

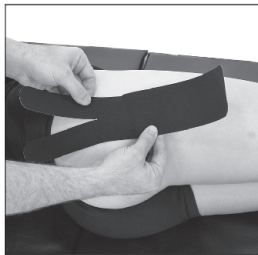
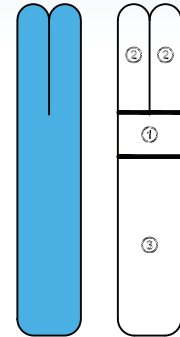


Pre-cut application instructions

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

With the client lying on their side, remove the backing of the tape in section 1 and stretch the tape in either direction approximately 1 inch longer than resting length and apply over the bony prominence on the side of the hip. Gently rub over top of the tape to activate the glue.



2

With the client still lying on their side, bring their knee towards their chest and let the leg relax in front of the body. Start peeling off the backing of the lower arm of section 2 as you let the tape adhere to the skin in the direction of the centre of the back without any stretch in the tape.



3

In the same position, remove the backing of the upper arm of section 2 as you let the tape adhere to the skin towards the centre of the back without any stretch in the tape.



4

With the client's leg extended behind the body, start peeling off the backing of section 3 and apply the tape with no stretch along the side of the leg until the remainder of the tape is applied.



5

Once applied, gently rub over 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

