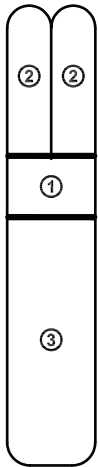


Application Instructions



Helps with the following conditions:

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



HIP SPIDER™ basic application



- 1 With the client lying on their side, remove the backing of the tape in section 1 and stretch the tape in either direction approximately 1 inch longer than resting length and apply over the bony prominence on the side of the hip. Gently rub over top of the tape to activate the glue.



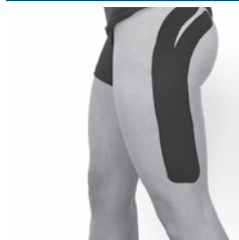
- 2 With the client still lying on their side, bring their knee towards their chest and let the leg relax in front of the body. Start peeling off the backing of the lower arm of section 2 as you let the tape adhere to the skin in the direction of the centre of the back without any stretch in the tape.



- 3 In the same position, remove the backing of the upper arm of section 2 as you let the tape adhere to the skin towards the centre of the back without any stretch in the tape.



- 4 With the client's leg extended behind the body, start peeling off the backing of section 3 and apply the tape with no stretch along the side of the leg until the remainder of the tape is applied.



- 5 Once applied, gently rub over the tape to activate the glue.