



spider  tech  
PRE-CUT KINESIOLOGY TAPE

# EASY APPLICATION FOR ANY INJURY

As seen in Dis-Chem Living Fit Magazine. [www.livingfit.co.za](http://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:

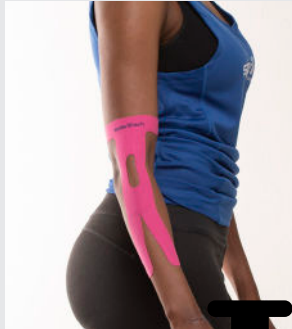
Peel back the paper backing in small amounts at a time and lightly attach the tape to the skin. Apply the base section with no stretch in the tape or muscles.

### 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 products<sup>1</sup>

Find the perfect fit for your needs.



### Elbow Spider™

#### Helps with:

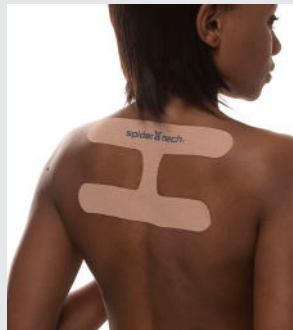
- Tennis elbow
- Golfer's elbow
- Muscle strain
- Improved athletic performance
- Postoperative rehabilitation
- Targeted pain relief



### Hip Spider™

#### Helps with:

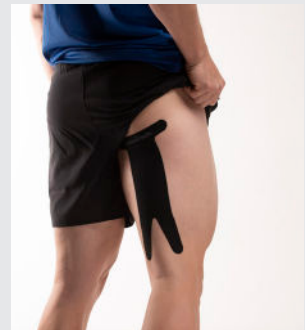
- Iliotibial band syndrome
- Strained gluteal muscles
- Hip bursitis
- Muscle imbalance
- Improved athletic performance
- Postoperative rehabilitation



### 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](http://www.spidertech.co.za)*

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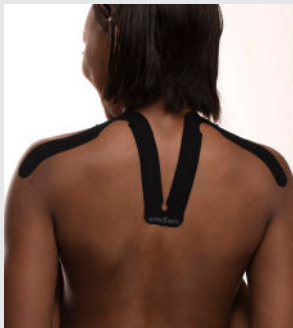
Find the perfect fit for your needs.



### Lower back Spider™

#### Helps with:

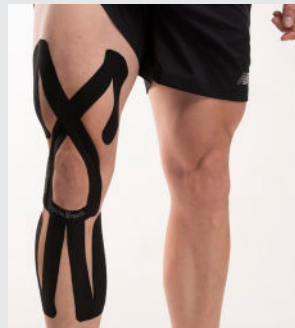
- Joint strain
- Improved athletic performance
- Disc injuries
- Muscle strains
- Postoperative rehabilitation
- Muscle spasms
- Back pain



### Neck Spider™

#### Helps with:

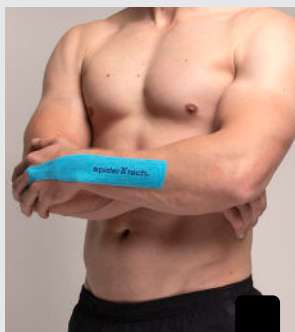
- Whiplash
- Neck strain
- Tension headaches
- Torticollis
- Improved athletic performance
- Postoperative rehabilitation
- Cervical disc disease
- Arthritis



### 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

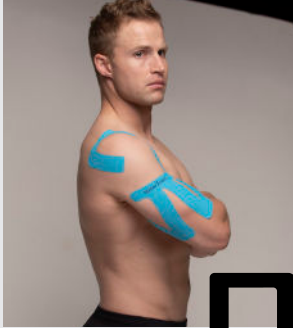


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**Reference:** 1. Adcock Ingram Data on File (Spider Tech Global Brochure & Pocket Guide).

