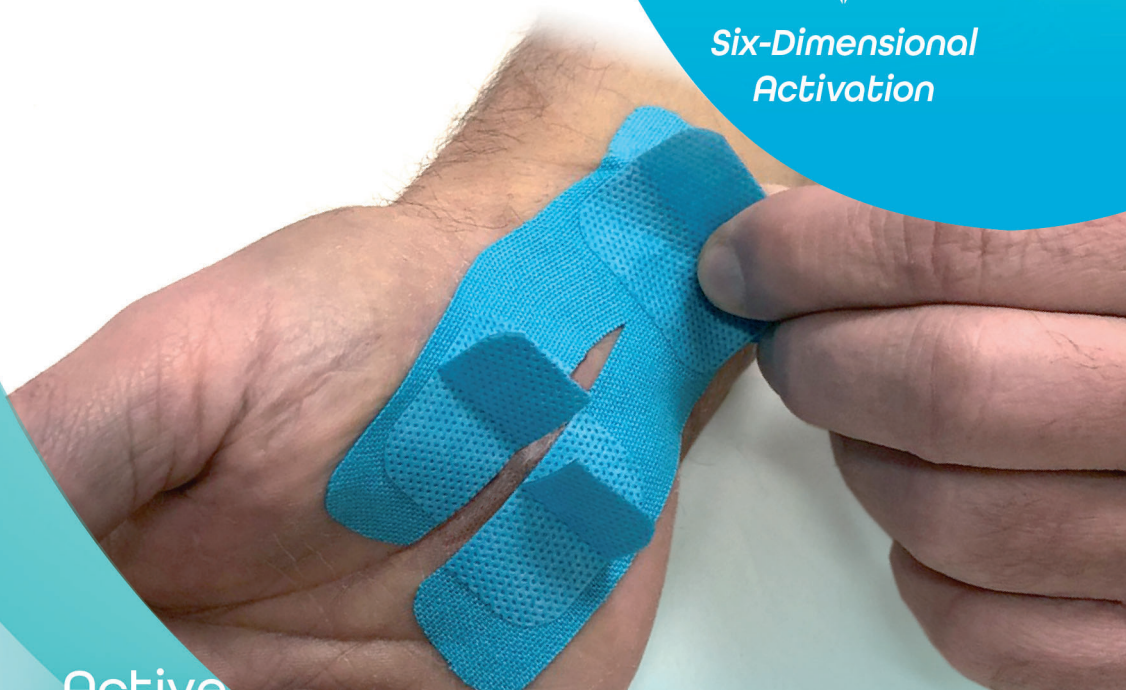


Six-Dimensional Activation
6D TAPE®

Small handles – great benefits!



*Six-Dimensional
Activation*



Active
6D
tape with
mobilization
handles

For treating
**Carpal Tunnel
and De Quervain Syndrome**

Self-care package For carpal tunnel and de Quervain syndrome. Includes instructions and precut 6D Tape strips for two 3-10 day treatments



Patented

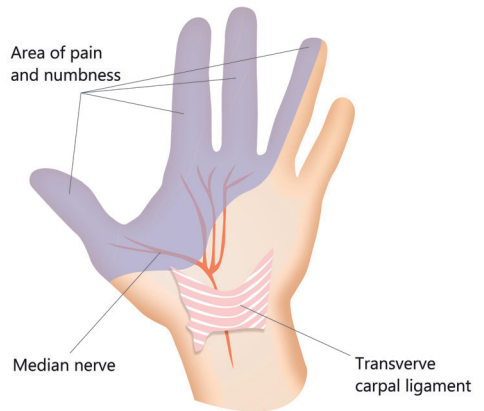
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6D Tape self-care package

Active 6D Tape with mobilization handles for treating carpal tunnel and de Quervain syndrome

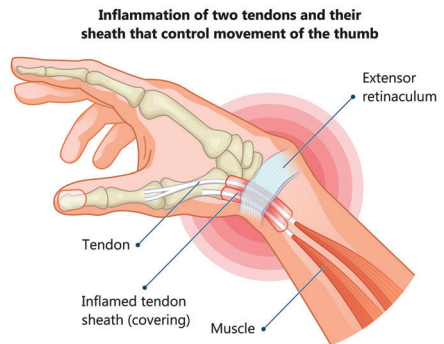
What is carpal tunnel syndrome?

