



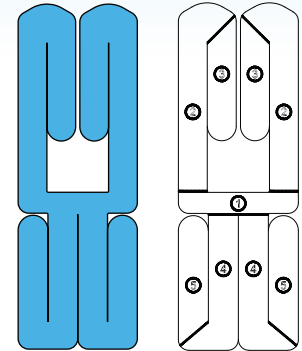
# FULL KNEE spider™

## 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. With the knee bent at a 90 degree angle, peel off half of section 1 and apply to the knee just below the knee cap. Once half of section 1 is applied, tear off the remaining backing of section 1 and apply. Gently rub over top of the tape to activate the glue.



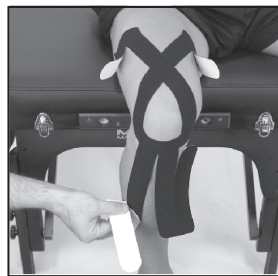
2

As you peel back the backing on the inside arm of section 2, apply the tape with a mild amount of stretch around the inside border of the knee cap, crossing the thigh above the knee cap and ending up on the outside border of the thigh.



3

As you peel back the backing of the outside arm of section 2, apply the tape with a mild amount of stretch around the outside border of the knee cap, crossing the thigh above the knee cap and ending up on the inside border of the thigh.



4

Peel the backing off of the outside arm of section 4 and apply the tape with a mild amount of stretch along the outside border of the shin.



5

Peel the backing off of the inside arm of section 4 and apply the tape with a mild amount of stretch along the inside border of the shin.

...instructions continued  
on next page



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Patents and design patents pending - FOR PROFESSIONAL USE ONLY

All SpiderTech™ products use

The original Kinesiology Tape from Japan



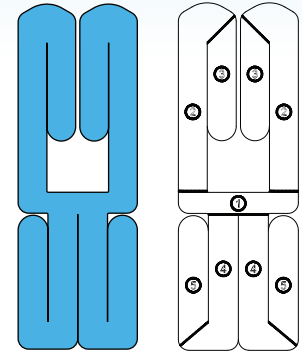


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6

With the knee straight and the leg adducted, peel the backing off the outside arm of section 3 and apply along the lateral border of the thigh, with no tension on the tape, ending at the outside border of the brace.



7

With the knee straight and the leg abducted, peel off the backing off the inside arm of section 3 and apply along the inside of the thigh, with no tension on the tape, ending at the inside border of the brace.



8

With the knee straight, peel off the backing off the inside arm of section 5 and apply along the medial border of the lower leg, with no tension on the tape, ending at the inside border of the brace.



9

With the knee straight, peel off the backing of the outer arm of section 5 and apply along the lateral border of the lower leg, with no tension on the tape, ending at the outside border of the brace.



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