



## PRACTICAL APPLICATIONS

### FIBROMYALGIA LOWER BODY

Application	FIBROMYALGIA LOWER BODY
Stretching	Optional
VNM-KT	Optional
Position	Longitudinal
Technique	Muscle
Size	Small and/or Medium
Comment	<p>In addition to the comment on the VNM-KT of the previous application, it should be added that a complete ANTERIOR-POSTERIOR application can be too exteroceptive, so at first only one of the two should be chosen as a first starting option.</p> <p>Generally, the one with more pain is given preference. There are 10 recommended points: occipital base, trapezius, supraspinatus, buttocks and great trochanter.</p>

