**KT TAPE®**

**KINESIOLOGY THERAPEUTIC TAPE**

**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

**WATCH THE VIDEO**
kttape.com/instructions/thumb

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**BODY POSITION**
Place your hand with your thumb up with the thumb tip pointed forward.

**STRIP ONE**

**NO STRETCH**

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.

**MODERATE STRETCH**

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.

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**STRIP TWO**

**NO STRETCH**

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

**MODERATE STRETCH**

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.

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**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.