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Evan osar (author of corrective exercise

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Corrective exercise: got feet? |

This is the second article in a series about the benefits of corrective exercise. I am attempting to expose a few of the common with plausible solutions.

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Feb 27, 2013 Dr. Evan Osar takes a look at reasons for shoulder discomfort and tightness and corrective exercises to decrease

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As more and more people add weightlifting to their exercise regimens, injuries related to the activity are becoming more common. A 2010 study (Kerr, Collins

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Improve hip joint centration He is a regular presenter at ECA events and the author of the Corrective Exercise Solutions to Common Hip and Shoulder Dysfunction.

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