

Directly to taping thumb

Main application area

- Saddle joint osteoarthritis of thumb
- Ski thumb
- Capsule ligament injury

What you need

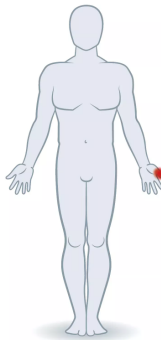
- 4 tape strips:
- 1 x tape (green)
- 1 x tape (pink)
- 2 x tape (blue)

Duration of application

Up to 7 days

Thumb joint pain

Thumb pain can have several causes, including osteoarthritis, tendinitis, injury, rizzarthrosis and nerve compression. This pain can significantly impair hand function. It is therefore increasingly important to take appropriate measures for pain relief and recovery, which may include the use of K-Active Tape.



Information

General information

The thumb is an extremely important and flexible joint of the hand. It allows you to grasp, hold and manipulate objects. The thumb basically consists of three joints: the base joint near the palm, the middle joint and the end joint. The muscles, tendons and ligaments surrounding the thumb joint provide mobility and stability for the joint.

Causes

Thumb pain can have a variety of causes. These include:

- Osteoarthritis:** Thumb pain can be caused by osteoarthritis in the thumb joint. This is a degenerative disease in which the cartilage in the joint decreases. The result can be pain and limited mobility.
- Tendinitis:** Inflammation of the tendons that control thumb movement can also cause pain, especially if it occurs due to overuse.
- Injuries:** Falls, sprains or fractures in the thumb area can cause significant pain.
- Rizzarthrosis:** This particular form of osteoarthritis often occurs in middle-aged women and causes pain when gripping and twisting the thumb.
- Nerve compression:** Compression of the median nerve, which stimulates the thumb, can cause pain and numbness.

How does K-Active Tape help against thumb pain?

The application of K-Active Tape on the thumb exerts targeted pressure on the painful area and improves blood circulation. At the same time, it stabilizes the thumb joint, which is essential to prevent further injury and support recovery. Despite this stability, sufficient freedom of movement is maintained so that the thumb can be used without restriction. In addition, the tape helps to reduce inflammation, which contributes to pain relief.

Taping thumb - Tips



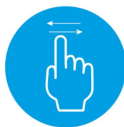
Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape edges



Do not wear for more than 7 days

Step by step tape tutorial

[Download instruction](#)



→ 1.

Apply pink tape strip. Use the ligament technique in the thumb joint area.



→ 2.

Attach the second pink strip analogously to the thumb.



→ 3.

Place the base of the blue tape to the inner side of the thumb.



→ 4.

Apply with appropriate tension (25% stretch) around the thumb joint.



→ 5.

Use the same technique again slightly displaced (25% stretch).



→ 6.

Attach the green tape as a stabilizing application in the wrist area.



→ 7.

The application is done!