

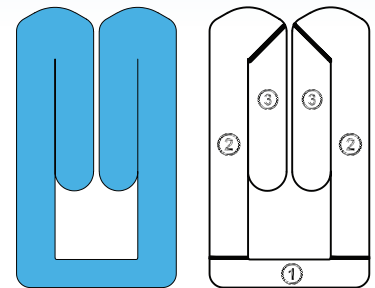


Pre-cut application instructions

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 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, tear off the remaining backing of section 1 and apply. Gently rub over top of the tape to activate the glue.



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.



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.



4

With the knee straight and the leg abducted, 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.



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.



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Patents and design patents pending - FOR PROFESSIONAL USE ONLY

All SpiderTech™ products use

The original Kinesiology Tape from Japan

