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Muscle knots not only cause pain locally but, if left untreated, refer pain somewhere else too! Every day patients tell me they have FULL VIDEO: Eliminate stubborn neck The Worst Pain! BREAKING DOWN HUGE MUSCLE KNOT Aggressive Massage Therapy (Shoulder Injury Fix) Discover the power of sub-occipital Trigger point release on knot until it releases WHAT YOUR RHOMBOID PAIN IS LOOKING FOR ðŸ¤©ðŸ¤©ðŸ¤© Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTokÂ ... The strap-like levator scapulae This is what your Rhomboid Pain Needs right now!!! It's one of those annoying, frustrating problems that drives people mad Patients often report that they've tried everything to getÂ ... Are you having that "hard-to-reach Two great exercises you can do anytime,