

Cross Patches can be applied:

- :: **WITH PRIOR STRETCHING OF THE SKIN.**
- :: **WITHOUT PRIOR STRETCHING OF THE SKIN.**
- :: **WITH THE KOREAN TECHNIQUE** (Longitudinal).
- :: **WITH THE JAPANESE TECHNIQUE** (Transversal).

The technique **WITH PRIOR STRETCHING OF THE SKIN** is recommended to achieve an immediate or short-term effect.

After an application with stretching, a significant formation of convolutions is observed as well as a significant lifting of the skin. This may be somewhat less comfortable in the long term but is more effective during the first days after application.

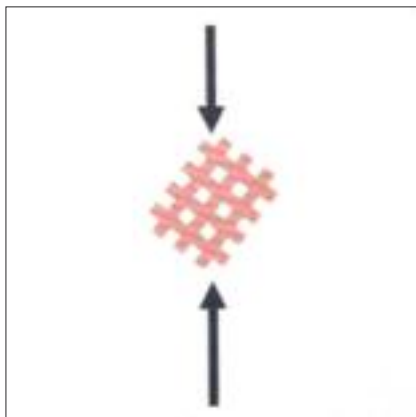


The technique **WITHOUT PRIOR STRETCHING OF THE SKIN**

is recommended to achieve a medium- or long-term effect. It is more comfortable with every passing day, yet does not lose effectiveness and gains in durability. Moreover, a variation is added to this technique, which consists in placing the Cross Patch in muscle retraction, which achieves optimal results in certain applications.



The **KOREAN TECHNIQUE** is known as **LONGITUDINAL**. The patch is placed in the longitudinal direction of the fibers of the muscle area to be treated. During the application, a rhombus should be formed; the diagonal formed between the upper corners (four squares on the left - three on the right, at the top) and lower corners (three squares on the left - 4 on the right, on the bottom) is placed in the direction of the muscle.



This technique is basically used in Muscle and Lymphatic applications.

The **JAPANESE TECHNIQUE** is known as **TRANSVERSAL** or **HORIZONTAL**.

Following the rectangular shape of the Cross Tape, the patch is placed transversely or horizontally to integrate into one or several dermatomes or acupuncture points.

It is the most widely used technique in Segmental applications.

