



➔ Skin Preparation

- ⊙ Along with being dry, the skin needs to be clear of hair, creams and oils. Clipping or shaving the intended area of application may be necessary.

➔ Skin Condition

- ⊙ Do not apply the tape over broken or damaged skin including sun burns. A test piece may be applied to determine if any sensitivity will result. If itching or irritation occurs, remove the tape immediately. No increased discomfort should be experienced while wearing the tape.

➔ Tape & Water – Part 1

- ⊙ Apply the tape approximately 1 hour before engaging in exercise or bathing.

➔ Tape & Water – Part 2

- ⊙ The tape is waterproof and breathable and can therefore be worn during showers and baths. Do not rub the tape while bathing. Pat the tape dry with a towel after bathing.

➔ Length of Wear

- ⊙ The tape can be worn for up to 5 days.

➔ Applying the Base & Adhesion Points

- ⊙ Apply the base (Section 1), along with the start and end of every other numbered SpiderTech application segment (approximately 1 to 2 inches,) with no stretch on the tape or in the muscle.

➔ Keep Adhesive Clean

- ⊙ Do not touch the adhesive side of the tape while applying. Doing so will decrease the adhesive strength on the skin and may lead to early peeling.