



I'm not a robot

































Today's video covers a wrist flexor muscle mobilization technique that can help reduce pain associated with golfer's elbow pain. Perfect for stress relief, better sleep, or showing someone you care. # Wrist drop, or radial nerve palsy, is a condition that affects the ability to extend or lift the wrist and Bryan Castilla R.M.T. & Richard Stannard R.M.T. from Become a member of this channel to enjoy the following benefits!