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Michelle, Hand Expert and founder of Virtual Hand Care, shows you 2 stretches to Join the NEW 4 day Kickstart Your SUPPORT THE CHANNEL: Book a Consultation ... ABC News chief medical correspondent Dr. Jen Ashton answers question about B12 vitamin shots and shares Loosen up your tight hips I prefer movements such as these instead of static stretches as movement also can increase blood ... FOR FULL VIDEO: How to pop, crack, and mobilize your SI Discover two simple exercises using a wall to help with hip Join Free Yoga Challenge - Join our WhatsApp Community: Don't forget ... If you're having wrist and hand