

How To Apply



CTape®

Carpal Tunnel Pain Relief System

Read and understand all instructions prior to use.

Wash and dry hand and arm thoroughly. Hold in a stable position to apply.

Do not wear in the tub or shower. Remove product if it gets wet.

1. Separate the two sides of product at the perforations:

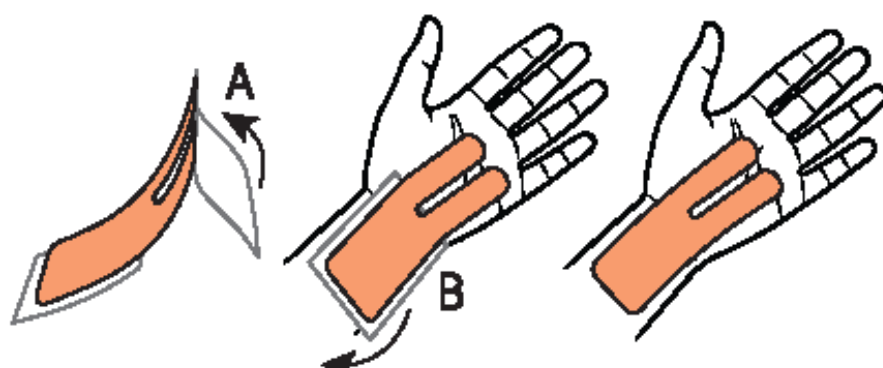


Back and Palm
Strip Tapes

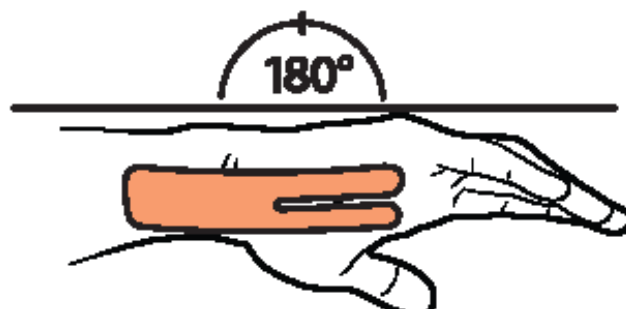
Wrist Strip Tape

- The wider pieces with 2 tabs are the back and palm strips.
- The narrower, solid piece is the wrist strip.

2. Peel off backing piece (A) to expose tabs. Adhere tabs to palm of hand such that the bottom of the tabs - top of backing piece (B) is aligned with the base of the hand.

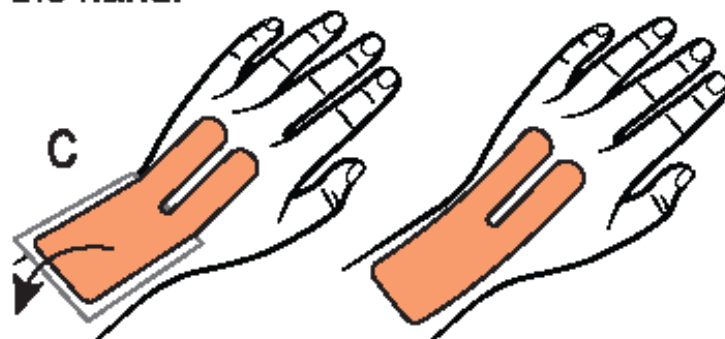


3. Bend your wrist downward (so your palm moves towards your arm) to determine the amount of motion restriction. The more bend in your wrist, the more restricted your wrist motion will be. For lighter support with less motion restriction, keep your wrist straight.

