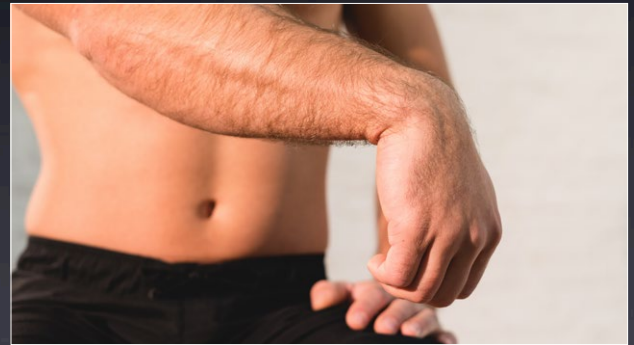


## WRIST

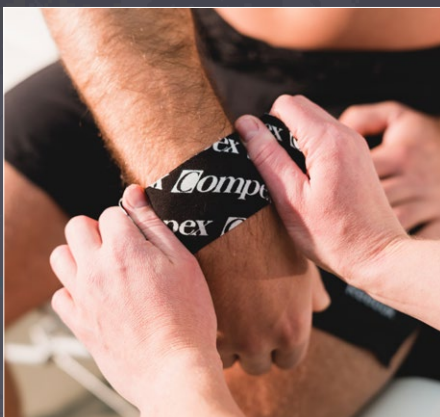
### RECOMMENDATIONS

- Clean skin
- Make a rounded cut to each end of the tape using sharp scissors
- When applying, do not stretch the first and last 3-5cm of the tape
- When applied, vigorously rub the tape to activate the adhesive
- The tape can be worn for a maximum of 4-5 days



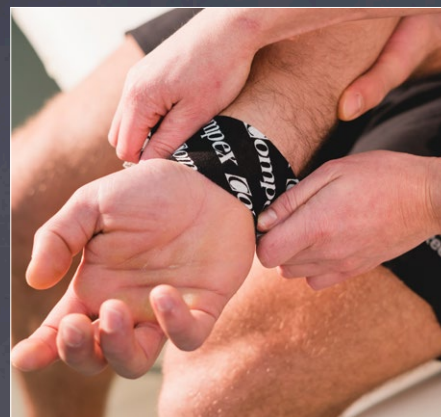
### BODY POSITION

Stretch arm with hand pointing down



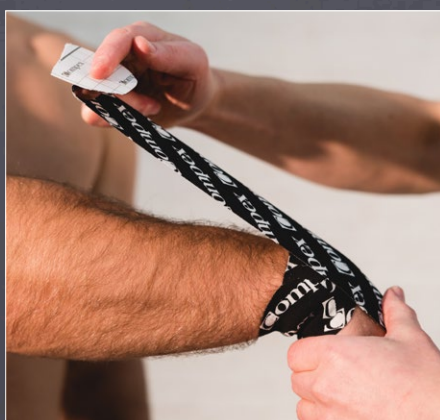
#### STEP 1

Tape one piece of tape around the wrist with 70% stretch



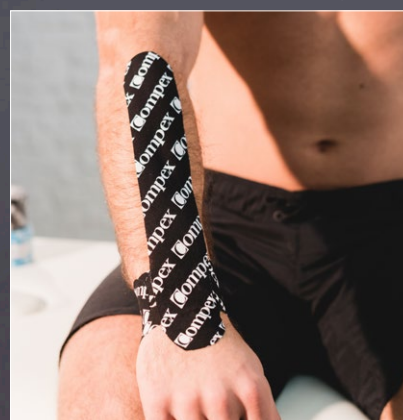
#### STEP 2

Tape another piece of tape around the inside wrist with 70% stretch



#### STEP 3

Then tape along the forearm with 25% stretch



#### FINAL RESULT