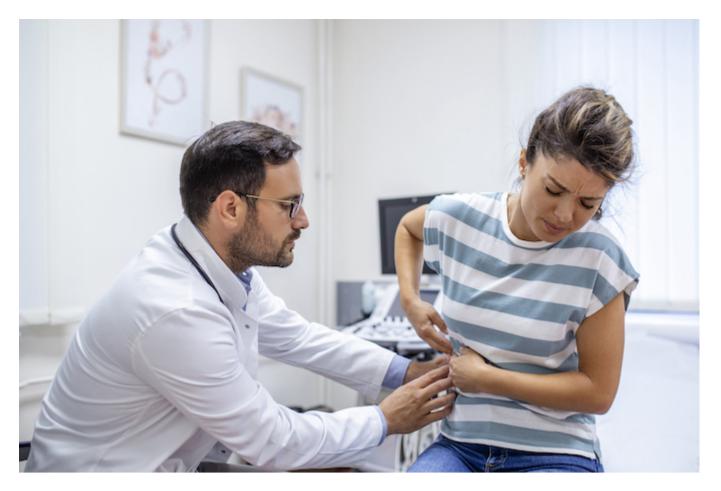


In The Know

October 2023



What is an intercostal muscle strain?

Ouch! Have you ever experienced a sharp pain in your side that seems to take your breath away? We break down an intercostal muscle strain and teach you how to recover and sleep soundly with this uncomfortable condition.



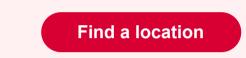




How to treat a pulled groin Do you need a tetanus booster? Learn more Learn more

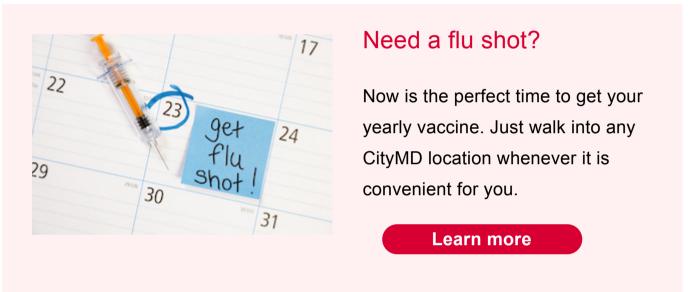


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