



Range Of Motion

Daphne C. Stoermer

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This book offers a unique guide for stretching the entire body. It includes a self assessment and stretch program designed by a physical therapist, with over 30 years of experience. This program is safe, effective and a must for anyone seeking a method to prevent injuries, and increase mobility in the fastest way possible. Nowhere else can you find a design that minimizes the stress of gravity on the body, and shows you a way to consistent pain free movements!

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