



BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



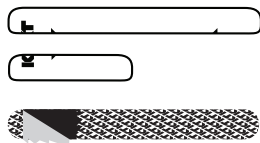
TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

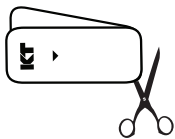
1 FULL STRIP HALVED LENGTHWISE + HALF OF 1 RESULTING STRIP



STRIP ONE: Tear backing paper two inches from end to create starting anchors.



STRIP TWO: Tear backing paper two inches from end to create starting anchors.

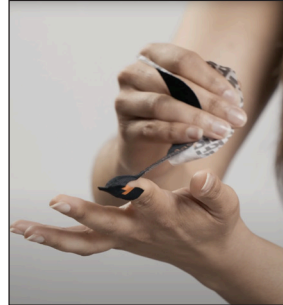


TO CREATE A HALF STRIP: Fold a full strip in half and cut folded edge rounding the corners.



HOW TO APPLY

STRIP ONE



Start with your finger slightly bent, tear backer paper 2 inches from the end to create anchor. Place the anchor on the tip of the finger with **no stretch**.



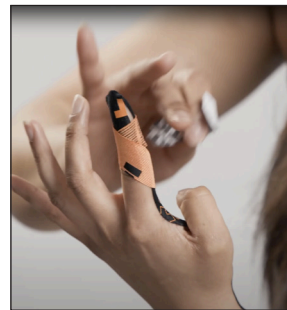
Peel backer paper from the middle of the strip with **moderate stretch** apply the other end of the strip directly on the inside of the wrist.

STRIP TWO

STRIP TWO



Tear backer paper in the center of the quarter strip and peel back to expose the middle segment of adhesive. Adhere the middle of the strip across the front of the finger. With **moderate stretch** wrap each side around to cross over the jammed knuckle.



Lay down the ends with **no stretch**. Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP THE VIDEO INSTRUCTIONS HERE.