

## GENERAL APPLICATION INSTRUCTIONS

Conditions that cause muscle and joint pain can indicate a serious condition requiring professional evaluation, diagnosis and treatment. Seek professional care for such conditions.

**1. Neurosensory Application** – Stretch the Muscle NOT the Tape – Is used to reduce discomfort and restore muscle strength when there is a painful condition.

- Apply the base (section 1) with no stretch in the muscle or tape.
- Stretch the Muscle and/or joint.
- Apply each additional section of the Power Strip selected with no stretch in the tape. After each section is applied, rub over top of the tape to activate the adhesive.
- Once the Power Strip is fully applied, rub the tape once again to further activate the adhesive.

**2. Structural Application** – Stretch the Tape NOT the Muscle – Is used when you want to support a muscle or joint by preventing potentially harmful ranges of motion from occurring.

- Apply the base (section 1) with no stretch in the muscle or tape.
- Once the base is applied, shorten the muscle and or joint the tape is being applied to and then stretch the middle portion of the additional sections of the Power Strips selected and apply the tape to the shortened muscle. Make sure that the end of each section applied does not have any stretch in the tape.
- The desired amount of restriction of motion will determine how much the tape is stretched.

## PRODUCT INFORMATION

- X Y & I shapes replicate the most commonly used Kinesiology Tape Therapy forms, eliminating the need to cut from rolls and provide you the perfect “kit” to assemble complete Kinesiology Tape applications.
- Machined Edges and Rounded Radius-Cut Ends enhance overall wear time.
- SpiderTech “By The Numbers” instructions on the backing, eliminating glue contamination and simplifying application.
- Manufactured using the original and World’s best Kinesiology tape, Nitto Denko of Japan.
- SpiderTech Easy-Tear perforated backing allows ease of use.

## APPLICATION EXAMPLES



Lateral Neck/Shoulder (Upper Trapezius strain) Application of Y-PowerStrip



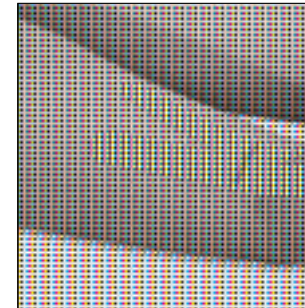
Shoulder (Rotator Cuff, Shoulder Mechanics) Application of Y-PowerStrip



Low Back Application of Y-PowerStrip



Central Neck Application of I-PowerStrip



Knee (Baker's Cyst, Hyperextension) Application of X-PowerStrip



Central Knee Application of Y-PowerStrip



To view the Principles of Application Video please visit our website at:  
[www.PowerStrips.com](http://www.PowerStrips.com)

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POWERSTRIPS



## SPIDERTECH™ POWER STRIPS

### X,Y& I - SHAPED PRE-CUT KINESIOLOGY TAPE STRIPS.

SpiderTech PowerStrips are designed for use as both stand-alone and integrated additions to the SpiderTech family of kinesiology tape products and education. Each X,Y or I strip can be applied independently or in combination to provide therapeutic benefit via SpiderTech Therapy methodologies, and used in conjunction with SpiderTech Pre-Cut products to further enhance the impact of your therapy.

Engineered from the same “original and world’s best” kinesiology tape materials as SpiderTech Pre-Cuts and SpiderTech Kinesiology Tape Rolls, PowerStrips provide you with the same shapes most commonly used in other forms of Kinesiology Tape therapy, but add the convenience of SpiderTech’s unique perforated and numbered tape backing, allowing you a simpler, cleaner method of application.

Based on the same therapeutic foundation and methodologies as our SpiderTech Pre-Cut products, Power Strips effectively reduce discomfort and improve muscle strength and range of motion when there is a painful condition. Power Strips can be worn for up to 5 days, continuously providing their therapeutic effect even when users are bathing and exercising!

### PERFECT FOR USE OUT OF CLINIC OR ON THE FIELD

SpiderTech PowerStrips are a great addition to any therapist’s “travel kit”, providing you an easy to store, easy to use form of Kinesiology Tape Therapy without the need to pack scissors or manage raw rolls of tape. And, the X,Y,& I shapes let you quickly “build” a complete therapeutic solution on the spot.

### IDEAL FOR PEDIATRICS USE

Use SpiderTech PowerStrips as your Pre-Cut solution for Pediatric patients .

## HOW TO USE POWER STRIPS

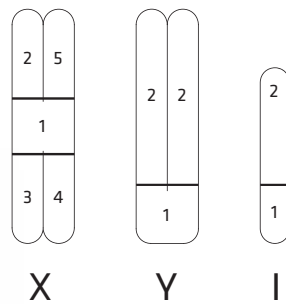
### SKIN PREPARATION

- Apply to clean, dry, hairless skin, clipping the hair may be necessary, and wait 45-60 minutes before exercise or bathing.
- Never apply to irritated or broken skin. A test strip may be applied to determine if any skin sensitivity results. If itching or irritation occurs, remove the tape immediately and contact your health care provider. No increased discomfort should be experienced while wearing the tape.

### APPLICATION PRINCIPLES

- Before applying the support, tear off all perforations along that black lines on the back of the strips.
- When applying the tape, remember to “Remove the backing from the tape, not the tape from the backing”.
- Apply the base (Section 1) with no stretch in the tape or muscle.
- 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.

- As you remove the backing from the tape, peel back the paper backing in small amounts at a time as you apply the tape to the skin. Continue this process until 90% of the tape is adhered to the skin, at which point you can remove the backing completely off.
- Never stretch the end portion of each section of the tape, only the central portions can be stretched and ensure that the ends of the tape are touching skin only.
- After each section of tape you apply, gently rub over the top of the tape to smooth out any creases and to activate the glue. It is very important to remember to rub the tape from the start to the end of each section.
- When it comes time to remove the Power Strip, stretch the skin under the tape, gently pull the tape off in the direction of hair growth. Do not remove the tape while wet.



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POWER STRIPS

Available in X, Y and I shapes.

### WARNINGS:

If you have sensitive skin, you should test a Power Strip on the skin first to determine the effect. In rare cases, this tape may cause rashes. However, if symptoms such as itching and irritation appear, remove the tape immediately. Bathe as usual and dab off any remaining dampness carefully with a towel. Keep out of reach of children. Store at 5 to 30 °C and away from direct sunlight.

- Each box of PowerStrips provides the equivalent of two standard 5 meter rolls of Kinesiology Tape
- Recommended For Professional Use
- FOR SINGLE USE ONLY



Made in Canada with Nitto Denko Kinesiology Tape, the Original and World's Best Kinesiology Tape from Japan.

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POWER STRIPS

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