

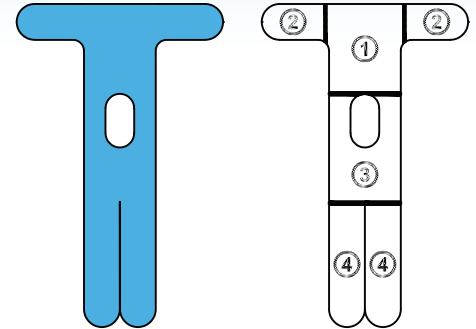


Pre-cut application instructions

Taping is an art and takes time to perfect, please practice and be patient while applying Spider Tech applications until you are familiar with the handling of the tape.

Remember to:

- Tear all perforations before applying
- Do not touch the adhesive side of the tape
- Do not completely remove the backing of the tape until 90% of the tape is adhered to the skin
- Ensure each section is applied before moving on to the next section
- Rub over the top of the tape to activate the glue



1

Before applying the brace tear all of the perforations. Remove the backing of the tape in section 1 and apply to the lateral arm just above the bony portion of the lateral elbow. Gently rub over the top of the tape to activate the glue.



2

Remove the backing of both sections 2 and apply to the skin with no tension on the tape. Gently rub over the top of the tape to activate the glue.



3

Remove the backing of section 3 and while anchoring section 1, stretch approximately 1 inch longer than resting length along the side of the elbow so that the hole is over top of the lateral epicondyle of the elbow.



4

With the arm out in front, the wrist flexed and the fingers pointed down, start peeling off the tape backing for the outside arm of section 4 and apply to the forearm in the direction of the small finger without any tension.



5

With the arm out in front and the wrist flexed and the fingers pointed down, start peeling off the backing of the tape for the inside arm of section 4 and apply to the forearm in the direction of the thumb without any tension.



6

Once applied, gently rub over the top of the tape to activate the glue.



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Patents and design patents pending - FOR PROFESSIONAL USE ONLY

All SpiderTech™ products use

The original Kinesiology Tape from Japan

