

Finger taping

KActive



[Directly to finger taping guide](#)

Main application area

Finger sprain
Finger stabilization
Finger capsule tear

What you need

9 tape strips:
3 x tape (blue) -> 1 x 5 cm, 2 x 3 cm
6 x tape (pink) -> 3 cm

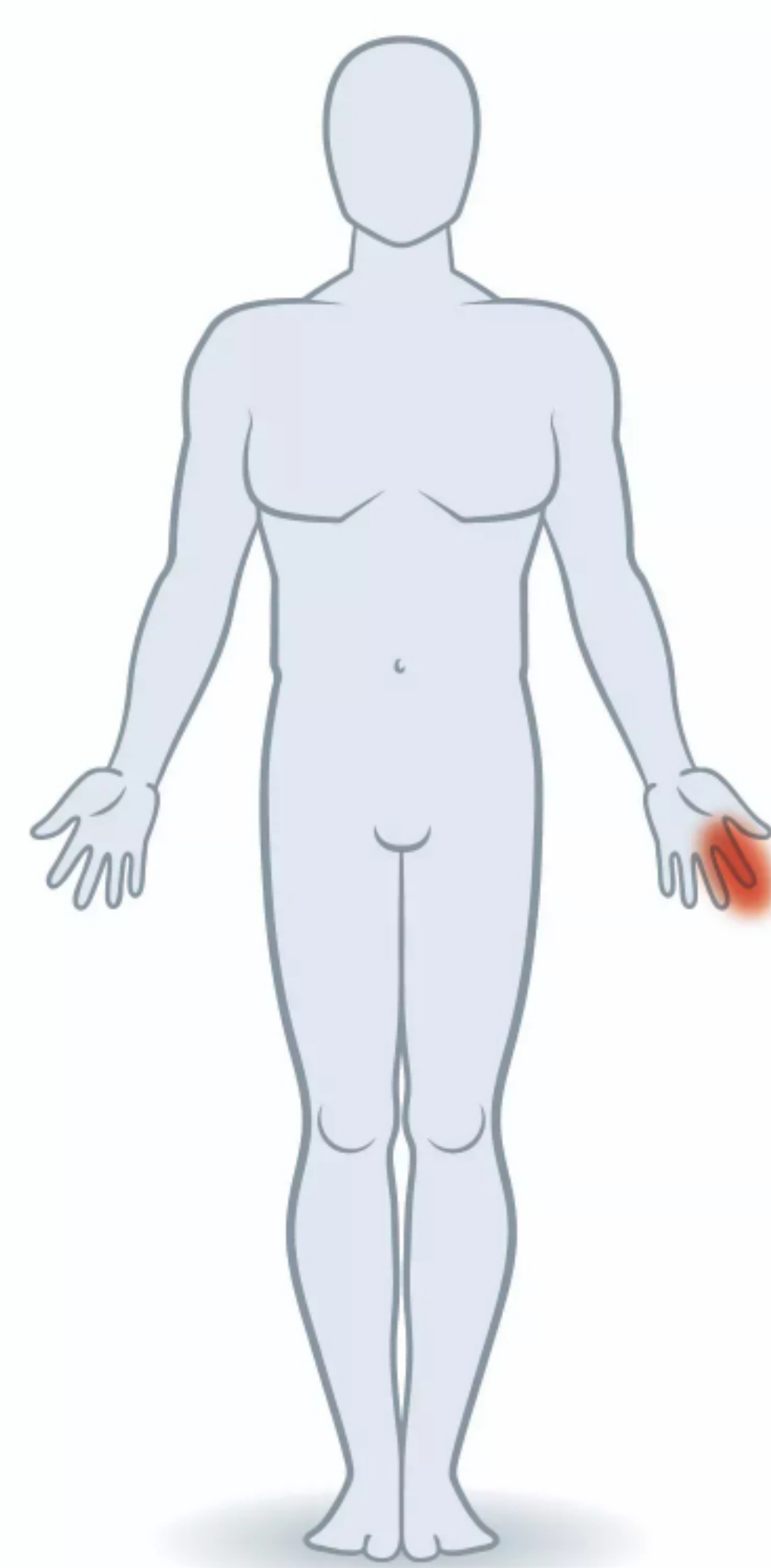
Duration of application

Up to 7 days

* The lengths of the tape strips are approximate and are based on an average height of 170 cm. The required tape lengths may vary depending on the individual height and specific proportions of the user.