Carpal tunnel syndrome (canalis carpi) is a condition caused by compression of the median nerve at the wrist. The carpal tunnel is the area in the palm side of the wrist where the bones and ligaments create a small passageway for the median nerve, which is responsible for both sensation and movement in the hand, in particular the thumb and first three fingers. When the median nerve is compressed by swelling, an individual's hand will feel numbness, tingling and weakness.



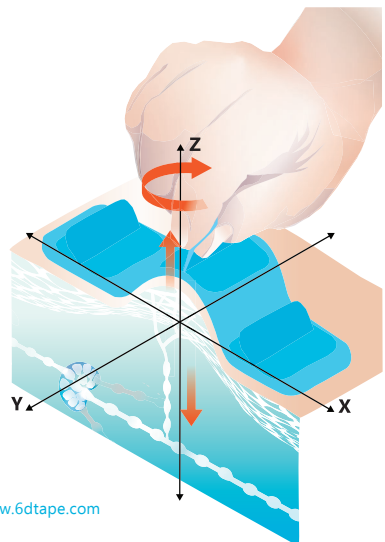
What is de Quervain syndrome?

De Quervain syndrome (de Quervain's tenosynovitis) is a painful condition caused by inflammation and swelling in the area of the two tendons that control movement of the thumb. These two tendons run through a tunnel on the thumb side of the wrist. The swelling puts pressure on nearby nerves, causing pain and numbness. Thus, the objective of the treatment is to reduce swelling and inflammation.



Six-dimensional mobilization of the tissue with 6D Tape

6D Tape handles are designed to aid the user to mobilize the tissue in six directions. The six directions are forward, sideways and upward, or in the directions of the x-, y- and z-axes, plus rotations around each axis. The mobilization of the tissue has a positive effect on the lymphatic system, blood flow, fascia, scar tissue, muscles, and joints. Activation of the tissue up and down with the 6D handles improves the metabolism and fluid flow in the tissue.



General Instructions

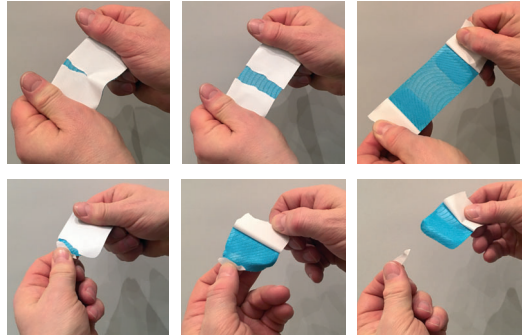
Before 6D Tape treatment

1. Cleaning and shaving: Shave the hair and clean the skin in the taping areas as shown in Picture Series 1.



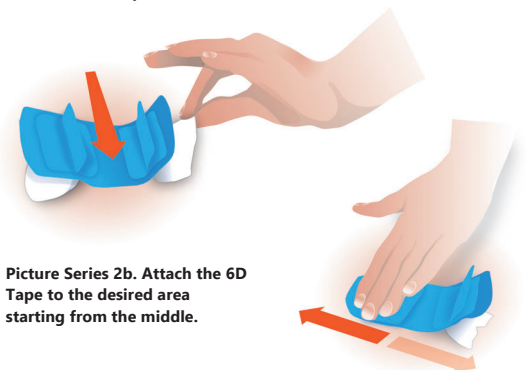
Picture Series 1. Shaving the hair and cleaning the skin before taping.

2. a) Removing the release liner: Start cutting the release liner by stretching the tape slightly between the handles in the case of the two-handed strip, or stretching the tape slightly from the corner of the tape in the case of the one-handed strip as shown in Picture Series 2a. Remove the release liner carefully, however, leave both ends of the release liner in place in order to be able to place the tape onto the skin without touching the adhesive. Do not stretch the 6D Tape. If you must stretch it to avoid wrinkles in the tape, then it is recommended to only stretch it 0–15%. If you do stretch the tape, remember not to stretch the anchors, i.e., the ends of the tape.



