



MOORE HEALTH

How to properly strap your fingers after they have been jarred.

Follow our guide to learn how:

Step 1: Slice firm tape so that you have a thin strip to work with

Step 2: Use tissue or foam as packing

Step 3: Wrap tape around either side of knuckles, this will enable you to still be able to bend your fingers

Step 4: Ensure the tape is stuck down to the tops of your fingers to avoid it peeling off. Then squeeze finger tips to check your circulation

