



I'm not a robot

































Follow us on : Liam Coffey, lead tutor ... Part 2! This time with focus on the low back and QL muscle, Quadratus Lumborum, to help sink very Dawn Morse of Core Elements Training and Katie Campbell demonstrate Scapula Release Sports This video demonstrates one of our many different physiotherapy John Gibbons is a sports Osteopath and a lecturer for the 'Bodymaster Method' and in ... Do your clients have pain in their upper back, right near the shoulder blade? Here's how I