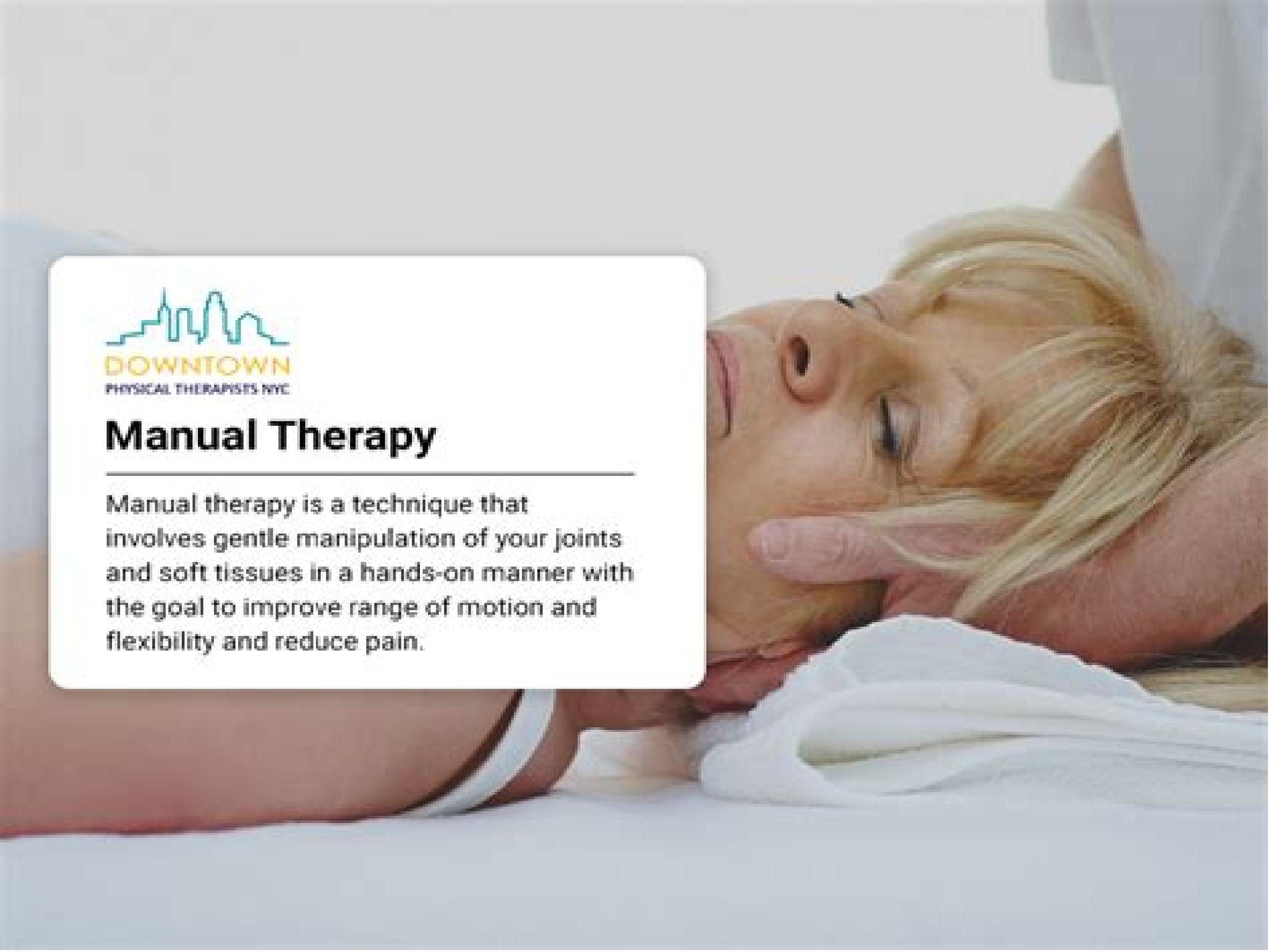




## Manual Therapy

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Manual therapy is a technique that involves gentle manipulation of your joints and soft tissues in a hands-on manner with the goal to improve range of motion and flexibility and reduce pain.



# Therapy Techniques Manual

**Lingjun Ying**



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