



Références\* de la chronique-physiothérapie  
du 8 octobre

## Le chaud ou le froid?

(et lancement du livre *Conseils d'un physio*)

Ça commence bien + à V Télé  
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### Le froid

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### Le chaud

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## **Les contrastes**

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\* étant donné le format de l'émission, de l'enregistrement en direct, il est possible que le contenu de certaines références ne soit pas mentionné durant la chronique.