

Thumb Tendinitis

Requires;

1 piece of long I tape

1 piece of short Y tape

Self-taping is available

Step 1.

Anchor long I tape over the tip of the thumb and apply the tail towards the lateral side of the elbow while bending the wrist outward.

Step 2.

Anchor the base of Y tape at the thumb side of the wrist and apply one tail around the wrist and another tail over the lower arm as shown.



Manual K Taping

Tobias Bleicker

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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