

EASY APPLICATION FOR ANY INJURY

As seen in Dis-Chem Living Fit Magazine. www.livingfit.co.za

PRE-CUT APPLICATION GUIDE

For an effective and successful DIY kinesiology taping experience, SpiderTech™ offers these guidelines:

Skin preparation:

Your skin must be dry and clear of hair, creams and oils. Clipping or shaving the target application area may be necessary.

Skin condition:

Do not apply tape over broken or damaged skin, including sunburns. If itching or irritation occurs or the area turns red within the first day following application, remove the tape immediately. No increased discomfort should be experienced while wearing the tape.

Keep the adhesive clean:

Do not touch the adhesive side of the tape while applying. This may decrease the adhesive strength and may lead to early peeling.

Remove the backing:

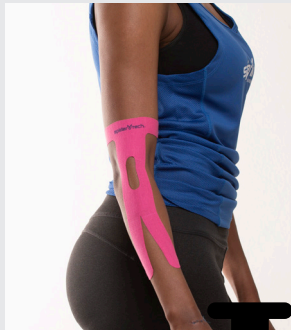
Peel back the paper backing in small amounts at a time and lightly attach the tape to the skin. Apply the base section with no stretch in the tape or muscles.

Setting the adhesive:

Once the tape is applied for each section, gently rub the top of the tape to smooth out any creases and activate the glue. Rub the tape from the start to the end of each section.

SpiderTech™ offers an extensive range of pre-cut products¹

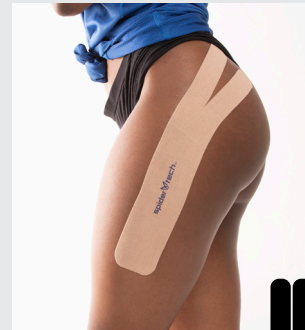
Find the perfect fit for your needs.



Elbow Spider™

Helps with:

Tennis elbow
Golfer's elbow
Muscle strain
Improved athletic performance
Postoperative rehabilitation
Targeted pain relief



Hip Spider™

Helps with:

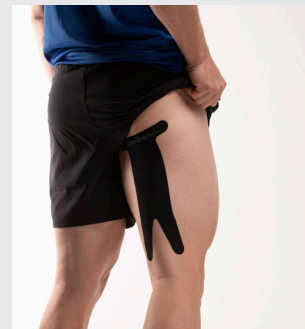
Iliotibial band syndrome
Strained gluteal muscles
Hip bursitis
Muscle imbalance
Improved athletic performance
Postoperative rehabilitation



Postural Spider™

Helps with:

Shoulder injuries
Mid back pain
Poor posture
Rounded shoulders
Neck pain
Muscle imbalances



Hamstring Spider™

Helps with:

Strained hamstring
Weak hamstring
Traction enthesopathy
Muscle strain
Muscle imbalance
Improved athletic performance
Postoperative rehabilitation



*Note: Some applications will require assistance.
Not all Spiders™ are shown here. Visit www.spidertech.co.za*

SpiderTech™ offers an extensive range of pre-cut products¹

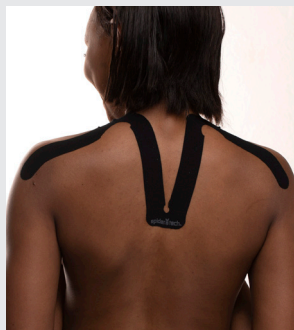
Find the perfect fit for your needs.



Lower back Spider™

Helps with:

Joint strain
Improved athletic performance
Disc injuries
Muscle strains
Postoperative rehabilitation
Muscle spasms
Back pain



Neck Spider™

Helps with:

Whiplash
Neck strain
Tension headaches
Torticollis
Improved athletic performance
Postoperative rehabilitation
Cervical disc disease
Arthritis



Full knee Spider™

Helps with:

Arthritis
Patellar tendinopathies
Improved athletic performance
Patello-femoral joint instability
Ligament strains
Postoperative rehabilitation
Meniscal degeneration



Wrist Spider™

Helps with:

Sprained wrist
Wrist instability
Carpal tunnel syndrome
Hypermobility
Tendinopathies of the fingers



Ankle Spider™

Helps with:

Shin splints
Ankle sprains
Ankle instability
Improved athletic performance
Postoperative rehabilitation
Arthritis
Plantar fasciitis



Upper Knee Spider™

Helps with:

Improved athletic performance
Patello-femoral joint instability
Ligament strains
Postoperative rehabilitation
Meniscal degeneration
Targeted pain relief



Note: Some applications will require assistance. Not all Spiders™ are shown here. Visit www.spidertech.co.za

Reference: 1. Adcock Ingram Data on File (Spider Tech Global Brochure & Pocket Guide).

SpiderTech™ offers an extensive range of pre-cut products¹

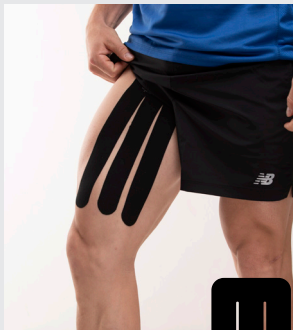
Find the perfect fit for your needs.



