



I'm not a robot

































Our 1-1 assisted stretch sessions can help fight the aches and pains of aging. Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok ... Do you struggle mobilising a client's lower limb if they're larger than you? This video is great for demonstrating how to control your ... Here's a soft tissue mobilization or Here's a technique I like to use for shorts Follow us on our social media, like, , and enjoy! Website: : ... Try this full-body release for the Deep Line of Fascia! Dawn Morse demonstrates on couch, passive stretching to the latissimus dorsi of the back, which is a great way to Dawn Morse of Core Elements Training, demonstrate Assisted stretches just hit different ... If chronic shoulder pain were easy to fix, a simple treatment such as an: • adjustment • strengthening • cortisone shot ...