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Title

Upper Body Stretching for Repetitive Motion Injuries

(<https://tndeaflibrary.nashville.gov/library/materials/upper-body-stretching-for-repetitive-motion-injuries>)

Laurence Layne, LMT, CH, is the owner of a holistic clinic and trained and certified in numerous massage, manual therapy, and stretching techniques. This DVD is an instructional fitness video for healthy individuals to learn how to stretch and increase range of motion and not intended as a substitute for medical treatment. Laurence explains the basic causes for repetitive motion injuries and then walks you through various stretches for the upper body.

Author

Laurence Layne

Imprint

Elkton, FL: Dr Sign's M & M Productions, c2009

Tags

Exercise

Catalog Link

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