

Application Instructions

WRIST SPIDER™ basic application



Helps with the following conditions:

- Sprained wrist
- Wrist instability
- Carpal tunnel syndrome
- Hypermobility
- Tendinopathies of the fingers

FLEXORS



- 1** Before applying the brace tear all of the perforations. Have the client extend the arm downward, relaxing the hand.



- 2** Place the middle finger through the opening on the support.



- 3** Peel off the backing of section 1 and apply the tape to the palm of the hand with no stretch.



- 4** Peel off the backing of section 2 and adhere to the back of the hand with no stretch on the tape. Gently rub over top of the tape to activate the glue.



- 5** Hold the wrist in a flexed position with the fingers pointing down. Start peeling back the backing of section 3 and apply over the forearm with no stretching of the tape.



- 6** Once the brace is applied, gently rub the tape to activate the glue.

Application Instructions

ENGINEERED FOR MOVEMENT™

EXTENSORS



- 1** Before applying the brace tear all of the perforations. Have the client extend the arm downward, relaxing the hand.



- 2** Place the middle finger through the opening on the support.



- 3** Peel off the backing of section 1 and adhere to the back of the hand with no stretch on the tape.



- 4** Peel off the backing of section 2 and apply the tape to the palm of the hand with no stretch. Gently rub over top of the tape to activate the glue.



- 5** Hold the wrist in an extended position. Start peeling back the backing of section 3 and apply over the wrist with no stretching of the tape.



- 6** Once the brace is applied, gently rub the tape to activate the glue.

