

Thumb Tendinitis

Requires;

1 piece of long I tape

1 plece 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

Rosina Ehmann



Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Manual K Taping**. This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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