



I'm not a robot

































Erector & QL Massage for Low Back Pain Today's video shows a technique that can be used to stretch the low The rhomboid muscles (rhomboid major and minor) are located between the shoulder blades and the spine and work to retract,Â ... Hello. I hope you are well. on socials: The strap-like levator scapulae muscle runs from the transverse processes of cervical vertebrae (C1-4) to the superomedial angleÂ ... Dr. Rowe shows one of his personal favorite exercises, the scorpion cobra. This exercise takes two popular yoga poses andÂ ... John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating aÂ ... Chiropractic adjustment by Dr. Ryan Gleeson at Gorilla Chiro. : IG TikTokÂ ...