Shoulder Spider™

Helps with:

- Arthritis
- Joint strain
- Improved athletic performance
- Rotator cuff strains
- Muscle imbalance
- Postoperative rehabilitation
- Muscle spasms



Groin Spider™

Helps with:

- Groin pulls
- Weak adductors
- Torn adductors
- Muscle imbalance
- Improved athletic performance



SpiderTech Tape™

Helps with:

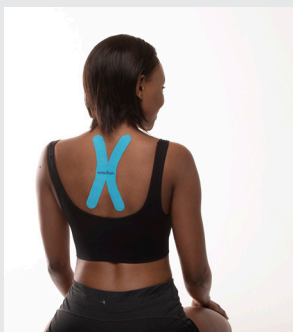
- 50mm x 31.5 m
- 1 Roll per box
- Superior adhesion with less irritation
- Water-resistant
- Breathable
- High-grade cotton
- Improved athletic performance
- Postoperative rehabilitation



X Powerstrip™

Helps with:

- Shin splints
- Ankle sprains
- Ankle instability
- Improved athletic performance
- Postoperative rehabilitation
- Arthritis
- Plantar fasciitis



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Reference: 1. Adcock Ingram Data on File (Spider Tech Global Brochure & Pocket Guide).

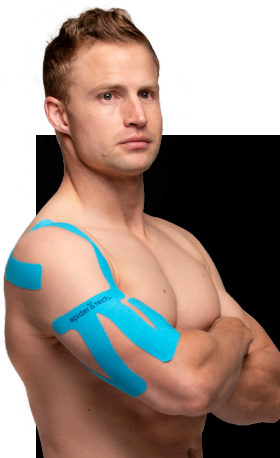


APPLICATION
EXAMPLE¹

Shoulder Spider basic application

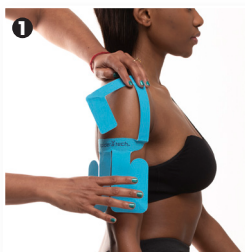
APPLICATION EXAMPLE¹

Shoulder Spider basic application



Helps with:

- Arthritis
- Joint strain
- Improved athletic performance
- Rotator cuff strains
- Muscle imbalance
- Postoperative rehabilitation
- Muscle spasms



STEP 1: With the 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.



STEP 2: Place the arm 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.



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



STEP 4: Move the arm from behind the back to across the front of the body, placing the 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.



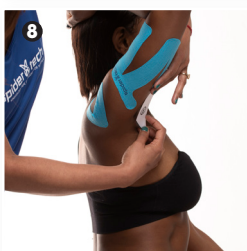
STEP 5: With the arm extended straight, start peeling the backing of section 5 and apply the tape with no tension along the lateral portion of the bicep muscle.



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



STEP 7: With the 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 tricep muscle.



STEP 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 tricep muscle without any tension.



**APPLICATION
EXAMPLE¹**

**Upper Knee
Spider
basic
application**

APPLICATION EXAMPLE¹

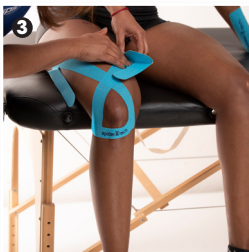
Upper Knee Spider basic application



STEP 1: Before applying the support, 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, remove the remaining backing of section 1 and apply. Gently rub over top of the tape to activate the glue.



STEP 2: As you peel the backing of 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.



STEP 3: As you peel back the backing on 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.



Helps with:

- Improved athletic performance
- Patello-femoral joint instability
- Ligament strains
- Postoperative rehabilitation
- Meniscal degeneration
- Targeted pain relief



STEP 4: With the knee straight and the leg adducted, peel off the backing of the inside arm of section 3 and apply along the inside border of the thigh, with no tension on the tape, ending at the lateral border of the brace.



STEP 5: 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.

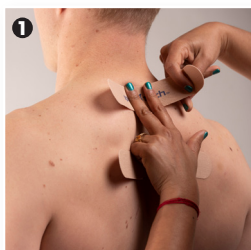
A black and white photograph of a woman from the back, showing her upper back and shoulders. She is wearing a dark-colored top. An orange SpiderTech brace is applied to her upper back, between the shoulder blades. The brace has a central vertical strip and two horizontal strips extending outwards. The brand name 'spider tech' is visible on the top horizontal strip.

APPLICATION
EXAMPLE¹

**Postural
Spider
basic
application**

APPLICATION EXAMPLE¹

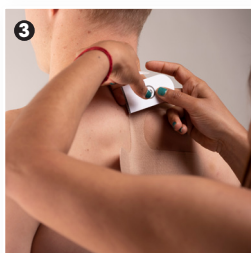
Postural Spider basic application



STEP 1: Before applying the brace, tear all of the perforations. Stand in a relaxed position. Peel off the backing of section 1 and apply along the spine between the shoulder blades. Gently rub over top of the tape to activate the glue.



STEP 2: Actively contract the back muscles to pull the shoulder blades back into an ideal postural position. Hold this position until the entire brace has been applied.

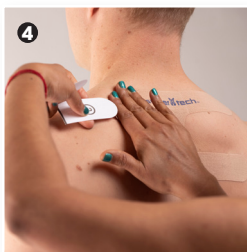


STEP 3: Peel off the backing of section 2, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin. Gently rub over top of this section to activate glue.

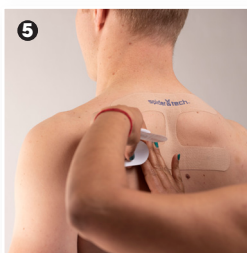


Helps with:

- Shoulder injuries
- Mid back pain
- Poor posture
- Rounded shoulders
- Neck pain
- Improved athletic performance
- Postoperative rehabilitation
- Muscle imbalances



STEP 4: Peel off the backing of section 3, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.



STEP 5: Peel off the backing of section 4, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.

STEP 6: Peel off the backing of section 5. Gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.