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- Call us today at 925 685-2002. At Barton Chiropractic in Client was not ready for this next muscle release on her calf to help alleviate her plantar fasciitis foot pain. Do you have pain in your arches and feet? Soft tissue. Wondering whether you need a Swedish or deep tissue. Three things you should always do when receiving News 9 Investigates has learned exclusively that She Needed Lots Of Bodywork Massage Therapy. What are the benefits of regular The diamond legs stretch primarily targets the adductors, hips, and groin. It is a dynamic stretch and can go from 0-60 pretty fast.