



I'm not a robot

































Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Today's video shows how to mobilize the John Gibbons is a sports Osteopath and a lecturer for the 'Bodymaster Levator scapulae muscle stretch for neck pain. Dawn Morse of Core Elements Training and Katie Campbell demonstrate Upper Trapezius Soft Tissue Mobilization Today's video demonstrates how to perform a simple John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating how to mobilize the rhomboid muscles (rhomboid major and minor) are located between the Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok ... Here are a few treatments I like to use for patients with an aggravated upper trapezius. TIGHT TRAPS? KNOTS? These symptoms are common. Entrapment of a tiny nerve can be the underlying driver of tightness and ... LAST CALL for our \$1/day sale! Lock in this rate and live free from