Mechanotherapy
Chronic Upper Back Problems (Serratus Anterior Muscle)

Mechanotherapy
Ulnar and Medial Nerves

Median nerve
Ulnar nerve
Mechanotherapy
Sports Massage

Mechanotherapy
Spinal Exercise
Mechanotherapy
Spinal Exercise 2

Mechanotherapy
Shoulder Tightness
(Thoracic Extension)
Mechanotherapy
Sciatic Nerve Floss

Mechanotherapy
Rotator Cuff
(Suprascapular Nerve Flossing)
Mechanotherapy
Pectoralis Muscle Stretch

Mechanotherapy
Outside Leg and Hip Pain
(Peroneal Nerve Floss)
Mechanotherapy
Massage Techniques
+ Using hot towels

Mechanotherapy
Hip and Back Pain
(Piriformis Muscle)
Mechanotherapy
Foot and Hand Massage

Mechanotherapy
Foot Adjustment
Mechanotherapy
Femoral Nerve Floss

Mechanotherapy
Elbow and Upper Arm Pain
(Musculocutaneous Nerve)
Mechanotherapy Cranial Sacral (Thoracic Outlet)

Mechanotherapy Calf Muscles (Soleus Muscle)
Mechanotherapy
Bruegger's Postural Relief

Mechanotherapy
Basic Adjustment