

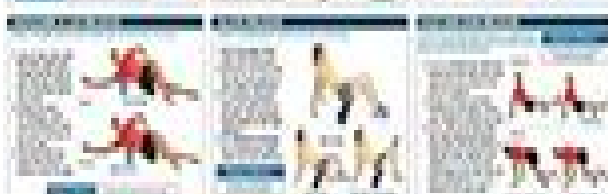
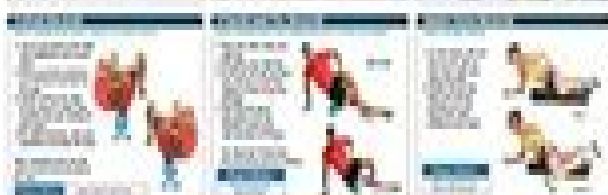
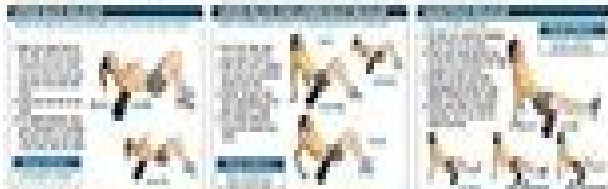
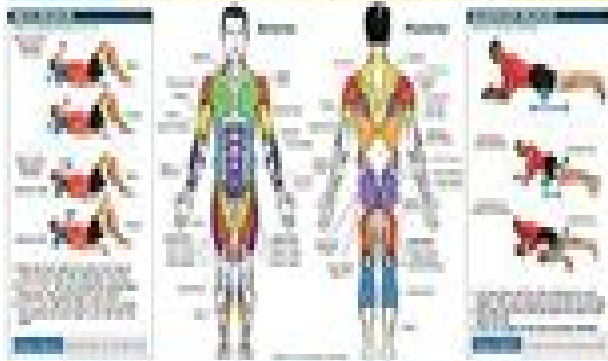
MYOFASCIAL RELEASE

EXERCISES

KEY POINTS

1. The myofascial release technique is a form of massage that uses sustained pressure to release the myofascial system.

2. The myofascial release technique is a form of massage that uses sustained pressure to release the myofascial system.



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