



I'm not a robot

































Today's video shows a piriformis muscle release technique that can be used to Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro.  
: IG TikTokÂ ... Dr. Strader of Strader Spine Chiropractic demonstrates what he does in the office to Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the spine and work to retract,Â ... Erector & QL Massage for Low Back Pain Deep tissue sport massage for back pain relief â€œ elbow techniqueâ€• In this video, I am demonstrating a sciatic nerve mobilization technique that I use with some patients. Mobilization of the nervousÂ ... Experience the power of dry cupping My new book is out! It's called Massage Is Weird: Are you a UNBELIEVABLE shoulder/pec treatment to our channel for more tips and exercises!  
----- â€ Website / Book withÂ ...