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A Rotator Cuff Injury  
(Shoulder Injury) often  
presents as pain  
around the front, or  
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When a shoulder is unstable, pain is often felt on the outer aspect of the shoulder, although you can ...

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is relieving Quad Pain.  
Using three strips of  
Tape, the aim is ...

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Peroneal Tendonitis  
manifests as a pain  
either on the side of

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the ankle or at the front of the ankle. It is often ...

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