



I'm not a robot

































Ask me anything. We will answer it in future videos! Do you have muscle, joint, or nerve A how-to on completing body lymphatic Lymphatic Drainage- stubborn fat -Back -Stomach -Muscle Recovery Reduce inflammation I am usually standing on my feet all day long, and this technique always helps so much! • Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTok • The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the spine and work to retract, • Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Lymphatic Drainage Magic • Why should we even care about lymphatic drainage? Well, it's one of our natural detoxifiers and • If your legs feel heavy and sluggish, your lymphatic system might not be working at its best. A good lymphatic drainage How to improve lymph flow and reduce swollen hands! Hand Lymphedema can be STUBBORN. But it can be well-managed and controlled with a combination of these main treatment • The February issue of Science Translational Medicine reported that at the cellular level, Lymphedema can happen anywhere in the body, but it's very common in the legs or pelvic region. Lymphedema must be • Dr. Sarah Johnson is an Occupational Therapist and Certified Lymphedema Therapist at Rehab Guru Physical • The purpose of our seminars is to teach Cutting Edge Manual Therapy Protocols to Eliminate