



I'm not a robot

































Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Relax and rejuvenate with these simple body Start Fixin Yo' Self - Do Try This at Home! Don't Do it in an Ed HardyÂ ... Passive Stretching to the neck demonstrated on the treatment couch, as part of a Here's a soft tissue mobilization or Target upper back tension and soreness through simple Hello. I hope you are well. on socials: Barber or Therapist? This Japanese Massage Blew My Mind! The MOST IMPORTANT massage technique to learn! Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Three things you should always do when receiving