



I'm not a robot



A short clip demonstrating light THE FULL VIDEO HERE: How to heal your
Youtube Channel: Manu's Favorite Tools For Pain Management, Mobility
and Strength. This video is for teaching purposes only. Please consult
a doctor for proper diagnosis. Learn how to properly perform cross
friction The next exercise to help heal Chondromalacia Knee Flexion
Contracture Stretch Massage Medial, lateral, superior, and inferior