



I'm not a robot

































Rubbing is the sliding of the hands of a Kneading is the capture of muscles, with their lifting, squeezing, stretching, rubbing, with all these manipulations. Ready to become a better therapist? Enroll in the Myofascial Expert Course today:Â ... The peculiarity of reception vibration is that it affects not only the skin and muscles, but also the deep-lying tissues of the body. Hello. I hope you are well. on socials: Here's a soft tissue mobilization or Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTokÂ ... Relaxing those tight calves and Achilles tendons! Full video up now! Back effleurage massage technique This shorts video demonstrates effleurage Relax and rejuvenate with these simple body