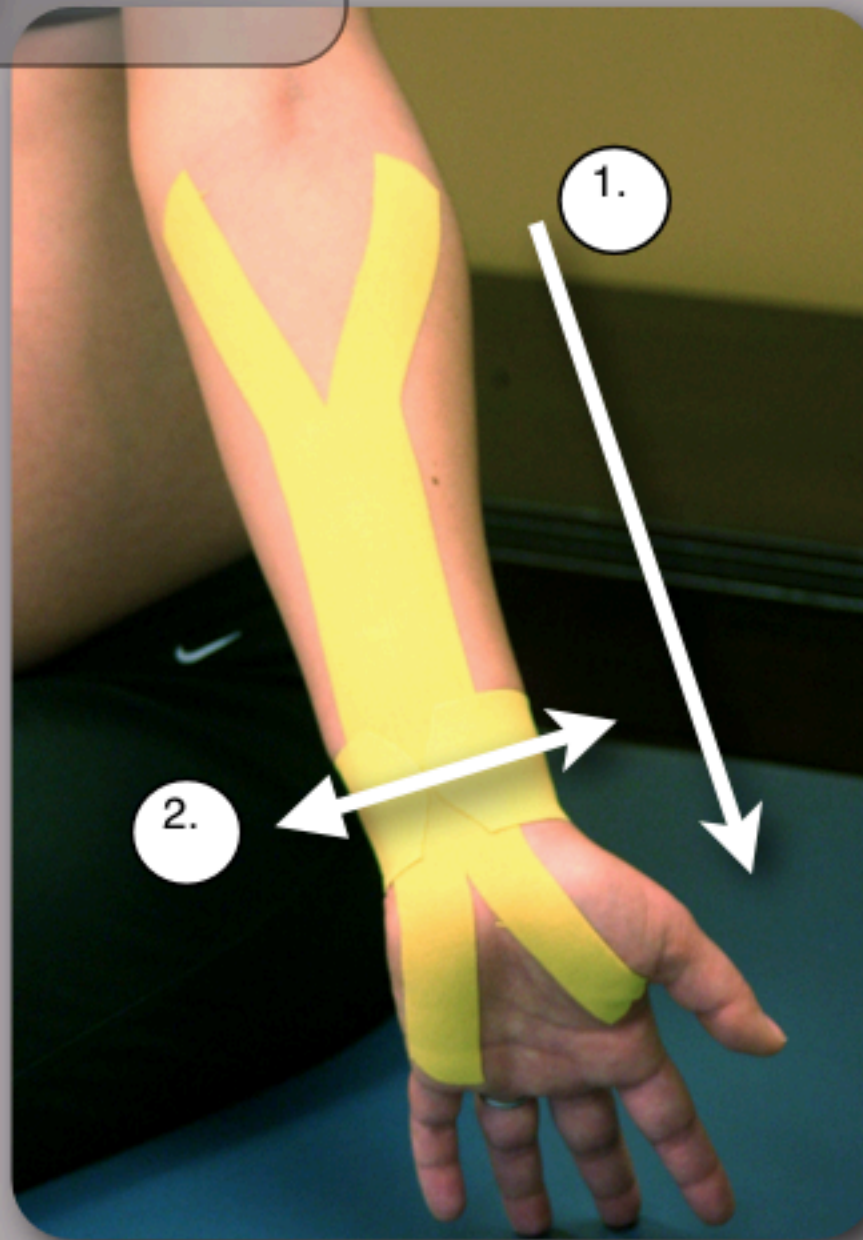


Carpal Tunnel



1. Cut a piece of tape to fit the forearm as indicated in the picture. Optionally slit the ends of the tape. Extend the arm and extend the wrist. Anchor tape below elbow and run tape to wrist.

2. Cut decompression strap that can enclose wrist and place over area of pain. Stretch tape 50-75% in middle, with no stretch at ends.