Picture Series 2a. Start cutting the release liner by stretching the tape slightly between the handles for a two-handed strip or by stretching the tape slightly from the corner of the tape for a one-handed strip.

b) Attaching 6D Tape: Attach the 6D Tape to the desired area starting from the middle and holding the end of the tape with the help of the release liner (Picture Series 2b). Avoid wrinkles. Finally remove the release liner from the end of the tape. Repeat for the other end of the tape. Rub the tape gently but firmly from the middle towards the ends. Increase the rubbing pressure slightly with every rub to ensure a strong hold on the skin.



Picture Series 2b. Attach the 6D Tape to the desired area starting from the middle.

After 6D Tape treatment

Removing 6D Tape: The recommended period the tape should remain on the skin is a duration of 3–10 days. The time that the adhesive of the tape holds may depend on the number and intensity of the treatment sessions. When the tape starts to come off, it can no longer be reattached to the skin. When removing the tape, first warm it up by rubbing it gently and then carefully roll the tape off along the skin to avoid skin irritation. Remember to drink enough water, because the 6D Tape treatment increases lymphatic drainage in the body.



The 6D Tape Method For carpal tunnel syndrome

3. a) Apply a one-handed strip to the area of the clavicle bone (collarbone) which is on the same side of the body as the wrist under treatment as shown in Picture 3a. Keep the head in a normal position looking straight forward. Do not turn the head or stretch any muscles. Rub the tape gently but firmly to ensure a strong hold on the skin. Apply and activate the area of clavicle bone once the carpal tunnel symptoms emerge. Also apply before the operation and after the operation until the symptoms have disappeared and the scar area has recovered.

Picture 3a.
Applying a one-handed strip of 6D Tape in the clavicle bone area (supraclavicular fossa) above the wrist under treatment.



b) Tape the medial side of the elbow with the two-handed strip as shown in Picture 3b. Keep the elbow slightly bent in a natural position. Place the two-handed strip in the middle of the elbow joint. With the help of the release liner, attach both ends of the tape. Remember not to stretch the tape, and not to touch the adhesive with your hands. Apply 6D Tape and activate the medial side of elbow once the carpal tunnel symptoms emerge. Apply before the operation and after the operation until the symptoms have disappeared and the scar area has recovered.

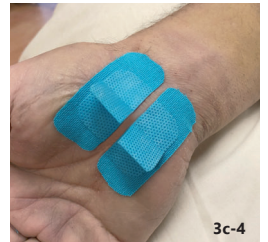
Picture 3b.
Taping the medial side of the elbow, place the two-handed strip in the middle of the elbow joint.



c) For use in the wrist area, there are four different ways to apply 6D Tape as shown in Picture Series 3c as follows:

1. **Picture 3c-1**, a two-handed strip, suitable if the scar area is not sensitive and there is a need to support the wrist not bending backwards.
2. **Picture 3c-2**, a one-handed strip, suitable if the scar area is not sensitive and there is no need to support the wrist bending backwards.
3. **Picture 3c-3**, a two-handed Y-strip, suitable if the scar area is very sensitive, and there is need to support the wrist bending backwards.
4. **Picture 3c-4**, two halves of a one-handed strip, suitable if the scar area is sensitive, and there is no need to support the wrist bending backwards. In this case, use sharp scissors to make the two half-handed strips from the Y-shaped strip.

Picture Series 3c.



All four of the ways to apply 6D Tape can be used to alleviate the symptoms and pain in the wrist area before and after the operation. In some cases, the carpal tunnel syndrome operation may be avoided if 6D Tape is applied after the symptoms emerge.

Apply the strips of 6D Tape to the wrist area so that the handle will be on top of the wrist joint as shown in Picture Series 3c. Keep the wrist in straight, not bent in any direction, and all the fingers totally relaxed. Rub the tape gently but firmly from the middle towards the ends to ensure a strong hold on the skin. Apply 6D Tape according to the instructions once the symptoms

emerge in the wrist area. Also apply it before the operation. After the operation, you may immediately apply 6D Tape in the area of the clavicle bone (see Picture 3a) and in the elbow area (see Picture 3b). However, in the wrist scar area, only apply and start activation 2–4 weeks after the operation and only after the stitches have been removed.

