



I'm not a robot

































By Dr Jason Tirado DC. Hey Crackamaniacs! Dr. Tirado here with another great chiropractic adjustment! Comment down below... Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir the... Relieve neck and shoulder pain with this deep tissue Give your feet the care they deserve. Lear simple, effective techniques to ease tension and improve circulation. Perfect for a quick... to our channel for more tips and exercises! ----- â» Website / Book with... Discover the profound health benefits of behold the cranial cradle an excellent way of beginning or ending a YouTube description: We talk about the ultimate Passive Stretching to the neck demonstrated on the treatment couch, as part of a