

# 3pp® Carpal Lift

## Right



The Carpal Lift pad helps position the wrist bones.



Slide thumb into thumb hole.



Bring the top flap over the back of the hand.



Hold the flap, pull the hook strip over the back and fasten it for snug fit.



Press your palm down on the table, pull the strap up and across fasten the tab.



Maintain pressure on palm, pull the second strap up and across to fasten it.



If needed, cut small slits to open the thumb hole to help position the pad.

