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Why fascia restrictions, should be considered when assessing and treating chronic pain conditions. Have you had your Myofascia? ... Like my content? to my channel • Link for equipment: 00:00 Intro 30-DAY Life is full of surprises some good and some not so good. Don't allow the woes of tomorrow stress you out. Book a ... Fascia is the most abundant connective tissue in the body that provides support to every muscle, tendon, ligament, organ, nerve, ... Come learn why Myofascial Ashiatsu Barefoot Massage helps with Pain Management, not just relaxation! Stretch daily but still stiff? It's not just your muscles—it's your fascia holding you back. Try this 3-min hand release to unlock ... Your feet are your foundation—and when they're tight or restricted, it can affect everything from your balance to your posture.