



I'm not a robot

































In this video, we'll walk you through essential back Part 2! This time with focus on the low back and QL muscle, Quadratus Lumborum, to help sink very deep into the lumbar muscles ... Bodyology's mission is to create a high-quality Do you hate working on feet? Well, you may be putting too much work into it! Instead of sitting down and using your thumbs, use 8 ... The abdomen is known as the core of who we are physically and the house of our essence energetically. Either way - learn how to ... Dr. Leilani Alvarez, Service Head of Integrative & Rehabilitative Medicine and the Director of The Tina Santi Flaherty ... Dawn Morse of Core Elements Training and Katie Campbell demonstrate Scapula Release Sports ASCP is excited to bring you treatment room tips! Learn from Ella Cressman of Ella Cress Skin Care as she demonstrates ... This video teaches how to have smooth, continuous flow in your This video is for teaching purposes only. Please consult a doctor for proper diagnosis. This video demonstrates one of our many different physiotherapy