

WRIST TAPING TUTORIAL

Basic four-step support taping sequence

1 Step 1 — Apply pre-wrap and anchor strips



Place pre-wrap around the wrist.
Apply anchor strips on the forearm
and around the hand.

2 Step 2 — Apply support strips



Apply 2–3 support strips across the wrist
from the hand anchor to the forearm anchor.

3 Step 3 — Add figure-eight support



Add a figure-eight wrap to improve support
and limit excessive wrist motion.

4 Step 4 — Close, secure, and check fit



Cover loose edges with closure strips.
Check comfort, circulation, and support
before activity.



IMPORTANT: Tape should feel snug and supportive, not tight or painful.
If you experience numbness, tingling, or discoloration, remove and retape.

