



I'm not a robot

































All right so i haven't had you do any of these um in ... obviously this is the hand of a human this is the dorsal surface this is the palmar surface and of So we can see it from a couple of different angles here i like this view here's deltoid and of All right so we use our masseter of ... gluteals okay so it creates a pattern of muscular imbalance that you as a ... heard that a lot sleeping wrong is a cause of people seeking ... supraspinatus originates on the supraspinous fossa of the scapula of ... triangle there was the biceps femoris and the semi-sisters right we palpated this in ... an endangerment area and what that means in Plus this view is actually in a body so you can see where these landmarks really are so this would be this area right here of