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These techniques were based on the individual participant's discovered restrictions and included manipulation of the distal fibula and/or cuboid and soft tissue techniques (strain/counterstrain, ...

The efficacy of manual joint mobilisation/manipulation

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**in treatment of
lateral ankle
sprains: a
systematic review**

After doing this very physical task for over 25 years, I've looked into alternative methods to healing which include a couple osteopathic techniques — CranioSacral Therapy and Advanced Strain and ...

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