



I'm not a robot

































Full sequence is streaming on [watch.hcd.ie](http://watch.hcd.ie) We demonstrate a Start your recovery with our Plantar Fasciitis Rehabilitation program: Learn more about healing plantar fasciitis and more specific trigger point releases in my new book plantar fasciitis the missingÂ ... Relaxing those tight calves and Achilles tendons! Full video up now! Do you have pain in your arches and Discover the revitalizing power of Relaxing body foot massage tips