Pain in the finger joint

Finger joint pain is a common complaint that can affect people of all ages. Common causes are repeated strain from sport or occupational activities, which can lead to overuse injuries. Injuries such as sprains or torn tendons are also common triggers. Finger pain can be acute, caused by sudden injuries, or chronic, caused by prolonged overuse or degenerative diseases. Typical accompanying symptoms are often swelling, restricted movement and pain that can radiate into the hand area.



Information

General information about the finger joint

The finger is an essential part of the hand and consists of several small bones that are connected to each other by joints. Each finger joint enables different movements and plays a central role in fine motor skills and performing everyday tasks such as gripping, typing or writing.

Causes of finger joint pain

Finger pain can be caused by a variety of factors, including:

- **Muscle overload:** Repetitive strain and movement from sports such as basketball, volleyball or activities such as crafts and typing can lead to overuse injuries to the muscles and tendons of the fingers. This overuse can cause pain and inflammation in the finger joints.
- **Injuries:** Acute injuries such as falls, bumps or pinching of the fingers can lead to bruises, sprains or even fractures. These injuries cause immediate pain, swelling and restricted movement in the affected fingers.
- **Tendonitis:** Excessive or repetitive strain on the tendons can lead to tendonitis (inflammation of the tendons). A common example of this is digitus saltans, in which inflammation restricts the movement of the tendon and causes pain and a snapping sensation.
- **Arthritis:** Arthritic diseases such as rheumatoid arthritis or osteoarthritis can affect the finger joints and cause pain and stiffness. These chronic diseases lead to inflammation and the breakdown of joint cartilage.
- **Nerve compression:** Nerves that run through the hand and fingers can become trapped or irritated, leading to pain, numbness and tingling. Carpal tunnel syndrome is a common example where the median nerve in the wrist area is compressed.
- **Nerve compression:** When nerves in the neck area become pinched or irritated, pain, numbness, and tingling in the arms, among other symptoms, may occur.
- **Capsular injuries:** Injury or inflammation of the joint capsule that surrounds the finger joints can lead to pain and restricted movement. These capsule tears or inflammations often occur as a result of direct trauma or intensive sporting activities.

How does K-Active Tape help with finger pain?

K-Active Tape offers a versatile solution for finger pain thanks to its unique properties. It stabilizes the finger and joints, which reduces strain and increases stability without restricting freedom of movement. The elastic and self-adhesive structure of the tape gently lifts the skin and stimulates the sensory receptors, which reduces the perception of pain and accelerates healing. The tape also promotes blood circulation and lymph flow, which reduces swelling and inflammation. The improved proprioception helps to correct incorrect posture and prevent new injuries. Overall, the K-Active Tape supports fast and effective healing of finger pain.

Taping finger - Tips



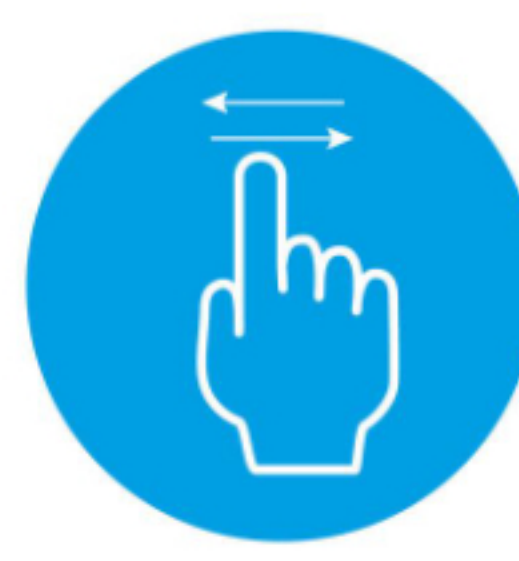
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

Step by step tape tutorial

[Download instruction](#)

Variant 1

This variant is particularly suitable for general support and stabilization of the finger, for example in the event of overloading or minor injuries.



⇒ 1.

Apply the pink tape strip without stretch (0%) to the index finger at an angle.



⇒ 2.

Wrap the ends of the tape around the finger and stroke over the tape to activate it.



⇒ 3.

Apply the second strip of tape crosswise to the index finger.



⇒ 4.

Swipe over the tape again to activate it.



⇒ 5.

Apply the first blue tape strip without stretch (0%) along the finger to achieve additional stabilization.



⇒ 6.

Repeat step 5 in the position shown for the second blue tape strip.



