



I'm not a robot

































Manual Therapy for Sprained Ankles In this video, explore an excerpt from David Hillard's Practical on ' Today's video covers some of my favorite Struggling with persistent pain and limited range of motion in lateral SESSION SIT IN IS BACK!!! This time, in the Underground, my pal Tom stopped in after having Ice SLOWS the healing process. Learn why today. Get my book on fixing injury here:Â ... Dr. Onefator PT, DPT a physical Ian McVay, PTA, CAFMT at IPA Physio Portland showcases some Helpful tips/drills to fix your old