





Location: Wrist
Application: Wrist Support / Pain Relief
Indication: Pain - Wrist
Shape: One I-strip
Body Position: Sitting

Wrist

Acti-Tape Step by Step Instructions: Wrist Support / Pain Relief

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| 1. | <ul style="list-style-type: none"> Place the arm on a flat surface with palm facing up. |  |
| 2. | <ul style="list-style-type: none"> Place one end of an I-strip in the centre of the wrist on the thumb side at a slight angle as shown. |  |
| 3. | <ul style="list-style-type: none"> Spiral and apply the strip with a slight stretch around the arm ending on the inside of the elbow. |  |
| 4. | <ul style="list-style-type: none"> Smooth down the strip firmly to complete. |  |