



I'm not a robot

































Suffering headaches, migraine, neck, back or other Lats / Teres Major  
Manual Therapy Overhead Mobility Soft Tissue Mobility Here's a soft  
tissue mobilization or In this video, I am demonstrating a sciatic  
nerve mobilization technique that I use with some patients.  
Mobilization of the nervous system ... Chiropractic adjustment by Dr. Ryan  
Gleeson at Gorilla Chiro. : IG TikTok ... Today's video shows a  
technique that can be used to stretch the low back and reduce  
tightness. The set up in this video is very simple ... Dawn Morse of Core  
Elements Training demonstrates compression of the QL / Psoas common  
trigger point with the elbow. Fix the ... How to FIX a CLICKING  
SHOULDER - Shoulder Low Back Stretch for Pinched Nerve & Tight  
Muscles! Dr. Mandell Hey if you have frozen shoulder or shoulder