



I'm not a robot

































Here's a technique I like to use for improving Anterior Deltoid Soft Tissue Mobility Manual Therapy GUYS!! I need someone to help me film... Apparently focusing is not my strong suit. Think of it like a Lats / Teres Major Manual Therapy Overhead Mobility Soft Tissue Mobility Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain The purpose of our seminars is to teach Cutting Edge Manual Therapy Protocols to Eliminate Unlock Shoulder Mobility with Anterior Deltoid and Bicep Tendon Work Instant Anterior Shoulder Pain Relief The strap-like levator scapulae muscle runs from the transverse processes of cervical vertebrae (C1-4) to the superomedial angle