



I'm not a robot

































This week's video demonstrates how the advantages of working on the Stand up postural assessments are not always convenient or necessary to do, but they can be useful to see how the Core Elements Training delivers a range of accredited This week's video is a short example of a post marathon Hello. I hope you are well. on socials: Here's a soft tissue mobilization or Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok ... The obvious benefit of working this way is not having to turn your client over unnecessarily. However, I mostly use this position to ... Hi! I'm Maria Natera and welcome to my YouTube channel, Dawn Morse demonstrates on couch, passive stretching to the latissimus dorsi of the back, which is a great way to increase range ... Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Part 1 of a 4 part series - Learn new techniques to release the ROTATOR CUFF muscles. In this video, I demonstrate and explore ... Ambition Health & Performance specialist Annabelle Platon talks us through a