





<b>Location:</b>	<b>Lower arm</b>
<b>Application:</b>	<b>Wrist support (Carpal tunnel)</b>
<b>Indication:</b>	<b>Pain like carpal tunnel</b>
<b>Shape:</b>	<b>One long Y strip, One I strip</b>
<b>Applying position:</b>	<b>In sitting position, arm on a flat surface</b>

## Acti-Tape - Wrist - Carpal Tunnel - Step by Step Instructions

1.	<ul style="list-style-type: none"> <li>● Place the arm on a flat surface.</li> <li>● Apply the base of the strip on the palm of the hand.</li> </ul>	
2.	<ul style="list-style-type: none"> <li>● Pull the hand back to stretch the muscle.</li> <li>● Stretch the strip up to the arm towards the elbow and smooth down.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>● Apply the anchor strip around the wrist.</li> </ul>	
4.	<ul style="list-style-type: none"> <li>● Do not overlap the ends to allow proper circulation.</li> </ul>	

5.

- The final result.

