

# Application Instructions

## SHOULDER SPIDER™ basic application



### Helps with the following conditions:

- Arthritis
- Joint strain
- Improved athletic performance
- Rotator cuff strains
- Muscle imbalance
- Postoperative rehabilitation
- Muscle spasms



- 1** With the client's 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.



- 2** With the patient's arm placed 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.



- 3** As you peel the backing off of section 3, apply the tape to the back of the shoulder without any stretch.



- 4** Move the arm from behind the back to across the front of the body, placing the client's 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.

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- 5** With the patient's arm extended straight behind the body, start peeling the backing of section 5 and apply the tape with no tension along the lateral portion of the bicep muscle.



- 6** With the arm still extended start peeling back the backing of section 6 and apply the tape to the biceps muscle without any tension.



- 7** With the patient's 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.



- 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.

