

ANKLE SPIDER™

basic application



Helps with the following conditions:

- Shin splints
- Ankle sprains
- Ankle instability
- Improved athletic performance
- Postoperative rehabilitation
- Arthritis
- Plantar fasciitis



- 1** Have the client lying comfortably on their stomach with the bottom of the foot accessible. Tear all of the perforations along the black lines on the back of the application.



- 2** Place the application through the toes with one strip between the big toe and second toe and the second strip between the third/fourth or forth/fifth toes, depending on foot size.



- 3** Remove the backing of section 1 and gently lay down on the bottom of the foot. Gently rub over top of the tape to activate the glue.



- 4** Bring the top of the foot into view by plantar flexing the foot. Remove the backing of section 2 and gently lay down on the top of the foot. Gently rub over top of the tape to activate the glue.



- 5** Then, with the bottom of the foot exposed, stretch the plantar fascia and remove the backing of section 3 as you lay the tape down over the arch of the foot without any stretch in the tape. Gently rub over top of the tape to activate the glue.

ENGINEERED FOR MOVEMENT™



6 With the leg fully extended and the ankle dorsiflexed to stretch the Achilles tendon and calf muscles, start gently peeling the backing of section 4 on the outside as you lay the tape down on the outside border of the Achilles tendon and up the calf until the entire section is completed. Gently rub over top of the tape to activate the glue.



7 Repeat step 8 with the inside section 4. Gently rub over top of the tape to activate the glue.



8 Now flex the knee bringing the clients heel toward their butt and plantar flex the foot gently to stretch the tibialis anterior. Gently peel back the backing of section 5 as you lay the tape down over the top of the foot and up the anterior shin along the tibialis anterior without any stretch.



9 Gently rub over top of the tape to activate the glue.

