



I'm not a robot

































My new book is out! It's called Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Sometimes you just want a quick video that gives you tools that are easy to learn and get great results! Today's Quick Tool is anÂ ... In this video, Beret Loncar, owner of Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Trigger point release on knot until it releases Myofascial Release of the glutes and piriformis!