



## APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

## ITEMS NEEDED:

- 1 pre-cut strip of StrengthTape
- Scissors
- Partner



Avoid touching the ends of the tape.



After applying, firmly rub the tape to activate adhesive.



Clean any oils and lotions from area.



Trim excess hair for better adhesion.

## FINGER JAM

### STEP 1:



Cut the strip in half, from one end to the other. Then, fold the strips in half creating rounded corners.

### STEP 2:



Anchor the end about 4 inches above the wrist.

### STEP 3:



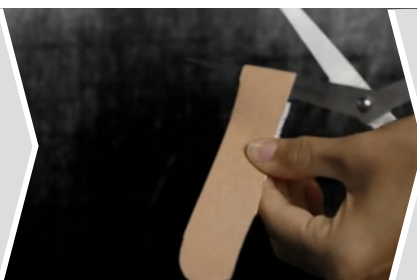
With 0% stretch, place the tape on the wrist and about halfway up the hand toward the wounded finger.

### STEP 4:



With 10% stretch, place the rest of the tape on the top of the finger, ending on the knuckle.

### STEP 5:



Cut the other side of the tape in half with rounded corners.

### STEP 6:



With one of these pieces, wrap the injured knuckle, using 0% stretch all the way around.