



**KOMO** know how  
*Thumb Taping:  
an easy application guide*

**KOMO**Tape  
Support in motion



For everyday use including all levels of exercise and sport. Ideal to support your gym workout

An easy application guide for **thumb taping** for **joint or muscle pain** around the thumb

KOMO Physio tape was designed to help **PROMOTE** movement, **IMPROVE** performance & **RESTORE** function to the injured body.



Watch the Thumb Taping with KOMO Tape video guide

**Always apply the tape to clean, dry skin**

**Remove** if skin becomes irritated.

Apply KOMO tape at least **30 minutes before exercise.**

(This helps the tape stick for longer.)

- Cut a **20 cm strip lengthways** down the middle with rounded edges to increase adherence. This is **for the thumb**
- **Cut a 30 cm piece to secure around the wrist**
- Place the **20cm strip around the thumb forming a teardrop shape** from inside of wrist, around the **muscle bulk** of the thumb and back up to the starting point  
**Repeat** with the second strip **slightly overlapping** the first
- Place the **30 cm strip around the wrist** to anchor the thumb tape but also beneficial if you have wrist pain.
- **Tape from palm side of wrist towards the thumb** and around
- **Rub vigorously for 10 seconds** to help adhere to the skin
- **Stretch the tape about 50%** but do not distort the pattern on the tape otherwise too much stretch has been applied

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