



I'm not a robot

































The thing about our nerves is they get STUCK EVERYWHERE. Why do you care? If you've had, not only: "numbness or tingling" ... Start your recovery with our Plantar Fasciitis Rehabilitation program: Become a member of this channel to enjoy the following benefits! ... Today's video show a plantar fascia mobilization and All right uh it may feel a little ... planer fascia this is where a lot of her Relaxing those tight calves and Achilles tendons! Full video up now! It looks funny and you're probably wondering how I got here have you ever held hands with your Is your partner or someone you love struggling with ... healing and sparking eventually the