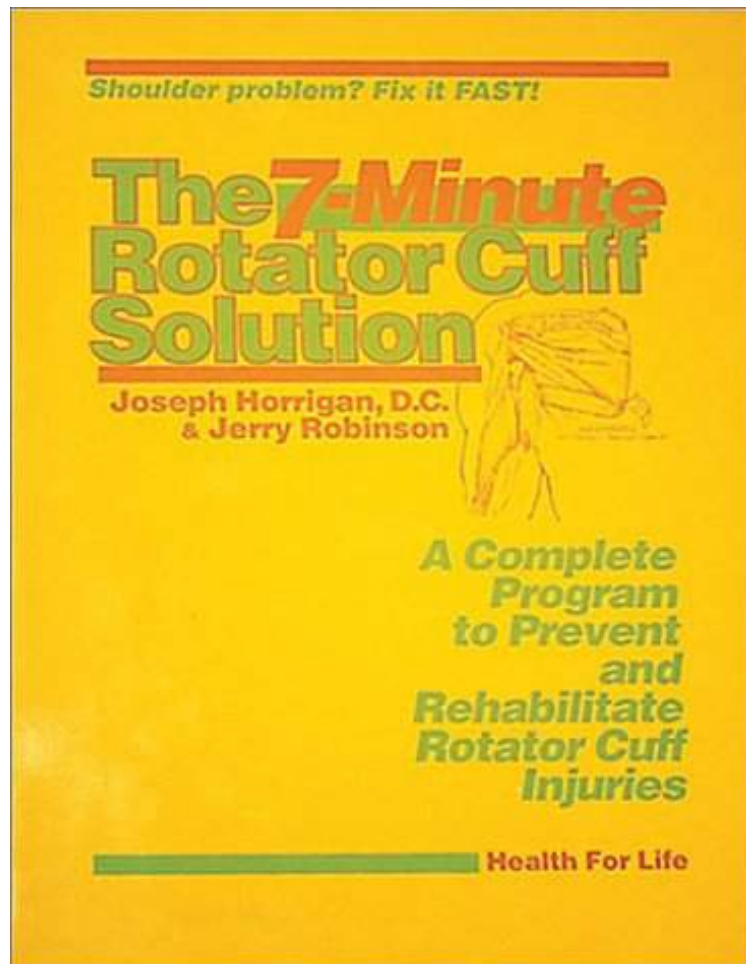


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7 Minute Rotator Cuff Solution

By Jerry Robinson, Joseph Horrigan

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can 7 minutes of exercise really help keep you fit

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trapezius knot check the ac joint for a solution

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