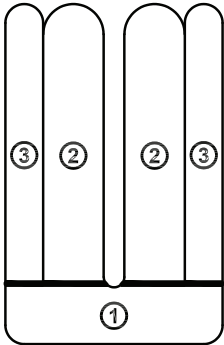


# Application Instructions

## LOWER BACK SPIDER™ basic application



### Helps with the following conditions:

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



- 1** With the client standing, peel the backing half off section 1 and apply to the base of the lower back. Once applied, peel the remaining portion of section 1 off and adhere to the skin. Gently rub over top of the tape to activate the glue.



- 2** Have the client bend forward and support their upper body with their arms if needed



- 3** Start peeling the backing off of the left “arm” of section 2, and with no stretch on the tape, apply along the muscles on the left side of the spine. As you peel off the backing of the tape, allow the tape to contact the skin. Continue until there is approximately one inch left and then tear the backing off completely allowing the tape to adhere to the skin without any tension.



- 4** Peel the backing off of the right arm of section 2, and with no stretch on the tape, apply along the muscles on the right side of the spine as you peel off the backing of the tape until there is approximately one inch left and then tear the backing off completely allowing the tape to adhere to the skin without any tension.



- 5** Peel the backing off the right arm of section 3, and with no stretch on the tape, apply in the direction of the right armpit as you peel off the backing of the tape until there is approximately one inch left and then tear the backing off completely allowing the tape to adhere to the skin without any tension.



- 6** Peel the backing off the opposite arm of section 3, and with no stretch on the tape, apply in the direction of the left armpit as you peel off the backing of the tape until there is approximately one inch left and then tear the backing off completely allowing the tape to adhere to the skin without any tension.