Note: Do not start the treatment right away, since the adhesive of the tape reaches its maximum adhesion for treatments 15 minutes after the tape is attached. The 6D Tape with handles should be attached to the skin for a minimum of 30 minutes before any athletic activity.

4. a) **Treatment:** First activate the area above the clavicle bone, i.e., supraclavicular fossa, by pulling and pushing the handle gently 15–30 times or for about a minute, as shown in Picture 4a.

Picture 4a. First activate the area above the clavicle bone for one minute.



b) Continue the activation by pulling, pushing, and twisting with the handles in the elbow area for one minute as shown in Picture 4b. Start activation with the upper handles, continue with the lower handles.

Picture 4b. Continue the activation by pulling, pushing, and twisting with the handles in the elbow area for one minute.



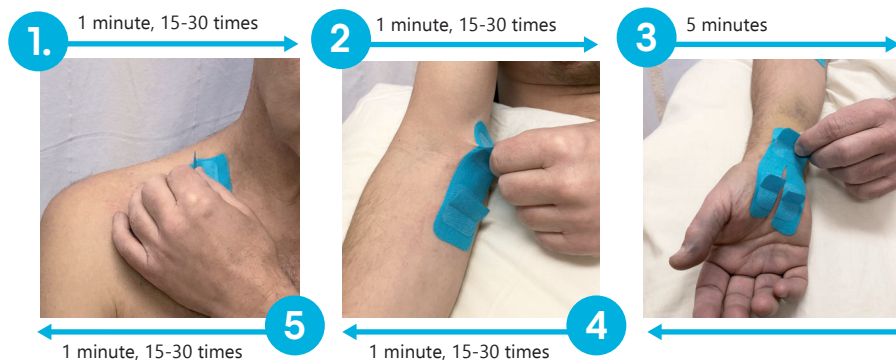
c) Continue the manipulation by pulling, pushing, and twisting with the handles in the wrist area for 5 minutes as shown in Picture 4c. Start manipulation with the upper handle, continue with the lower handle, and vice versa.

Picture 4c. Continue the manipulation by pulling, pushing, and twisting with the handles in the wrist and thumb area for 5 minutes.



Finish the treatment with 15–30 activation pulses in the elbow area followed by the supraclavicular fossa area above the clavicle bone. Repeat the 6D Tape-activation every 3–4 hours.

6D Tape activation summary – carpal tunnel syndrome



Repeat the activation every 3–4 hours.

The 6D Tape Method For de Quervain syndrome

5. a) Apply a one-handed strip to the area of clavicle bone (collarbone) which is in the same side of the wrist under treatment as shown in Picture Series 5a. Keep the head in a normal position looking straight forward. Do not turn the head or stretch any muscles. Rub the tape gently but firmly to ensure a strong hold on the skin. Apply the one-handed strip of 6D Tape and activate the area of clavicle bone once the de Quervain symptoms emerge. Also apply before the operation and after the operation until the symptoms have disappeared and the scar area has recovered.



Picture Series 5a. Applying a one-handed strip of 6D Tape in the clavicle bone area (supraclavicular fossa) above the wrist under treatment.

b) Tape the medial side of the elbow with a two-handed strip as shown in Picture 5b. Keep the elbow slightly bent in a natural position. Place the two-handed strip in the middle of the elbow joint. With the help of the release liner, attach both ends of the tape. Remember not to stretch the tape, and not to touch the adhesive with your hands. Apply 6D Tape and activate the medial side of elbow once the de Quervain symptoms emerge. Also apply before the operation and after the operation until the symptoms have disappeared and the scar area has recovered.



Picture 5b. Taping the medial side of the elbow, place the two-handed strip in the middle of the elbow joint.

c) Apply the Y-shaped-two-handed strip of 6D Tape to the wrist area as shown in the Pictures 5c-1 and 5c-2. The uncut handle will be on top of the wrist joint under the thumb. Keep the wrist straight, not bent in any direction, and all the fingers relaxed. Tape the two halves on both sides of the thumb as shown in Pictures 5c-1 and 5c-2. Generally, do not stretch the tape. However, you may stretch slightly to avoid wrinkles. Rub the tape gently but firmly from the middle towards the ends to ensure a strong hold on the skin.



