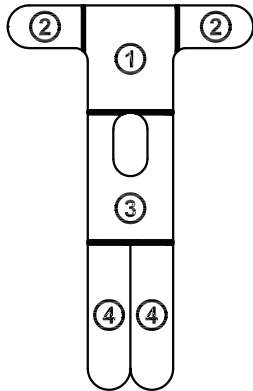


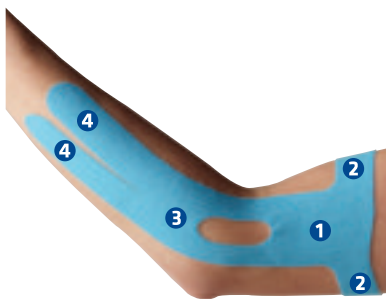
Application Instructions

ELBOW SPIDER™ basic application



Helps with the following conditions:

- Tennis elbow
- Golfer's elbow
- Muscle strain
- Improved athletic performance
- Postoperative rehabilitation



- 1** Before applying the brace tear all of the perforations. Remove the backing of the tape in section 1 and apply to the lateral arm just above the bony portion of the lateral elbow. Gently rub over the top of the tape to activate the glue.



- 2** Remove the backing of both sections 2 and apply to the skin with no tension on the tape. Gently rub over the top of the tape to activate the glue.



- 3** Remove the backing of section 3 and while anchoring section 1, stretch approximately 1 inch longer than resting length along the side of the elbow so that the hole is over top of the lateral epicondyle of the elbow.



- 4** With the arm out in front, the wrist flexed and the fingers pointed down, start peeling off the tape backing for the outside arm of section 4 and apply to the forearm in the direction of the small finger without any tension.



- 5** With the arm out in front and the wrist flexed and the fingers pointed down, start peeling off the backing of the tape for the inside arm of section 4 and apply to the forearm in the direction of the thumb without any tension.



- 6** Once applied, gently rub over the top of the tape to activate the glue.