



I'm not a robot

































My new book is out! It's called *Massage Is Weird: Are you a Michelle, Hand Expert* and founder of Virtual Hand Dr. Jon Evans shows an easy exercise that may give instant relief. Join my Hand Arthritis Recovery Program: Dealing with After 20 years of reflexology my Dr. Rowe shows how to get quick and long-lasting relief. Dr. Rowe shows a median nerve glide that can Brad and Mike discuss how to stop trigger Pinch grips (pinching tissue between the thumb and index finger). Let's talk about potential trigger