



I'm not a robot

































Hello. I hope you are well. on socials: Relax and rejuvenate with these simple Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok ... Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir the ... John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating a ... to our channel for more tips and exercises! ----- â»  
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