



# OILING THE HINGES

Fixing Common  
Restrictions to  
Pain-Free  
Movement

By Javie Mano, MPT, OCS,  
with Ryan Hurst  
& Andy Fossella

# Oiling The Hinges Fixing Common Restrictions To Pain Free Movement

**RJ Shavelson**

## **Oiling The Hinges Fixing Common Restrictions To Pain Free Movement:**

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