## SpiderTech™ offers an extensive range of pre-cut products<sup>1</sup>

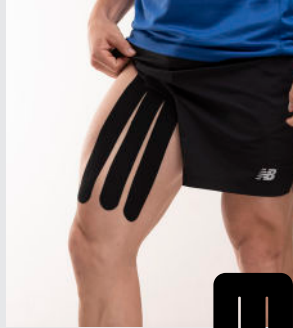
Find the perfect fit for your needs.



### 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:**

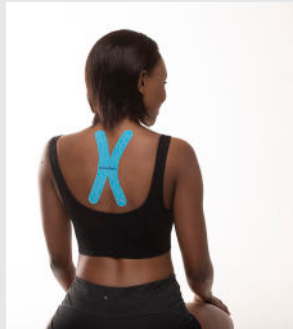
- 50mm x 31.5 m
- 1 Roll per box
- Superior adhesion with less irritation
- Water-resistant
- Breathable
- High-grade cotton
- Improved athletic performance
- Postoperative rehabilitation



### 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  
EXAMPLE<sup>1</sup>

**Shoulder  
Spider  
basic  
application**

# APPLICATION EXAMPLE<sup>1</sup>

## 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.



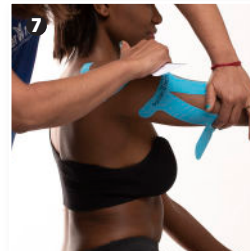
**STEP 4:** Move the arm from behind the back to across the front of the body, placing the hand on the opposite shoulder. Peel the backing off of section 4 and apply the tape with no tension in the direction of the back border of section 1 of the brace.



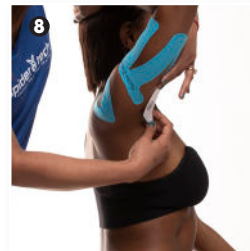
**STEP 5:** With the arm extended straight, start peeling the backing of section 5 and apply the tape with no tension along the lateral portion of the bicep muscle.



**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  
EXAMPLE<sup>1</sup>**

**Upper Knee  
Spider  
basic  
application**

# APPLICATION EXAMPLE<sup>1</sup>

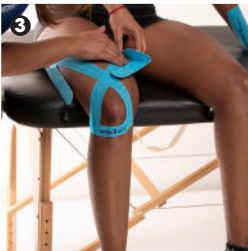
## Upper Knee Spider basic application



**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.

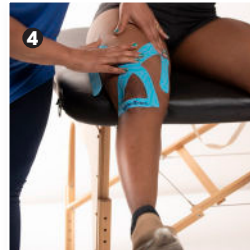


**STEP 3:** As you peel back the backing on the outside arm of section 2, apply the tape with a mild amount of stretch around the outside border of the knee cap, crossing the thigh above the knee cap and ending up on the inside border of the thigh.

