



I'm not a robot



My new book is out! It's called *Massage Is Weird*: Do you have trouble dealing with the arm? This week's *Massage Mondays* demonstrates how to work deeply into the pelvis with your Here's an extended version of my forearm/hand massage routine showing you some **DISCLAIMER: THIS VIDEO IS FOR ENTERTAINMENT AS WELL AS EDUCATION. THESE** Got the itis? Tendonitis can show up anywhere there is a tendon. But in this video I demo John Gibbons is a sports Osteopath and a lecturer for the 'Bodymaster Part 2! This time with focus on the low back and QL Follow us on : Liam Coffey, lead tutor ... Call us today to experience the Pro Chiropractic difference! (406) 388-9915 As seen on CBS ... Cross friction massage is great for tendons, ligaments, and muscles. Any adhesions, tendonitis, tendonosis, scar