



**spidertech**

ENGINEERED FOR MOVEMENT

# ANKLE SPIDER

**ONE PIECE PRECUT**  
**READY-TO-APPLY**

## Application Tips:



Ensure skin is dry and free from oils, lotions, and hair



**Do not** touch adhesive with your fingers



**Do not** stretch the tape when applying



Gently rub the tape after applying to activate the adhesive

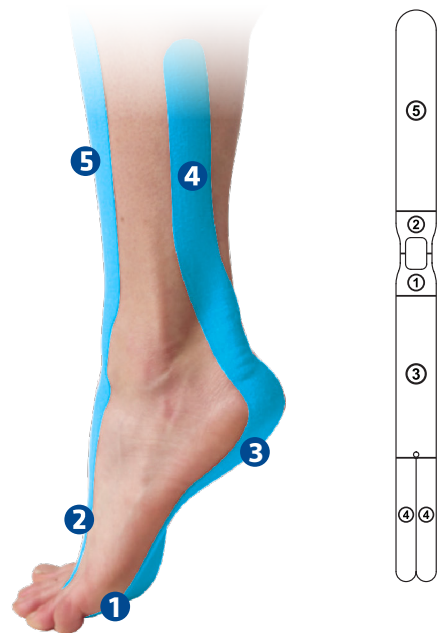
Following these tips will ensure maximum benefits and extend the use of your product. Enjoy!

# ANKLE SPIDER

## Application instructions

### Application Tips:

- Notice the tab numbers on the back side of the tape showing the order of application.
- Before you begin, bend and snap all the perforations.
- Ensure skin is clean, dry, & free from oils before application.



1



While sitting on a chair, cross your leg over your other knee, place your toes through the cut-out portion of the tape. The two thin strips should fall between your 1st and 2nd toes and 3rd and 4th toes.



Remove the number 1 tab and apply the section on the bottom of your foot.

4



Place your foot on the ground and bend your knee over your toes, remove one of the number 4 tabs and apply the section to the back of your ankle and leg.



Repeat this process with the other number 4 tab. Ensure the tape does not overlap.

2



While in the same position, remove the number 2 tab and apply the section to the top of your foot.

5



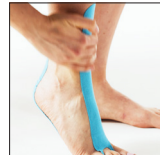
Point your toes towards the ground, remove the number 5 tab and apply the section to the top of your foot and leg.

3



Maintain the same legs crossed position, bring your toes towards your knee, remove the number 3 tab and apply the section to the bottom of your foot. Rub tape to activate the adhesive.

6



Take your time and gently rub the tape from the middle out to the ends to activate the adhesive.



Watch our  
how to apply  
video here