



I'm not a robot

































Myofascial Release of the glutes and piriformis! ... feel a little stretch in your Brad and Mike demonstrate how to fix your If you're doing a lot of sitting you notice that buttock starts to get tight it can affect those nerves in the Erector & QL Massage for Low Back Pain Piriformis Pain Syndrome Relief! PIRIFORMIS SYNDROME RELIEF with this stretch! Here is a partner stretch option for the Find me here: FREE ONLINE COURSE (for therapists): Mastering Frozen Shoulder:Â ... for more tips and tricks and find me in Seattle! - Dr. Daniel DeLucchi If you liked this video and want to learn more,Â ...