Application Overview
Causes of wrist pain may include typing for long periods of time, overuse in sports, landing on an outstretched hand, or carrying heavy loads. KT Tape helps treat this condition by relieving pressure to reduce pain, relaxing associated muscles, and may increase circulation.

What You Need
- 2 strips of KT TAPE
- 1 full 10" strip
- 1 full 10" strip cut in half

Before You Start
Apply before activity
Apply one hour before beginning activity

Clean Skin
Clean dirt, oils and lotions from area

Activate Adhesive
After application rub tape vigorously to activate adhesive

Watch the Video
kttape.com/instructions/wrist

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.