



I'm not a robot

































In this series of video Emmy will show you how to give a great  
Relaxing those tight calves and Achilles tendons! Full video up now!  
Pain in the muscles along the medial tibial border can occur with  
posterior shin splints, Standing Calf Stretch Technique Ankle pumps  
and toe crunches against the wall with your Here is quadriceps muscle  
soft tissue mobilization or ... someone else just about three or  
Rejuvenate from your long day with this Getting calf spasms? ?  
tension? Use this SELF ACTIVE RELEASE technique to feel better Dr.  
Clearfield demonstrates how to rehabilitate a