Pictures 5c-1 and 5c-2. Applying the y-shaped-two-handed strip of 6D Tape in the wrist and thumb area, tape the two halves on both sides of the thumb.

After the operation, you may immediately apply 6D Tape in the area of the clavicle bone (see Picture 5a) and in the elbow area (see Picture 5b). However, in the wrist scar area, apply and start activation only 2–4 weeks after the operation and only after the stitches have been removed.

Note: Do not start the treatment right away, since the adhesive of the tape reaches its maximum adhesion for treatments 15 minutes after the tape is attached. The 6D Tape with handles should be attached to the skin for a minimum of 30 minutes before any athletic activity.

6. a) Treatment: First activate the area above the clavicle bone, i.e., supraclavicular fossa, by pulling and pushing the handle gently 15–30 times or for about a minute, as shown in Picture 6a.



Picture 6a. First activate the area above the clavicle bone for one minute.

b) Continue the activation by pulling, pushing and twisting with the handles in the elbow area for one minute as shown in Picture 6b. Start activation with the upper handles, continue with the lower handles.



Picture 6b. Continue the activation by pulling, pushing, and twisting with the handles in the elbow area for one minute.

c) Continue the manipulation by pulling, pushing, and twisting with the handles in the wrist and thumb area for 5 minutes as shown in Picture 6c. Start manipulation with the upper handle, continue with the lower handle, and vice versa.



Picture 6c. Continue the manipulation by pulling, pushing, and twisting with the handles in the wrist and thumb area for 5 minutes.

Finish the treatment with 15–30 activation pulses in the elbow area followed by the supraclavicular fossa area above the clavicle bone. Repeat the 6D Tape-activation every 3–4 hours.

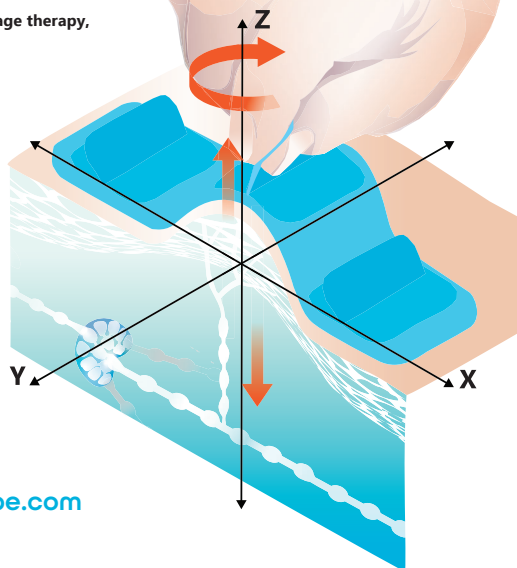
6D Tape activation summary – de Quervain syndrome



Repeat the activation every 3–4 hours.

6D Tape Inc. products are designed for physiotherapy, lymphatic drainage therapy, scar, fascia and massage treatments as well as for self-care.

Adhesive – The acrylic adhesive used in the 6D Tape with handles is strong and hypoallergenic. It does not contain latex. **Material** – The base material of 6D Tape is a unique and skin friendly kinesiology tape. 6D Tape is made of 98% cotton. The base material is elastic. The handle material is non-elastic. The material including the handles is breathable and water-resistant. **Attention** – Do not use in case of acute infection, deep vein thrombosis and cancerous tumors undergoing treatment. Discontinue the use of the 6D Tape immediately if any symptoms such as itching, or irritation occur. The stretching of the tape while applying it is one of the most common causes of skin irritation or other negative skin reactions. Do not apply to injured or irritated skin, or to a wound. Do not use the tape for any other purposes than its intended use. The ideal tape application temperature range is 20–30°C / 68–86°F. Store at 5–30°C / 41–86°F; do not expose to direct sunlight. For single use only. Keep out of the reach of children. The color of the tapes may be different from the picture on the package. Remember to drink enough water, because the 6D Tape treatment increases lymphatic drainage in the body.



View 6D Tape taping demonstration videos at: www.6dtape.com



Patented, 6D Tape is a trademark of 6D Tape Inc.

European Union: CE MDR 2017/745/EU: Class 1

USA: FDA Class 1, 510(K) Exempt, Product code KGX, Regulation # 21 CFR 880.5240, Listing # D442239

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