



I'm not a robot

































My new book is out! It's called Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Hello. I hope you are well. on socials: Discover the power of sub-occipital Today's video shows how to mobilize the levator scapulae Today's video demonstrates how to perform a simple This video is made for educational purposes. The masseuse's name is Victoria (inst ) and she did one of ... The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the spine and work to retract,Â ... The strap-like levator scapulae