THUMB

YOU WILL NEED

Cut one strip of tape into two one-inch wide strips.

STRIPS ONE & 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.

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

ANCHOR: Extend your thumb and place anchor with no stretch over your thumb tip and nail, directing the strip toward your wrist. Make sure the anchor is well adhered.

APPLY: Apply a moderate stretch, adhering the tape over the tendons of the thumb and wrist.

FINISH: With two inches remaining, lay the end down with no stretch. As you slowly flex your finger, apply the tape down onto your wrist and thumb.

ANCHOR: Apply second strip anchor with no stretch over the inside portion of your thumb, directing the strip toward your palm.

APPLY: Wrap the strip around the outer part of your thumb with a moderate stretch as you turn your palm down

FINISH: With two inches remaining, lay the end down with no stretch on the back of your hand.

WATCH THE VIDEO
kttape.com/instructions/thumb

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.