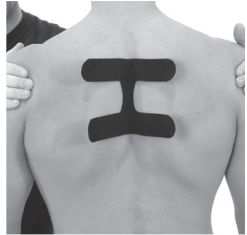


# Application Instructions

## POSTURAL SPIDER™ basic application



**1** Before applying the support tear all of the perforations. With the client standing in a relaxed position peel off the backing of section 1 and apply along the spine between the shoulder blades. Gently rub over top of the tape to activate the glue.



**2** Have the client actively contract the back muscles to pull the shoulder blades back into an ideal postural position. Have patient hold this position until entire support has been applied.



**3** Peel off the backing of section 2, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin. Gently rub over top of this section to activate glue.



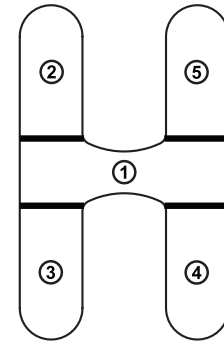
**4** Peel off the backing of section 3, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.



**5** Peel off the backing of section 4, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.



**6** Peel off the backing of section 5, gently stretch the tape approximately 1 inch more than its resting length and apply to the skin.



### Helps with the following conditions:

- Shoulder injuries
- Mid back pain
- Poor posture
- Rounded shoulders
- Neck pain
- Improved athletic performance
- Postoperative rehabilitation
- Muscle imbalances