⇒ 7.

👉 This is what the tape on the finger looks like from below.

Variant 2

This variant offers targeted support and can be used for specific joint pain or injuries. It is ideal for stabilizing finger joints and for problems such as sprains or osteoarthritis.



⇒ 1.

Align the tape strip centrally along the underside of the finger.



⇒ 2.

Stick the first pink tape strip across the blue tape on the tip of the finger.



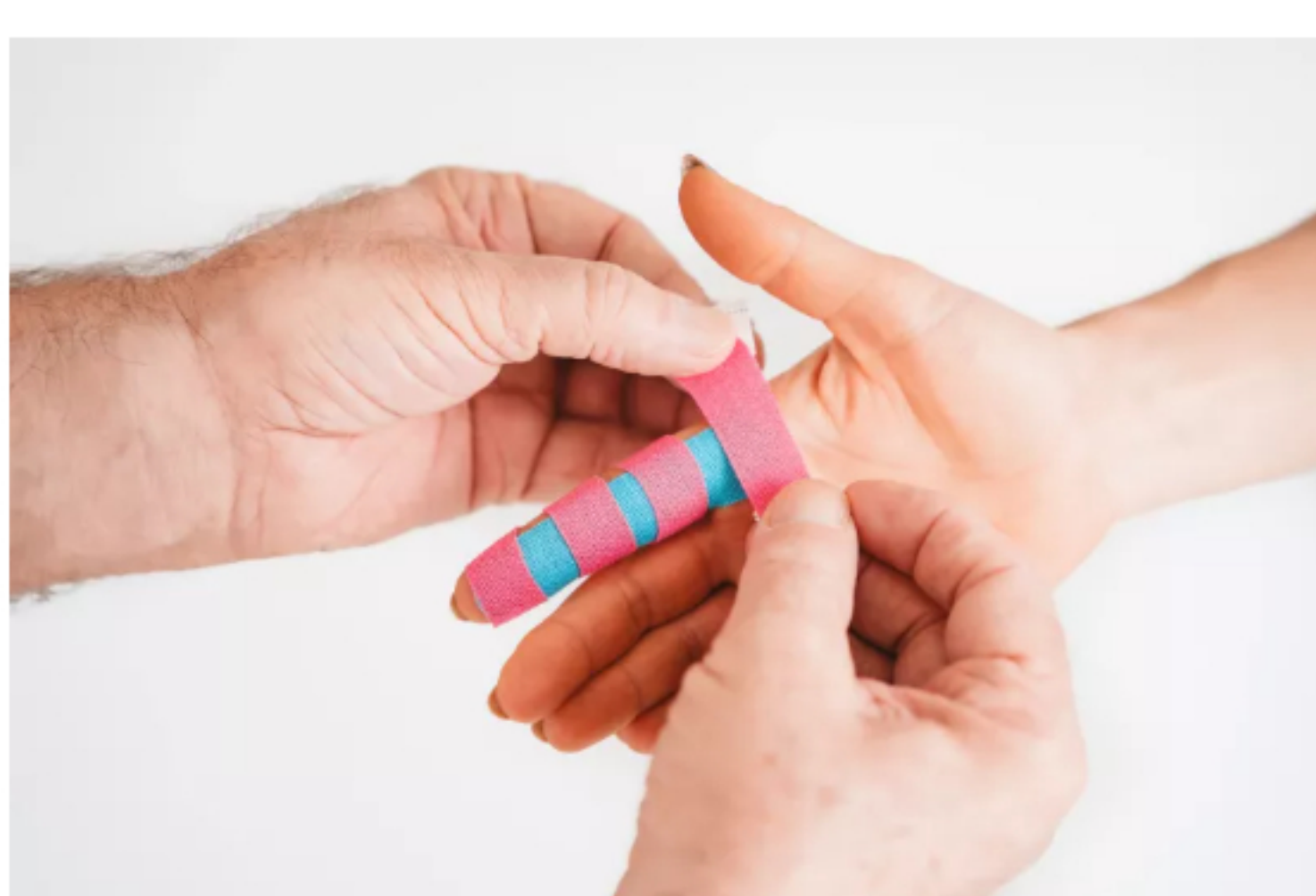
⇒ 3.

Repeat step 2 further back on the index finger.



⇒ 4.

Apply another short strip of tape between the tapes already attached.



⇒ 5.

Finally, attach the last pink tape.



⇒ 6.

👉 The second version of the tape application on the finger is finished.