**WRIST**

**YOU WILL NEED**

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

**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 with rubbing alcohol

**ACTIVATE ADHESIVE**
After application rub tape vigorously to activate adhesive

**APPLY:**
With palm down and wrist flexed forward, apply a light stretch along your forearm, finishing before the elbow joint.

**FINISH:**
With two inches remaining, lay the end down with no stretch.

**ANCHOR:**
Place anchor with no stretch under the thumb joint under the wrist.

**APPLICATIONS:**
- **NO STRETCH**
- **LIGHT STRETCH**
- **MODERATE STRETCH**
- **NO STRETCH**

**FINISH:**
With two inches remaining, lay the end down with no stretch.

**ANCHOR:**
Place anchor directly on the back of your hand.

**APPLY:**
Apply the middle of the half strip with moderate stretch across the back of your wrist ending on the other side of your wrist.

Avoid overlap of the half strip ends to prevent compression.

**WATCH THE VIDEO**
kttape.com/instructions/outer-knee

**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.