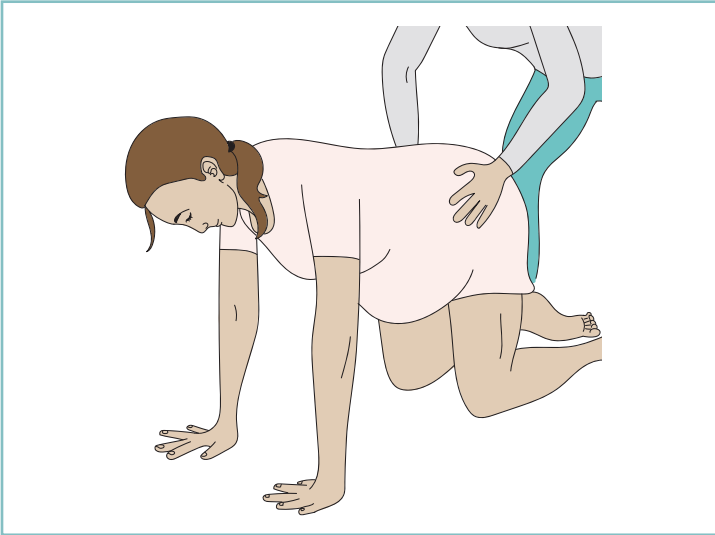
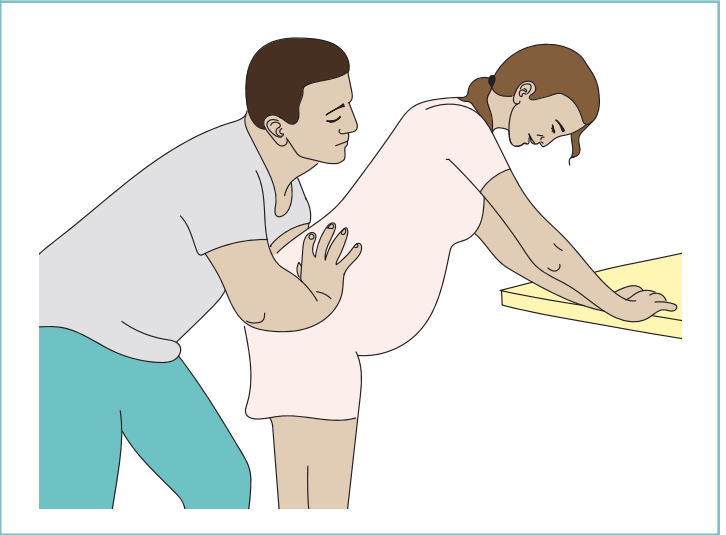


COUNTER PRESSURE

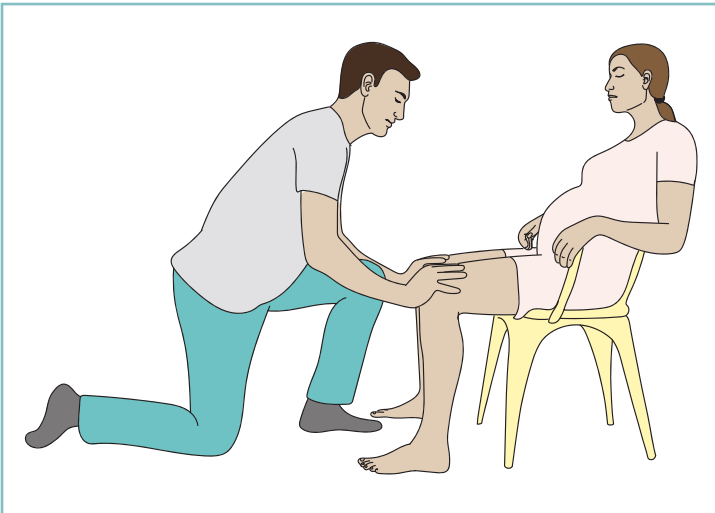
Double Hip Squeeze



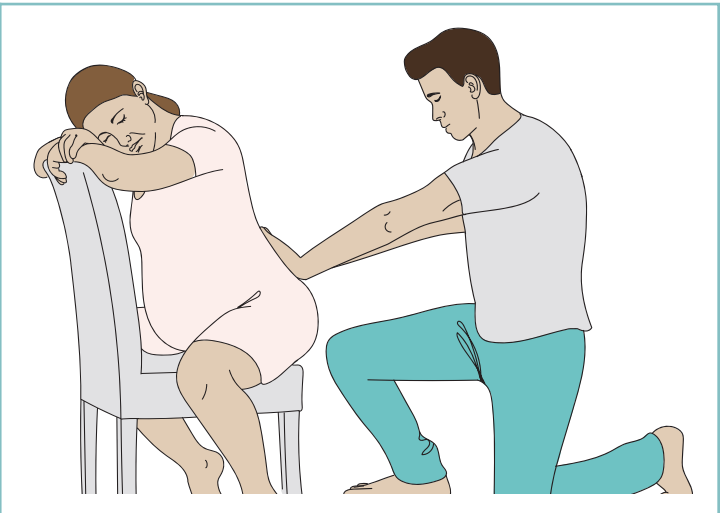
Back Press



Knee Press



Back Press



Warm Compress on Perineum

