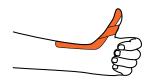
TAPE THUMB JOINT



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





STRIPS ONE & TWO:

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





HOW TO APPLY

STRIP ONE



Extend your thumb away from your palm. For the first strip, tear backer paper 2 inches from end to create your first anchor. Place the anchor at the tip of the thumb with no stretch.



Peel backer paper from middle segment of the strip. Apply a light stretch and adhere the end of tape directly to the middle of the forearm, laying down the anchor with no stretch. Slowly flex your thumb forward and smooth the middle segment of tape on the skin along the side of the thumb.

STRIP TWO



Create an anchor at one end of the strip and apply it to the inside of the thumb with no stretch.



Peel backer paper from middle segment of the strip . Apply moderate stretch and adhere the strip around the thumb and diagonally across the thumb joint.



Lay down the last 2 inches on the back of the hand with no stretch. Smooth over the full application to ensure tape is completely applied to the skin.

