



I'm not a robot

































Four-time Australian Olympic Soft Tissue Therapist In part 1 of the series on sports recovery It's not all about the hamstrings and calves! Pre event Plantar fascia pain and dysfunction is a highly debilitating condition. As therapists, you'll see exercise-induced plantar fasciitis ... In this video, I demonstrate some basic assessment of the ankle and tibialis anterior tonicity along with a simple mobilisation ... Here is the second video in this series in treating the soccer Got Plantar Fasciitis, here`s a great taping technique to apply post soft tissue therapy treatment. The longer you leave it on the ... The hamstrings are one of the most frequently injured muscle groups in sports, and a comprehensive warm up regime including ... FREE Lubopelvic Video: Get Business Mentoring: Sports