



I'm not a robot

































Do you struggle mobilising a client's lower limb if they're larger than you? This video is great for demonstrating how to control yourÂ ... The techniques and posture used in this week's Are you hypermobile? Make sure you are not working in a compromised position and adding stress to your joints! This week'sÂ ... Learn how to confidently treat the I spent years sticking my elbows into glutes with little to no PRECISION or PURPOSE I was always just going through theÂ ... Are you feeling any tension or discomfort in your thumbs, hands, arms, shoulders, and back? Then I suggest you take a momentÂ ... Today Edgar will be showcasing a few easy stretch techniques that you can do at home. Support Maria Natera undergoingÂ ... Are you a Bendy Wendy? What does that actually mean you ask? It is about how flexible you are and if you're one of the manyÂ ... Myofascial release for psoas and iliacus can be quite gentle, and I also show The obvious benefit of working this way is not having to turn your client over unnecessarily. However, I mostly use this position toÂ ... Anatomical View of medial and lateral Stay ahead in your field with this comprehensive 5-minute video presentation, designed specifically for