

BEFORE YOU START

FOR BEST RESULTS



APPLY ONE HOUR BEFORE ACTIVITY



TRIM HAIR



CLEAN SKIN WITH RUBBING ALCOHOL

YOU WILL NEED

1 FULL STRIP



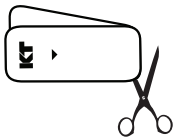
1 HALF STRIP



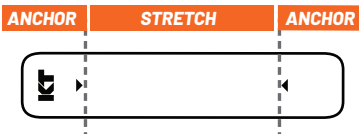
STRIP ONE:
Tear backing paper two inches from end to create starting anchors.



STRIP TWO: Tear backing paper at the center of strips to begin application.



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

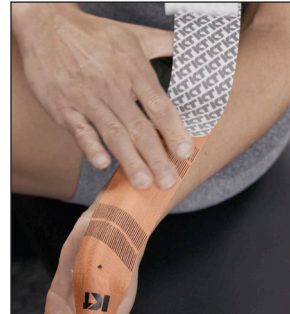


HOW TO APPLY

STRIP ONE



Place your thumb in a flex position. Place the anchor on the side of the thumb with **no stretch**.



Apply tape with **light stretch** along the thumb and wrist.



Lay down the second **anchor** with **no stretch** using the last two inches of tape.

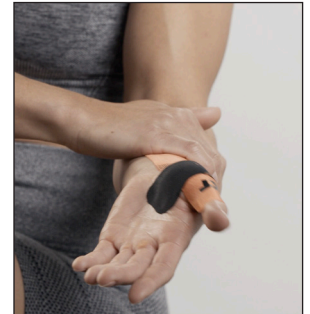
STRIP TWO



Apply **moderate stretch** and adhere the strip diagonally across the side of the wrist below the thumb.



Lay down the last two inches at each end with **no stretch**.



Smooth over the full application to ensure tape is completely applied to the skin.



WATCH STEP-BY-STEP VIDEO INSTRUCTIONS.