



I'm not a robot

































If you've ever wondered about the difference between Myo- means muscle and fascia is the sticky web of connective tissues that weaves throughout muscles, binding them tightly. What's the difference between Osteopathic Manipulation, My thoughts on the Y-Strap You've probably seen it all over Youtube if you search "Trigger point release on knot until it releases" Dry needling is used to treat a variety of issues like neck, shoulder, & back pain