



i-STRIPS

SNAP



STICK



GO



How To Apply:

- Apply **i-STRIPS** to clean or shaved skin.
- Avoid touching the tape with your fingers to ensure that the tape sticks to the targeted area.
- Fold along perforations, and then pull to **SNAP**.
- Peel back the backing paper on section ①.
- **STICK** to skin and gently rub the tape to activate the adhesive.
- Peel back the backing paper on section ②.
- Apply section ② and gently rub the tape to activate the adhesive.
- For best results, wait 30 minutes before exercise or contact with water.

SNAP to peel.

①

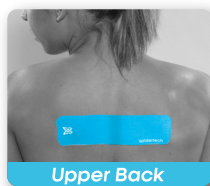
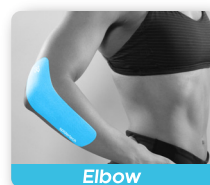
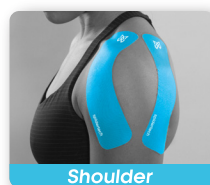
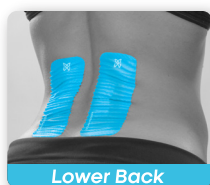
STICK it where it hurts.

Rub to activate & GO!

②

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Common Applications:



SpiderTech i-STRIPS are not intended as a replacement for professional medical care. Discontinue use if skin becomes visibly irritated or if there is prolonged itching after application. Store at 40 to 80 deg. Fahrenheit. For single use only.

KINESIOLOGY TAPE

SHOULDER

PAIN: Shoulder pain. Neck pain

FRONT Strip 1



1 Snap the tape backing and peel off section #1



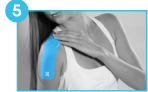
2 Flex arm downward towards foot and bend neck towards opposite shoulder



3 Place section #1 just below shoulder joint, pointing up towards head



4 Peel backing towards head and lay and tape over the center of the shoulder, without stretching the tape



5 Rub to activate tape

BACK Strip 2



1 Pull arm horizontally across the body



2 Snap the tape backing and peel off section #1



3 Place section #1 between shoulder and arm pit, pointing perpendicular to spine



4 Lay tape towards the bottom half of the shoulder blade. Rub to activate

ELBOW

PAIN: Elbow pain. Wrist pain

INSIDE Strip



1 Snap the tape backing and peel off section #1



2 Place tape on inner side of elbow joint, with palm up and wrist pointed down



3 Peel tape towards middle of palm, wrist



4 Rub to activate tape

OUTSIDE Strip



1 Snap the tape backing and peel off section #1



2 Place tape on outside elbow joint, with palm and wrist pointed down



3 Peel tape towards middle of back of hand



4 Rub to activate tape

KNEE

PAIN: Knee pain

Strip 1



1 Position Hips at 45 degree angle and Knee at 90 degree angle



2 Snap the tape backing and peel off section #1



3 Place the tape under the kneecap and peel off one side, and apply in a curve around the kneecap



4 Rub to activate tape

Strip 2



1 Snap the tape backing and peel off section #1



2 Place tape at the top of the kneecap, towards hips



3 Peel backing section #2 towards hips, without stretching the tape



4 Place tape on skin and rub to activate

ANKLE

PAIN: Ankle sprains

Strip 1



1 Stretch the ankle



2 Snap the tape backing and peel off section #1



3 Place tape outside the ankle



4 Place tape back of the leg



5 Peel tape backing down the leg under the heel

5 Rub to activate tape

Strip 2



1 Snap the tape backing and peel off section #1



2 Place tape around the back of ankle



3 Rub to activate tape



4 Rub to activate tape

NECK

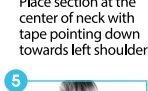
PAIN: Neck sprains, tight neck muscles



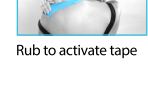
1 Lean neck towards right shoulder



2 Snap the tape backing and peel off section #1



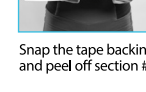
3 Place section at the center of neck with tape pointing down towards left shoulder



4 Rub to activate tape



5 Snap the tape backing and peel off section #1



6 Peel the tape backing towards left shoulder without stretching the tape



7 Rub to activate tape

LOW BACK

PAIN: Low back pain



1 Snap the tape backing and peel off section #1



2 Place the tape at the bottom of your back (to the left of spine), pointing up



3 Rub to activate tape



4 Bend forward from your hips and flex your low back forward



5 Peel the tape backing towards your head. Apply without stretch



6 Repeat for right side of spine

How To Remove:

- Remove after 5 days of use
- Stretch the skin under the tape and gently roll off the tape
- Do not remove when the tape is wet
- Remove the tape in the direction of hair growth, away from the centre of the body and down the arms and legs

Please note that failing to follow tape application and removal guidelines can lead skin irritation and in some cases skin breakage

For application videos - visit spidertech.com/how-to-apply

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