

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

Albert A Gayle



Manual K Taping:

Unveiling the Magic of Words: A Report on "**Manual K Taping**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Manual K Taping**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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