

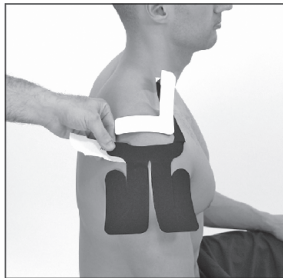
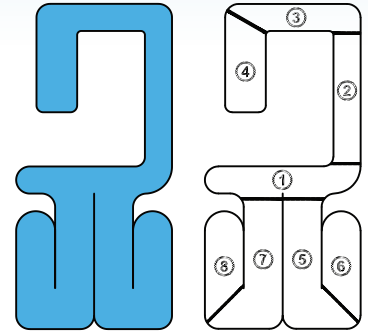


**Pre-cut application instructions**

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 client's arm resting at their side, peel off half of the backing of section 1 and apply to the shoulder along the junction of the upper arm and shoulder. Once half of section 1 is applied, tear the remaining portion of the backing off and apply the tape to the skin. Gently rub over the top of the tape to activate the glue.



2

With the patient's arm placed behind the back, start peeling off the backing of section 2 and with a small amount of stretch, apply along the top of the shoulder blade.



3

As you peel the backing off of section 3, apply the tape to the back of the shoulder without any stretch.



4

Move the arm from behind the back to across the front of the body, placing the client's hand on the opposite shoulder. Peel the backing off of section 4 and apply the tape with no tension in the direction of the back border of section 1 of the brace.



5

With the patient's arm extended straight behind the body, start peeling the backing of section 5 and apply the tape with no tension along the lateral portion of the bicep muscle.

...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



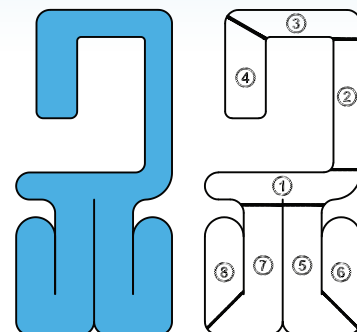


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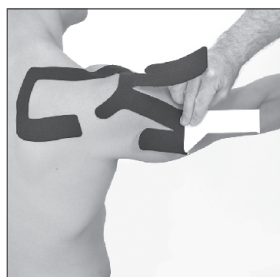
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**6**

With the arm still extended start peeling back the backing of section 6 and apply the tape to the biceps muscle without any tension.



**7**

With the patient's arm extended forward and the elbow straight, around the height of the shoulder, start peeling back the backing of section 7 and allow the tape to contact the skin along the triceps muscle.



**8**

With the arm pointing out in front and the elbow bent, around the height of the shoulder, start peeling back the backing of section 8 and apply to the triceps muscle without any tension.



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