



I'm not a robot

































Dawn Morse demonstrates on couch, Dawn Morse of Core Elements Training, demonstrate Lats / Teres Major Manual Therapy Overhead Mobility Soft Tissue Mobility Rhomboid stretch for pain relief  
• Have you ever done this Rhomboid Pain Relief Stretch Here's one of my favorite manual therapies for the pectoralis major muscle. to our channel for more tips and This video is part of the School of Sports ... try those four techniques so the