Mindluster Platform

About the course Upper Back Pain Treatment Technique

Upper Back Pain Treatment course, in this course we will learn about the treatment of upper back pain, addressing common causes such as muscle strain, poor posture, and spinal issues. Through a comprehensive approach, including therapeutic exercises, manual therapy techniques, ergonomic adjustments, and pain management strategies, participants will gain insights into effective management strategies. Additionally, we will explore preventive measures and self-care practices to alleviate discomfort and improve the overall health and function of the upper back. This course aims to empower learners with the knowledge and skills to address upper back pain effectively and enhance the quality of life for individuals experiencing this condition.

Medical Category's Courses

Course Lesson(28)

Lesson 1 :
INSTANT FIX FOR YOUR UPPER BACK PAIN POSTURE PAIN IMPROVE YOUR BACK POSTURE

Lesson 2 :
UPPER TRAPEZIUS FUNCTIONAL RELEASE TECHNIQUE FOR NECK AND UPPER BACK PAIN

Lesson 3 :
LEVATOR SCAPULAE FUNCTIONAL RELEASE TECHNIQUE FOR NECK PAIN UPPER BACK PAIN

Lesson 4 :
1 MINUTE REVERSE SUPERMAN EXERCISE TO RELEIVE UPPER BACK PAIN IN LAPTOP AND MOBILE USERS

Lesson 5 : **MCKENZIE THORACIC ROTATION MOBILIZATION FOR UPPER BACK PAIN**

Lesson 6 :
MCKENZIE THORACIC EXTENSION MOBILIZATION TECHNIQUE FOR UPPER BACK PAIN PATIENTS

Lesson 7 : **4 BEST MCKENZIE EXERCISES FOR THORACIC UPPER BACK PAIN PATIENTS**

Lesson 8 :
BRIDGE MOBILIZATION TECHNIQUE FOR PAINFUL AND STIFF C7 T1 HELPFUL FOR NECK AND UPPER BACK PAIN

Lesson 9 :
BILATERAL PRONE PRESSURE COUNTER PRESSURE TECHNIQUE UPPER BACK AND SCAPULAR PAIN TREATMENT

Lesson 10 :
HAND WALK SOFT TISSUE MANIPULATION TECHNIQUE UPPER BACK AND SCAPULAR PAIN TREATMENT

Lesson 11 :
PRONE PRESSURE SOFT TISSUE MANIPULATION TECHNIQUE TO TREAT UPPER BACK AND SCAPULAR PAIN

Lesson 12 :
Best way to mobilize mid and lower thoracic spine Easy home exercise for back pain and stiffness

Lesson 13 :
ERECTOR SPINAE ECCENTRIC STRETCH MOBILIZATION TECHNIQUE TO TREAT BACK PAIN

Lesson 14 : **THE ERECTOR SPINAE RELEASE TECHNIQUE FOR LOW BACK PAIN**

Lesson 15 : **DIAPHRAGM ISOMETRIC EXERCISE FOR RIB LOW BACK AND HIP PAIN PATIENTS**

Lesson 16 :
DIAPHRAGM REFLEX RELEASE TECHNIQUE TO RELEIVE LOWER RIB LOW BACK HIP PAIN

Lesson 17 :
BILATERAL THUMB PRESSURE TECHNIQUE TREAT UPPER AND LOWER BACK PAIN SOFT TISSUE MANIPULATION

Lesson 18 : **10 THINGS YOU MUST KNOW IF YOU HAVE NECK BACK PAIN VIDEO NO 5**

Lesson 19 :
SEVERE UPPER BACK PAIN WITH BREATHING PROBLEM TREATED BY MANUAL THERAPY IN A SINGLE VISIT

Lesson 20 :
SEATED MID THORACIC EXTENSION TECHNIQUE UPPER CROSSED SYNDROME TREATMENT PART 2

Lesson 21 : **THORACIC SPINE TREATMENT AXIAL TRACTION TECHNIQUE**

Lesson 22 :
SEGMENTAL TRACTION TECHNIQUE IMPROVING MOBILITY TO REDUCE THORACIC FACET PAIN

Lesson 23 : **LOCKED UPPER BACK TREATMENT BY MWM TECHNIQUE**

Lesson 24 : **UPPER BACK PAIN ON DEEP BREATHING THORACIC SELF TRACTION TECHNIQUE**

Lesson 25 : **FIX UPPER BACK PAIN**

Lesson 26 : **SELF THORACIC MOBILIZATION TECHNIQUE BELT METHOD**

Lesson 27 : **THORACIC SPINE BELT TRACTION TECHNIQUE FOR PAINFUL BREATHING**

Lesson 28 : **QUICK UPPER BACK PAIN RELIEF EXERCISE FAST RESULTS**

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