



 **spidertech**  
ENGINEERED FOR MOVEMENT

# HIP 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

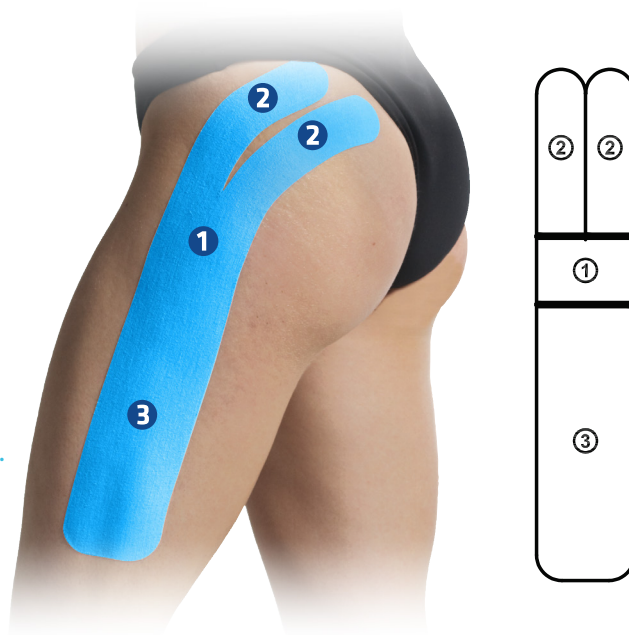
Following these tips will ensure maximum benefits and extend the use of your product. Enjoy!

# HIP 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 standing, remove the number 1 tab and apply the section to the bony portion of your hip. Rub tape to activate the adhesive.



3 Maintain the same hip position, remove the number 3 tab and apply the section down the outside of your leg.



2 Sticking your hip outward, remove one of the number 2 tabs and apply the section towards your backside.



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



Repeat this process with the other number 2 tab.



Watch our  
how to apply  
video here