



TRAPEZIUS

Application	TRAPEZIUS
Stretching	Always
VNM-KT	Optional
Position	Longitudinal
Technique	Muscle
Size	Small and/or Medium
Comment	<p>The application on the trapezius can be performed overall or individually on its upper, middle or lower fibers.</p> <p>For the upper trapezius, the basic point generally coincides with VB21, with one single CT patch in the center of the trapezius and slightly anterior.</p> <p>For the lower trapezius, place a CT patch just parallel to VB21, but below the scapular spine.</p> <p>For the lower trapezius, apply another CT patch approximately parallel to the spinous D8-D9.</p>

