Massage of lower Limbs and the Back of the Knee Joint

ESF II project of the University of West Bohemia in Pilsen, reg. number:
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Mgr. Iva Hereitová
FZS ZČU

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MINISTRY OF EDUCATION, YOUTH AND SPORTS

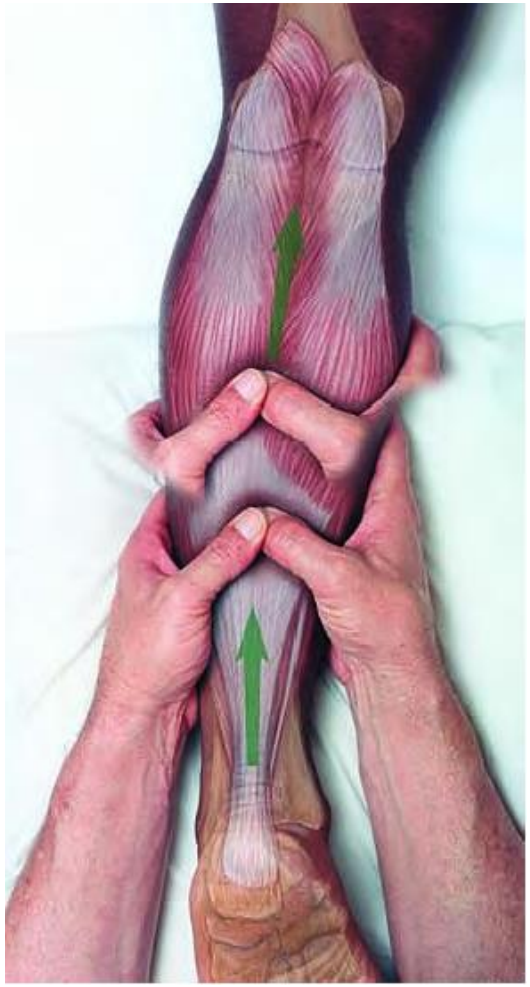
Stripping of medial hamstrings







Stripping of calf muscles with the thumb







Compression of quadratus plantae trigger point



