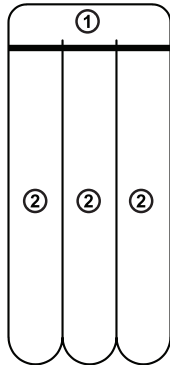


# Application Instructions

## GROIN SPIDER™ basic application



### Helps with the following conditions:

- Groin Pulls
- Weak adductors
- Torn adductors
- Muscle imbalance
- Improved athletic performance

- 1** Before applying the support tear all of the perforations. Place the client on their back with their leg relaxed.



- 2** Peel off half of the backing of section 1 and apply to the groin area. Once half of section 1 is applied, remove 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.



- 3** Abduct the patient's leg to expose the adductors, peel off the backing of the outside arm of section 2 and apply the tape to the inside of the leg without any stretch to the tape.



- 4** Peel off the backing to the middle arm of section 2 and apply without any stretch to the tape.



- 5** Peel off the backing to the inner arm of section 2 and apply without any stretch to the tape.

