
- **FINISH:** Apply the last two inches with no stretch on the top of the finger above the joint. Repeat steps to apply the other end of the strip.

**Preparation:** 1 strip halved lengthwise and half of one resulting strip

**WATCH THE VIDEO**
ktape.com/instructions/finger-jam

**CAUTION:** If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Discontinue use if skin becomes irritated or sore. KT TAPE® is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost. READ ALL CAUTIONS ON ENCLOSED INSTRUCTION SHEET PRIOR TO USE.