



I'm not a robot

































Mercy's Donna Chang, RN, and Rosemary Scavullo Flickinger, LMT, discuss the health benefits of having frequent For the past six years, Lexi's chronic shoulder and back pain have made it difficult for her to do everyday tasks with the comfort sheÂ ... Wondering whether you need a Swedish or deep tissue to our channel for more tips and exercises! ----- â Website / Book withÂ ... Owner of Well Being shares the benefits of By Dr Jason Tirado DC. Hey Crackamaniacs! Dr. Tirado here with another great chiropractic adjustment! Comment down belowÂ ... Santa Cruz CORE Fitness + Rehab is a health, fitness and wellness center in Santa Cruz and Watsonville, CAÂ ... Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Passive Stretching to the neck demonstrated on the treatment couch, as part of a In this short, learn why your income can be the biggest challenge of becoming a licensed A Day in the Life of a Massage Therapist