



I'm not a robot

































Do you have pain in your arches and feet? Soft tissue therapy can be quite effective in relieving the tension and pain in yourÂ ... Soft Tissue Mobilization to the Plantar Fascia In this video, Angelo Marsella, Partner/Director of Sports Medicine, will show you a step-by-step guide to a simple yet effectiveÂ ... This is a great exercise to improve foot/ ankle mobility, restore healthy foot function and release the Tightness or weakness in the calf muscles can contribute to the development of Here is a technique used by professionals for TENDINOPATHY ONLINE COURSE: LOWER LIMBÂ ... Bending of the big toe places more tension on the