



TRICEPS BRACHII

Application	TRICEPS BRACHII
Stretching	Always
VNM-KT	Optional
Position	Longitudinal
Technique	Muscle
Size	Small and/or Medium
Comment	<p>For this application, you always use 3 CT patches of any size.</p> <p>Firstly, 1 CT patch for each half of the muscle belly of the long and the lateral head of the triceps, placed in parallel.</p> <p>Then another CT patch towards the insertion in the medial head of the olecranon at its musculotendinous interval.</p> <p>It is always compatible with VNM-KT, but as an individual technique CT also offers very good results.</p>

