

**ANKLE SPIDER™**



- Shin splints
- Ankle sprains
- Ankle instability
- Improved athletic performance
- Postoperative rehabilitation
- Arthritis
- Plantar fasciitis



**UPPER KNEE SPIDER™**



- Arthritis
- Patellar tendinopathies
- Improved athletic performance
- Patello-femoral joint instability
- Ligament strains
- Postoperative rehabilitation
- Meniscal degeneration



**SHOULDER SPIDER™**



- Arthritis
- Joint strain
- Improved athletic performance
- Rotator cuff strains
- Muscle imbalance
- Postoperative rehabilitation
- Muscle spasms



Available in a Left or Right Application



**HIP SPIDER™**



- Iliotibial band syndrome (ITB)
- Strained gluteal muscles
- Hip bursitis
- Muscle imbalance
- Improved athletic performance
- Postoperative rehabilitation



**CALF & ARCH SPIDER™**



- Calf strain
- Fallen arches
- Plantar fasciitis
- Muscle cramps
- Posterior shin splints
- Ligament damage in the ankle
- Improved athletic performance
- Postoperative rehabilitation



**GROIN SPIDER™**



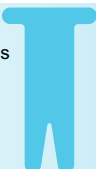
- Groin Pulls
- Weak adductors
- Torn adductors
- Muscle imbalance
- Improved athletic performance



**HAMSTRING SPIDER™**



- Strained hamstring
- Weak hamstrings
- Traction enthesopathies
- Muscle strain
- Muscle imbalance
- Improved athletic performance
- Postoperative rehabilitation



**WRIST SPIDER™**



- Sprained wrist
- Wrist instability
- Carpal tunnel syndrome
- Hypermobility
- Tendinopathies of the fingers



**LOWER BACK SPIDER™**



- Arthritis
- Joint strain
- Disc injuries
- Muscle strains
- Muscle spasms
- Improved athletic performance
- Postoperative rehabilitation



**POSTURAL SPIDER™**



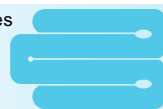
- Shoulder injuries
- Mid back pain
- Poor posture
- Rounder shoulders
- Neck pain
- Improved athletic performance
- Postoperative rehabilitation
- Muscle imbalances



**NECK SPIDER™**



- Tension Headaches
- Whiplash
- Neck strain
- Torticollis
- Arthritis
- Cervical Disc Disease
- Postoperative rehabilitation
- Improved athletic performance



**ELBOW SPIDER™**



- Tennis elbow
- Golfer's elbow
- Muscle strain
- Improved athletic performance
- Postoperative rehabilitation



The "X SPIDER" range of over the counter Ready to apply kinesiology Tape, is an **X shaped** pre-cut application packed in a box of 6, ideal for use to almost any injured area and can be used for adults as well as for paediatric use. The centre point of the X is applied directly over the area of pain. The application is known as **"X Marks the Spot"**.

Visit [www.spidertechX.co.za](http://www.spidertechX.co.za) for further details



The 4 colour variances (PINK, BLUE, BEIGE & BLACK) does not have any effect on the application of the tape.

**What is kinesiology tape?**

Kinesiology tape is a thin stretchy therapeutic tape that can relieve pain, reduce swelling and inflammation, provide structural support to joints and muscles, and enhance athletic performance. Whilst best known as a "sports tape" for injured athletes, it is also used extensively in healthcare settings to treat a wide variety of inflammatory conditions, or to speed up recovery after surgery. Unlike most athletic tape that is non elastic and restrictive, kinesiology tape is engineered to mimic the thickness, weight and elasticity of the human skin. It is water resistant and breathable, comfortable and easy to wear. Applications can be worn for 5 days, even through showering, swimming and intense exercise. Kinesiology tape is effective in relieving Carpal tunnel, arthritis, plantar fasciitis, shoulder pain, lower back strain / pain (sublimations, herniated discs), knee conditions, hamstring, groin injury, rotator cuff injury, whiplash, tennis elbow, golfers elbow, patella tracking, ankle sprains and more.

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