



I'm not a robot

































The use of massage tools and active stretching can A lacrosse ball or any small firm ball can be very effective to Shoulder impingement is one of the most common causes of shoulder In this video, Angelo Marsella, Partner/Director of Sports Medicine, will show you a step-by-step guide to a simple yet effectiveÂ ... Frozen shoulder is very common for individuals who play sports like tennis, golf, or volley ball. Being immobilized after an injury orÂ ... Strengthen Your Pelvic Floor with In this video, Donis Gil, a certified Athletic Trainer (ATC), shares three effective activities to This is something I do with all of my TMJ patients and I've had a lot of success with it. Dr. Rowe shows an easy way to instantly