

# **For Patients**

Videos

## **Videos**

**Shoulder Mobility Test**

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**Core and Pelvic Floor Reboot Camp**

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**Knee Pain in Runners**

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**Rolling the Shoulder with Ball at Wall**

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**Working on Shoulder and Core Stability in a college pitcher on the Pilates Reformer**

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**Bulletproof Runner Series**

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**Strength & Mobility Class for Endurance Athletes**

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**ART for hip**

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**Rotator cuff- active release technique (ART)**

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**Active Release Technique (ART)**

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**Dynamic Warmup**

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**6 Stretches off the bike**

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**Jumping on the reformer for foot control/landing mechanics**

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