

The Monthly Lift

by Dr. Antigone Vescei

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Real stories, practical tips, and a laugh to keep you moving.

Came to treat set backs, left preventing the next one

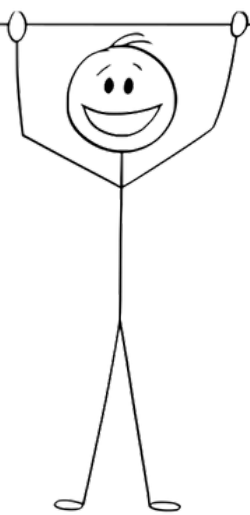
Click the photo to hear her story!



Did you know that dry needling can relieve pain and improve function in patients with plantar fasciitis?

[Here's a 2024 Systematic Review & Meta-Analysis](#)

JOKE OF THE MONTH



**HOW TO SLOW DOWN TIME
STEP 1:**



Know someone who could use a comeback story of their own? Share this PDF with them.



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