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Effect of self-myofascial release on myofascial pain, muscle flexibility, and strength: A narrative review

Leonid Kalichman, Chen Ben David

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Effect of self-myofascial release on myofascial pain, muscle flexibility, and strength: a narrative review

Leonid Kalichman PT, PhD*, Chen Ben David MPT

Department of Physical Therapy, Recanati School for Community Health Professions, Faculty of Health Sciences at Ben-Gurion University of the Negev, Beer-Sheva, Israel

*Corresponding author: Department of Physical Therapy, Recanati School for Community Health Professions, Faculty of Health Sciences, Ben-Gurion University of the Negev, P.O.B. 653, Beer Sheva, 84105, Israel. Tel.: 972-52-2767050, Fax: 972-8-6477683.

E-mail addresses: kalichman@hotmail.com, kleonid@bgu.ac.il.

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