



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 your feet. ABOUT ME I'm Dr. Dana Figura, also known as Plantar Fascia Release Treatment My new book is out! It's called Massage Is Weird: Have a client with persistent heel pain, Dr. Marc Baer DPM, FACFAS who is also Board Certified in This is a great exercise to improve foot/ ankle mobility, restore healthy foot function and A surgical animation of a percutaneous Osteopathic Clinical Skills is a channel dedicated to discussing and exploring Osteopathic Clinical Skills concepts and presenting Normally, when something in your body "crunches", it's not a good sign. But in this case, the "crunch" might mean some serious Fix the underlying cause of your Get your free copy of my 3 Phase Full Body Reset to learn how to decompress your Shockwave therapy uses high intensity sound waves to break up muscular scar tissue called fibrous adhesion and fix chronic pain www.bothellchiropractic.net Treating