

Kinesiology Tape Manual Txema Aguirre

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How to treat thoracic Back Pain and Rhomboids using Kinesiology Taping **The BEST Myofascial techniques for Shoulder - Rotator cuff - supraspinatus / Infraspinatus** *Postural Taping for Back \u0026 Neck pain using Kinesiology Tape (RockTape)* *How to apply Kinesiology tape for Tennis Elbow / lateral epicondilitis* *How to treat flexor compartment / muscle pump syndrome with Kinesiology tape* *Sprained your ANKLE? - try this self kinesiology taping technique* **What is KT Tape?**

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