



I'm not a robot

































Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Hello. I hope you are well. on socials: John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating a ... Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok ... FREE Cervical Radiculopathy Evidence Based Cheat Sheet: ... Trigger point release on knot until it releases WHAT YOUR RHOMBOID PAIN IS LOOKING FOR ... The strap-like levator scapulae muscle runs from the transverse processes of cervical vertebrae (C1-4) to the superomedial angle ... Back effleurage massage technique Rhomboid pain is felt under the neck, the The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the Massage therapy for lower and upper back pain. Other helpful links: My podcast: Serum and tools: My new ... Asmr massage of muscle knot removed from upper back