



I'm not a robot

































My new book is out! It's called Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Ready to become a better therapist? Enroll in the Myofascial Expert Course today:Â ... Here's some great tips on giving longer A couple of angles to show deep tissue Vigorun Percussion Massager is indeed an affordable, high quality Stretch to relieve your back pain ðŸ™ˆ