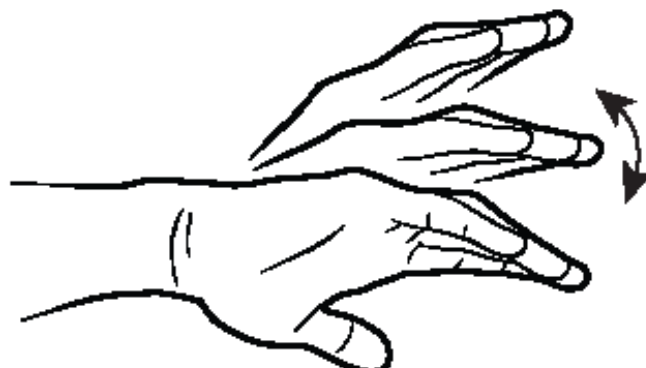


4. Peel anchoring portion of tape off of backing piece (B). Adhere the anchoring portion of tape to inner wrist while keeping tape taut. A small gap will appear between tape and the wrist; smooth tape down to remove this gap.

5. Adhere tabs to back of hand such that the bottom of the tabs - top of backing piece (C) is aligned with the base of the hand.

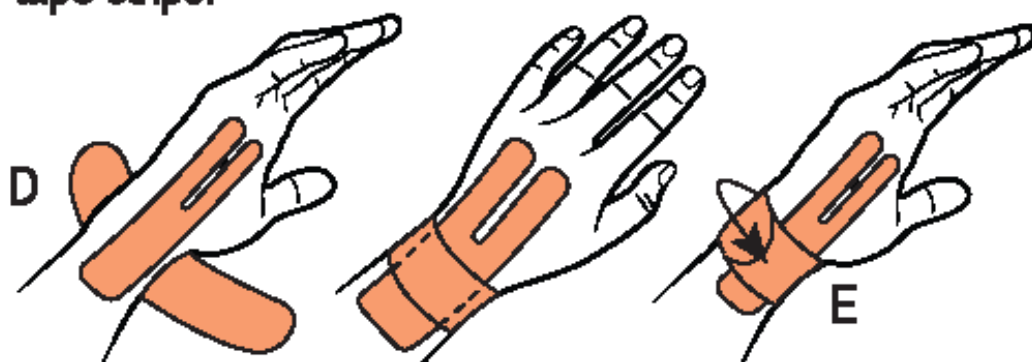


6. Bend your wrist upward (so the back of your hand moves towards your arm) to determine the amount of motion restriction. The more upward bend in your wrist, the more restricted your wrist motion will be. For lighter support with less motion restriction, keep your wrist straight.



7. Peel off backing piece (C) to expose anchoring portion of tape. Adhere the anchoring portion of tape to the outer wrist. A small gap may appear between tape and the wrist; smooth the tape down to remove this gap.

8. Peel off backing piece (D) to expose portion of strip. Adhere strip to wrist near the base of the previous two tape strips.



9. Remove remaining backing (E). Wrap tape around wrist – DO NOT OVERTIGHTEN. Keep tape smooth, but without tension, as you wrap around the wrist. The purpose of this strip is to anchor the ends of the tape, not compress the wrist.

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Must Read Before Use

1. Apply product daily to clean, dry hand/arm. Consistent uninterrupted daily use is essential to relieve wrist pain. Product may be worn up to 24 hours per application.
2. Proper hand position during application is essential to product effectiveness. If pain reduction is not pronounced after a few days of use, or if desired, support level may be increased by changing the hand angle during application.
3. Reduce exercise intensity levels during wrist pain recovery, or anytime while wearing product. If moderate exercise during recovery is desired, consult with your physician regarding what level of physical intensity is appropriate based on your individual risk factors. We recommend not to strain or stretch the wrist during pain recovery.
4. The pain may subside immediately after application, however most pain reduction typically occurs after a few days of use. Lack of pain does not indicate that recovery is complete. Continue to use product for a minimum of 6 days after pain subsides.
5. Do not allow product to get wet. Apply a new support any time the product gets wet. Glue may separate from the fabric during removal. Any glue residue left on the skin may be removed with warm water and a wash cloth.



Questions?
www.MuellerRx.com

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