

Application Instructions

UPPER KNEE SPIDER™ basic application



- 1** Before applying the brace tear all of the perforations. With the knee bent at a 90 degree angle, peel off half of section 1 and apply to the knee just below the knee cap. Once half of section 1 is applied, tear off the remaining backing of section 1 and apply. Gently rub over top of the tape to activate the glue.



- 2** As you peel the backing of the inside arm of section 2, apply the tape with a mild amount of stretch around the inside border of the knee cap, crossing the thigh above the knee cap and ending up on the outside border of the thigh.



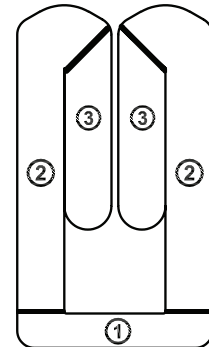
- 3** As you peel back the backing on the outside arm of section 2, apply the tape with a mild amount of stretch around the outside border of the knee cap, crossing the thigh above the knee cap and ending up on the inside border of the thigh.



- 4** With the knee straight and the leg adducted, peel off the backing of the inside arm of section 3 and apply along the inside border of the thigh, with no tension on the tape, ending at the lateral border of the brace.



- 5** With the knee straight and the leg adducted, peel the backing off the outside arm of section 3 and apply along the lateral border of the thigh, with no tension on the tape, ending at the outside border of the brace.



Helps with the following conditions:

- Arthritis
- Patellar tendinopathies
- Improved athletic performance
- Patello-femoral joint instability
- Ligament strains
- Postoperative rehabilitation
- Meniscal degeneration

