

➔ Skin Preparation

- ⦿ Along with being dry, the skin needs to be clear of hair, creams and oils. Clipping or shaving the intended area of application may be necessary.

➔ Skin Condition

- ⦿ Do not apply the tape over broken or damaged skin including sun burns. A test piece may be applied to determine if any sensitivity will result. If itching or irritation occurs, remove the tape immediately. No increased discomfort should be experienced while wearing the tape.

➔ Tape & Water – Part 1

- ⦿ Apply the tape approximately 1 hour before engaging in exercise or bathing.

➔ Tape & Water – Part 2

- ⦿ The tape is waterproof and breathable and can therefore be worn during showers and baths. Do not rub the tape while bathing. Pat the tape dry with a towel after bathing.

➔ Length of Wear

- ⦿ The tape can be worn for up to 5 days.

➔ Applying the Base & Adhesion Points

- ⦿ Apply the base (Section 1), along with the start and end of every other numbered SpiderTech application segment (approximately 1 to 2 inches,) with no stretch on the tape or in the muscle.

➔ Keep Adhesive Clean

- ⦿ Do not touch the adhesive side of the tape while applying. Doing so will decrease the adhesive strength on the skin and may lead to early peeling.

➔ Removing the Backing

- ⦿ When removing the tape from the backing, peel back the paper backing in small amounts at a time and lightly attach the tape to the skin. Continue this process until 90% of the tape is adhered to the skin, at which point you can tear the backing completely off.

➔ Setting the Adhesive

- ⦿ Once the tape is applied for each section, gently rub over the top of the tape to smooth out any creases and to activate the glue. It is very important to remember to rub the tape from the start to the end of each section. Ensure each section is fully applied before moving on to the following section.

➔ Sensory Application Method

- ⦿ Apply the base (section 1) with no stretch in the muscle or tape. Once the base is applied, stretch the muscle and not the tape during application.

➔ Structural Application Method

- ⦿ Apply the base (section 1) with no stretch in the muscle or tape. Once the base is applied, stretch the tape and not the muscle during application.

➔ Removing the Tape.

- ⦿ The tape should be removed after 5 days of application. The tape can be removed by stretching the skin under the tape and then gently rolling off the tape or by pressing your index finger down and sliding it along just in front of where you are removing the tape. Do not remove the tape while wet. Remove the tape in the direction of the hair growth which is typically away from the center of the body and moving down the arms and legs.