

Application Instructions

HAMSTRING SPIDER™ basic application



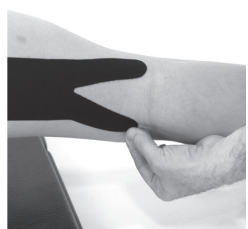
1 Before applying the support tear all of the perforations. With the client lying on their stomach peel off the backing of section 1 and apply to the back of the leg just below the gluteal fold. Gently rub over top of the tape to activate the glue.



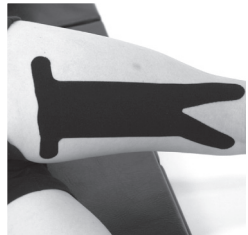
2 With the client lying on their side with the leg stretched out in front, start peeling off the backing of section 2 and applying the tape with no stretch along the back of the leg.



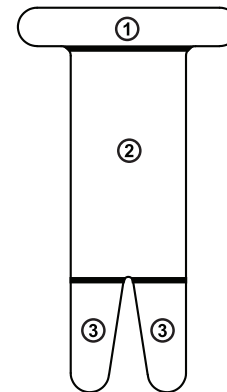
3 With the client in the above position, peel the backing off the outside arm of section 3 as you apply the tape in the direction of the outside border of the knee.



4 Without any tension on the tape peel off the backing of the inside arm of section 3 as you apply the tape in the direction of the inside border of the knee.



5 After the support has been applied gently rub the tape to activate the glue.



Helps with the following conditions:

- Strained hamstring
- Weak hamstrings
- Traction enthesopathies
- Muscle strain
- Muscle imbalance
- Improved athletic performance
- Postoperative rehabilitation

