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The Extremities, Neck, And Trunk. The Following Descriptors Outline More Detail About Manual Therapy: Manual Therapy Is Used In An Active And/or Passive Fashion To Help Effect Changes In The Soft Tissue Apr 2th, 2024

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The Self-massage Lasts Depends On The Effect You Want To Achieve. A Brisk, Quick Massage In The Morning Is Invigorating And Stimulating And A Good Start To The  
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