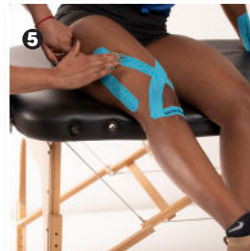


### *Helps with:*

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

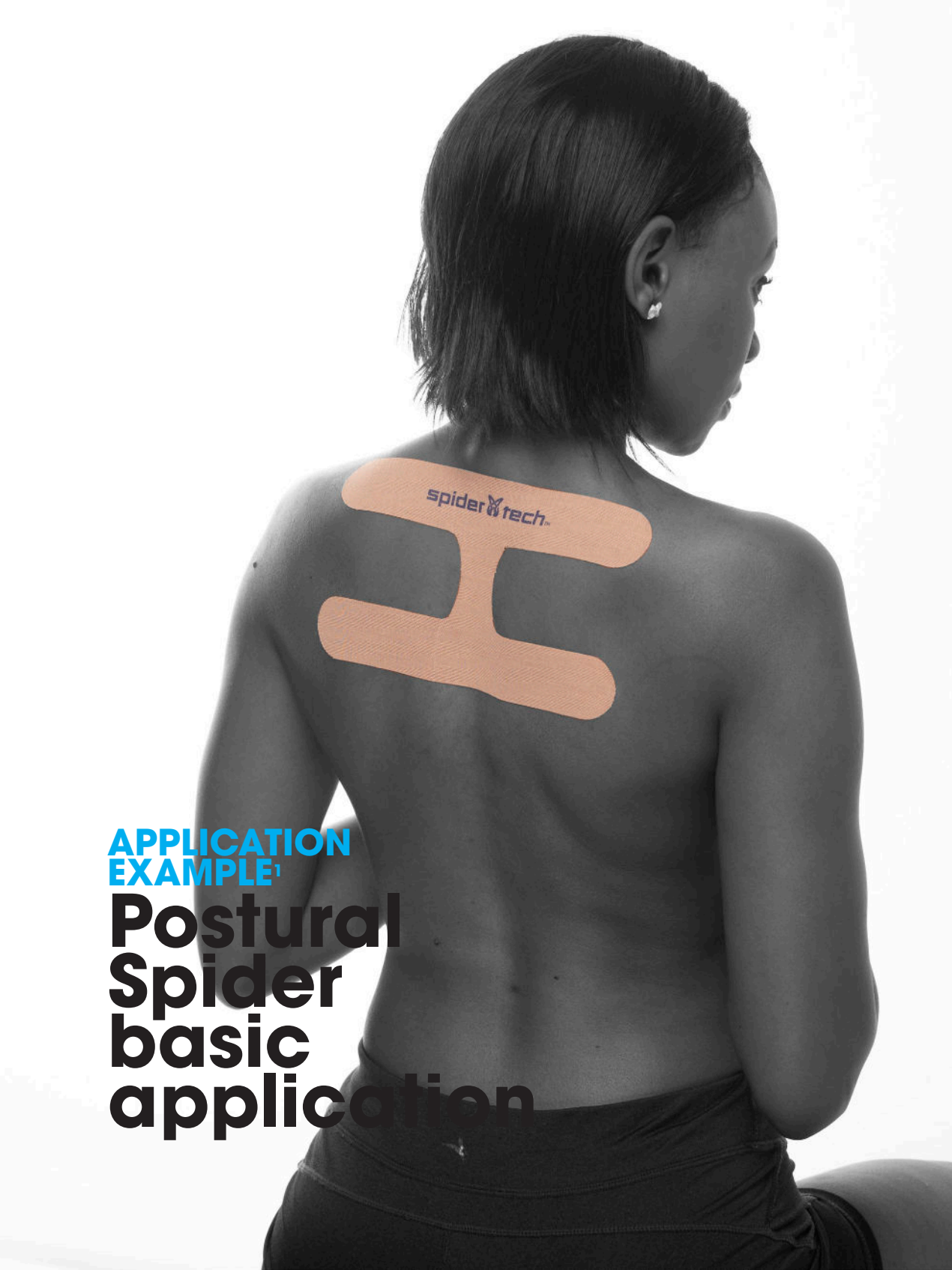


**STEP 4:** With the knee straight and the leg adducted, peel off the backing of the inside arm of section 3 and apply along the inside border of the thigh, with no tension on the tape, ending at the lateral border of the brace.



**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.





**APPLICATION  
EXAMPLE:**

**Postural  
Spider  
basic  
application**

# APPLICATION EXAMPLE<sup>1</sup>

## 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.

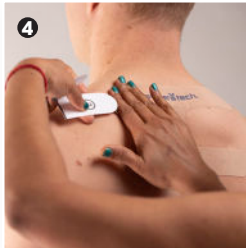


**STEP 3:** Peel off the backing of section 2, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin. Gently rub over top of this section to activate glue.

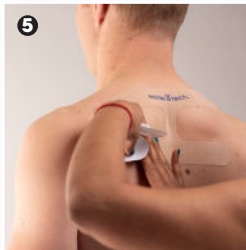


### *Helps with:*

- Shoulder injuries
- Mid back pain
- Poor posture
- Rounder 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.