



I'm not a robot



Back effleurage massage technique Relieve neck and shoulder pain with this Dawn Morse of Core Elements Training explains and demonstrates Trigger Point Release Deep tissue sport massage for back pain relief
â€œ elbow techniqueâ€• Kinesiology Massage goes deeper than just relaxation it corrects the real root cause of your pain ðŸ”¥ to our channel for more tips and exercises!

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Looking after your own body is super important to ensure a long and happy career as a Passive Stretching to the neck demonstrated on the treatment couch, as part of a Here are some great tips to incorporate into your skin care sessions from Susanne Schmaling, Director of Education forÂ ... In this video, I am demonstrating a sciatic nerve mobilization Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain