

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

SA Dillow



Manual K Taping:

The Enigmatic Realm of **Manual K Taping**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Manual K Taping** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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