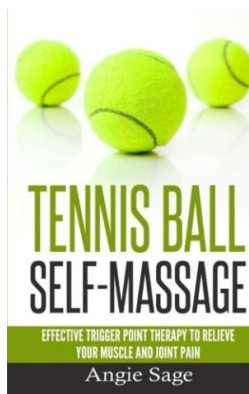


Tennis Ball Self-Massage: Effective Trigger Point Therapy to Relieve Your Muscle and Joint Pain



Book Review

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