



I'm not a robot



Suffering from Achilles tendinitis? In this video, we focus on using shorts This video explores why an Asian-style ** The Worst Pain! BREAKING DOWN HUGE MUSCLE KNOT Aggressive Massage Therapy (Shoulder Injury Fix) Today I got a Chinese pressure point Relaxing those tight calves and Achilles tendons! Full video up now! Check this out when you work in right here you can actually see that there's a ball right here in the Calves feeling tight? Book an appointment with us to get some scraping done on them!đŸ'ªđŸ•» Tired of the same old techniques to work the gastrocs, soleus, and achilles tendon? In this video I start with some basics, offerÂ ... Physical Therapy treatment dry needling for This client had been dealing with years of tightness and Today's video covers a simple technique that can be used to mobilize the two heads of the gastrocnemius Getting calf spasms? ? tension? Use this SELF ACTIVE RELEASE technique to feel better Massage Scrape For Calf & Ankle Pain