Taping wrist

K-Active

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Main application area

Inflammation of the tendon (tendovaginitis)
Wrist instability
Muscle hardening of the forearm extension muscles

What you need

Variant 1:

1 x tape (blue) -> approx. 10 cm
1 x tape (black) -> approx. 10 cm

Variant 2:

2 x tape (blue) -> approx. 15 cm
2 x tape (black) -> approx. 10 cm

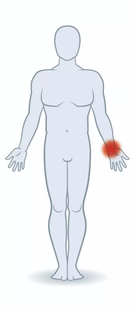
Duration of application

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.

Wrist pain

Wrist pain is a common problem and can affect people of any age. The wrist allows movements such as grasping, lifting and turning. Causes of wrist pain are diverse and include tendonitis, wrist instability, and muscle hardening of the forearm muscles. Other causes can include arthritis, carpal tunnel syndrome, injuries such as fractures or sprains, and overloading. Symptoms often include pain in the wrist that can radiate to the hand or forearm, as well as swelling, stiffness and limited mobility.



Information

General information about the wrist

The wrist is a complex and central joint of the human body that **connects the hand to the forearm**. It consists of eight small bones arranged in two rows, and allows a wide range of motion such as bending, stretching, turning and lateral movements of the hand. This freedom of movement is essential for everyday activities such as grasping, lifting and writing. The wrist is stabilized by strong ligaments and muscles that ensure the mobility and resilience of the joint.

Causes of wrist pain

Wrist pain can be triggered by various factors that affect both the soft tissues and bony structures of the wrist. Here are some of the most common causes:

- **Tendonitis**: Repeated movement or overload can lead to inflammation of the tendon sheaths, causing pain and swelling.
- **Wrist instability**: Injuries or excessive strain on the wrist can lead to instability of the wrist, causing pain and feeling unsafe when moving.
- **Muscle hardening**: Overloading the forearm muscles can lead to muscle hardening, causing pain and movement limitations in the wrist.
- **Arthritis**: Inflammatory joint diseases such as rheumatoid arthritis can affect the wrist and cause pain and stiffness.
- **Carpal tunnel syndrome**: Narrowing of the carpal tunnel can compress the nerves in the wrist and cause pain, numbness, or tingling in the hand.
- **Injuries**: Fractures, sprains, or bruises from accidents or falls can cause acute pain and swelling in the wrist.

How does K-Active Tape help with wrist pain?

The K-Active Tape provides targeted support for wrist pain by stabilizing and relieving the affected area. Due to its elastic properties, the tape adapts to the movements of the wrist without restricting the freedom of movement. This supports the muscles and reduces the strain on the joint. The gentle lifting of the skin by the tape improves blood circulation and lymphatic flow, reducing swelling and inflammation. At the same time, the tape stimulates the sensory receptors, reducing the perception of pain.

Taping wrist - 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

1.

Stick the base of the black tape strip to the wrist with a slight stretch (25%). Leave the release paper attached to the ends of the tape.

2.

Apply the tape ends without stretch around the underside of the wrist.

3.

Repeat step 1 for the second tape and apply it slightly offset.

4.

Apply the ends of the tape without stretch here too.

5.

This is what variant 1 of the wrist tape looks like from below.

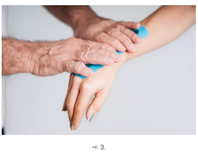
Variant 2

1.

The therapist first holds the tape on the underside of the wrist to determine the correct length of the tape.

2.

Apply the base of the blue tape strip to the top of the wrist. Leave the release paper still attached to the tape.



3.

Pull the release paper off as you move your hand downwards.

4.

Now stick the base of the second tape to the lower wrist.

5.

Stretch your hand slightly upwards and apply the tape without stretching while moving your hand downwards.

6.

Stroke the tape to activate it.

7.

Now apply the black tape to the wrist at right angles to the previously applied tapes with a slight stretch (25%).

8.

To activate, rub over the tape.

9.

Repeat step 7 for the next tape. Apply it slightly offset.

10.

This is how the wrist tape looks from above.

11.

The tape application to stabilize the wrist is finished.