

Application Instructions

NECK SPIDER™ basic application



Helps with the following conditions:

- Whiplash
- Neck strain
- Tension Headaches
- Torticollis
- Improved athletic performance
- Postoperative rehabilitation
- Cervical Disc Disease
- Arthritis



1 To begin, have the client seated or standing comfortably with the head tilted forward with the chin towards the chest. Place the Neck Spider in the approximate location with the upper ends 1 inch below the hair line to identify where the base of the Neck Spider will be placed.



2 Once the location of the base is determined, remove the backing of section 1 completely and apply. Gently rub over top of the tape to activate the glue.



3 Peel the backing off of the right section 2 as you gently lay down the tape on the skin without stretching the tape. Continue until the entire section is applied. Gently rub over top of the tape to activate the glue.



4 Repeat for the left side of section 2.



5 Gently remove the backing of section 3 on the left and lay down the tape on top of the skin. Gently rub over top of the tape to activate the glue.

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6 Repeat on the left side of section 3.



7 Have the client turn their head and look down towards the right armpit. Gently start removing the backing of the left side section 4 as you lay the tape down on the skin along the top ridge of the trapezius muscle without any stretch in the tape. Continue until the entire section of tape is applied to the muscle. Once applied, gently rub over top of the tape to activate the glue.



8 Then, have the client turn their head and look down towards the left armpit. Gently start removing the backing of the right side section 4 as you lay the tape down on the skin along the top ridge of the trapezius muscle without any stretch in the tape. Continue until the entire section of tape is applied to the muscle. Once applied, gently rub over top of the tape to activate the glue.



9 Once the brace is applied, gently rub the tape to activate the glue.

