

# Tamarack® Pre-Ply Low-Friction Fabric

## GlideWear™ technology

## Instructions for Use

### Pre-Ply Integration Instructions

GlideWear Low-Friction Fabric is extremely slippery so it is prepared with a temporary, water-soluble adhesive for easy cutting and sewing (making it “Pre-Ply”). All standard cutting and sewing can be used with Pre-Ply. **All cutting and sewing should be done before washing out the adhesive.** Once integrated into a finished item, Pre-Ply must be laundered to remove the adhesive. Therefore, the “GlideWear Low-Friction Effect” will not be detectable until after laundering.

### Pattern, Cut & Sew

The fabric can be handled, cut, and sewn in any traditional method. The best stitching technique for a specific item varies based on factors such as item, design, and material combinations.

When creating a product for consumers with reduced sensation (neuropathy) or very sensitive skin, flat seams - placed away from parts of the body that are at a higher risk for skin breakdown - are recommended. It is recommended that GlideWear fabric be incorporated strategically, only in the areas where skin protection and/or reduced friction are needed.

For technical reasons, Pre-Ply is manufactured in 60” x 60” panels and supplied in increments of these panels. It will have an unusable seam every 60”, identified by **orange** tape. In rare cases, **yellow** tape may appear on some panels signifying suggested areas to avoid for pattern **edges** (the fabric is still good, but yellow signifies poor dual layer bonding).



Image illustrates orange tape placement at fabric seams and highlights yellow sections to avoid pattern edges during cut/sew process.

### Washing & Care

- To remove temporary, water-soluble adhesive after sewing, machine wash the fabric with or without detergent.
- Pre-Ply and the resulting GlideWear fabric can be washed up to 140°F (warm or hot cycle). Do not use chlorine bleach. Tumble dry low.
- Avoid contact with hook & loop fasteners (Velcro® and similar), as they will snag the GlideWear fabric.

### Storage

For prolonged storage, Pre-Ply raw material should be stored in a sealed plastic bag to prevent accelerated aging of the temporary adhesive. When stored properly, Pre-Ply will last in excess of 6 months.

[See reverse side for sewing tips.](#)

## REGULATORY NOTICE

Pre-Ply contains a water soluble adhesive. For regular handling, cutting, sewing and washing, there are no foreseen hazards. This product is manufactured with vinyl acetate at levels well below the Federal wastewater reportable quantity limits. Please check with your local and regional authorities for additional information. If you require more information, please inquire at [info@tamarackhti.com](mailto:info@tamarackhti.com) or call 1-763-795-0057.

For more information, visit  
[tamarackhti.com](http://tamarackhti.com)

Tamarack Habilitation Technologies, Inc.  
1670-94th Lane NE, Blaine, MN 55449  
Tel: 866.795.0057  
Email: [info@tamarackhti.com](mailto:info@tamarackhti.com)



# Tamarack® Pre-Ply Low-Friction Fabric

## *GlideWear*™ technology

### How to Cut & Sew with Pre-Ply Fabric

For the most part, Pre-Ply can be handled like any other fabric. The primary difference is that it needs to be laundered after it is sewn in place.

#### Step 1

**Cut the *unwashed* Pre-Ply fabric to your desired shape and size.**

#### Step 2

**Temporarily secure the Pre-Ply in place.** The resulting GlideWear fabric is quite stretchy. If you wish to sew a Pre-Ply patch to another material, particularly a fabric with less stretch, you may pin or otherwise secure it before sewing.

#### Step 3

**Sew the Pre-Ply.** Treat Pre-Ply as you would any other fabric; it can be sewn using any tradition method. Note that you must sew or weld the perimeter of the Pre-Ply in place **before** washing out the adhesive.

#### TIP FOR CONSUMERS

On a home sewing machine, a good stitch to use is a multi-step zigzag with a stitch length of 2mm (this is only a recommendation and your settings may need to be adjusted), or serge (overlock) stitch. A regular zigzag stitch does **not** work well, as it causes the material to pucker after washing. With the middle of the presser foot approximately 1/8" from the edge of the Pre-Ply, sew the perimeter and overlap the seam by 1/2" to finish it. The outermost edge of the stitch should be at, or just past, the edge of the Pre-Ply material.

#### Step 4

**Rinse out the temporary adhesive.** Once you have sewn Pre-Ply into your item, you can activate the GlideWear low-friction effect by washing the fabric. Washing can be done by hand or machine. No soap or detergent is required, however you must make sure all the water-soluble adhesive is washed out. The finished item can then be air or machine dried (tumble dry low).



Cut Pre-Ply to desired shape and size.



Secure the Pre-Ply fabric in place.



Sew the Pre-Ply in place.



Sew the perimeter before washing!

### Questions?

We're happy to answer any technical questions and help you decide how to best use GlideWear fabric for your purposes.

Contact us at [info@tamarackhti.com](mailto:info@tamarackhti.com) or call 1-763-795-0057.