



I'm not a robot

































Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Hello. I hope you are well. on socials: The strap-like levator scapulae muscle runs from the transverse processes of cervical vertebrae (C1-4) to the superomedial angle... Discover the power of sub-occipital muscle Today's video demonstrates how to perform a simple This one's simple to perform take my hands towards the base of the patient's Today's video shows how to mobilize the levator scapulae muscle, which often helps reduce Decompress your cervical spine, relieve neck pain & improve your posture! The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the spine and work to retract, "Are you popping my pimple?!" If you sit at a desk all day, there is a good chance you are constantly shrugging your shoulders... Are you feeling stressed, with tight muscles around your Trigger point release on knot until it releases My new book is out! It's called