

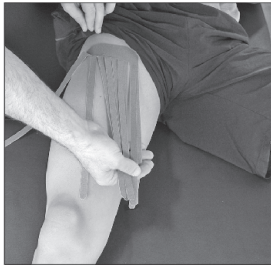
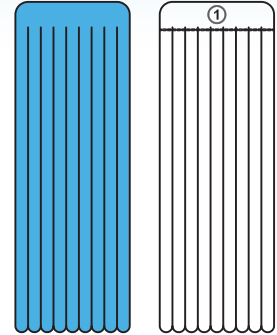


Pre-cut application instructions

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. Determine where you will position the brace and then start peeling off the backing of section 1 as you apply the tape.



2

Lengthen the muscle group you are applying the tape to and proceed to apply the outside finger of the first half of the "fingers" being applied to the muscle group. The finger should be applied in a curve, crossing from the outer boundary of the treated area to mid-area of the treated area, with no tension.



3

Apply the remaining fingers of this half following the curve of the outside finger, with at least a gap equal to the width of the fingers.



4

Apply the other "half" of the fingers curving back across the previously applied section, creating a cross-hatch in the treatment area.



5

Once the brace is applied, gently rub 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

