

# Application Instructions

## CALF & ARCH SPIDER™ basic application



### Helps with the following conditions:

- Calf strain
- Fallen arches
- Plantar fasciitis
- Muscle cramps
- Posterior shin splints
- Ligament damage in the ankle
- Improved athletic performance
- Postoperative rehabilitation



- 1** Before applying the brace tear all of the perforations. Place client on their stomach and bend knee so that the bottom of the foot is exposed.



- 2** Peel off the backing of section 1 and apply to the client's forefoot just behind the toes. Gently rub over top of the tape to activate the glue.



- 3** Position one "arm" of section 2 between the first and second toes, and the other arm between the 3rd and 4th toes, adhering both to the top of the foot as you gently peel off the backing of the tape.



- 4** With the foot relaxed in a neutral position, peel off the backing of section 3 and stretch the tape over the arch of the foot approximately 2 inches more than its resting length anchoring the tape to the heel.



- 5** Adhere the tape to the arch of the foot and gently rub the tape to activate the glue.

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**6** With the clients foot dorsiflexed and the calf stretched, peel off the backing of section 4 and apply to the achillies tendon. Apply the remaining portion of section 4, above the achillies, with no tension on the tape.



**7** With the calf stretched, tear the backing off of the outside arm of section 5 and apply the tape with no stretch.



**8** Equally spread all 4 projections over the calf. Rub the tape once applied to activate the glue.



**9**



**10**

