



I'm not a robot

































A Roll Model Method technique for the upper traps, try the full follow along routine: Welcome back to my channel, I'm Hannah from Tula Being Hello. I hope you are well. on socials: The strap-like levator scapulae muscle runs from the transverse processes of There is muscle pain and then referred pain which can be in the same or different areas (usually there is overlap). In this case theÂ ... Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Discover the power of sub-occipital muscle