



STRENGTHTAPE®

APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

1 pre-cut strip of StrengthTape
Scissors
Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



Clean any oils and lotions from area.



Trim excess hair for better adhesion.

FINGER JAM

STEP 1:



Cut the strip in half, from one end to the other. Then, fold the strips in half creating rounded corners.

STEP 2:



Anchor the end about 4 inches above the wrist.

STEP 3:



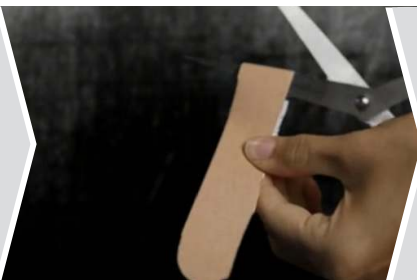
With 0% stretch, place the tape on the wrist and about halfway up the hand toward the wounded finger.

STEP 4:



With 10% stretch, place the rest of the tape on the top of the finger, ending on the knuckle.

STEP 5:



Cut the other side of the tape in half with rounded corners.

STEP 6:



With one of these pieces, wrap the injured knuckle, using 0% stretch all the way around.