Mindluster Platform

About the course Low Back Pain Treatment Technique

Low Back Pain Treatment course, in this course we will explore various strategies for the treatment of low back pain, a prevalent condition affecting many individuals. Participants will learn about evidence-based approaches, including physical therapy exercises, chiropractic care, medication management, and interventional procedures such as epidural injections or nerve blocks. Additionally, we will delve into lifestyle modifications, ergonomic adjustments, and self-care techniques to alleviate discomfort and promote long-term relief. By understanding the multifaceted nature of low back pain and its management, learners will be equipped to tailor treatment plans effectively and enhance the well-being of individuals experiencing this condition.

Medical Category's Courses

Course Lesson(47)

Lesson 1 : **Low back pain due to stiff sacroiliac joint Try Pelvic drop home exercise for quick relief**

Lesson 2 :
ONE MINUTE HOME EXERCISE TO EASE YOUR LOW BACK PAIN STIFF SACROILIAC JOINT

Lesson 3 : **Low Back Pain Instant Relief with Lumbar spine Mobilization Technique**

Lesson 4 :
LOW BACK PAIN RELIEF WITH THIS SIMPLE TECHNIQUE LUMBAR SPINE TRACTION TECHNIQUE

Lesson 5 :
LOW BACK PAIN RELIEF WITH LUMBAR SPINE TRACTION TECHNIQUE GET RELIEF FROM BACK PAIN INSTANTLY

Lesson 6 :
LOW BACK PAIN RADIATING TO ANTERIOR THIGH Rx BY LUMBAR FEMORAL NERVE MOBILIZATION

Lesson 7 : **TRY THIS FOR SUDDEN LOW BACK PAIN WITH LOCKING GET QUICK RELIEF**

Lesson 8 :
LOW BACK PAIN AND STIFFNESS GET GOOD RESULTS BY LUMBAR FACET MWM TECHNIQUE

Lesson 9 :
QUICK ASSESSMENT AND TREATMENT OF LOW BACK PAIN AND STIFFNESS BY MANUAL THERAPY

Lesson 10 : **Knuckle Mobilization for Low back Pain**

Lesson 11 :
PRONE SCISSORS TECHNIQUE FOR MECHANICAL LOW BACK PAIN SOFT TISSUE ORIGIN

Lesson 12 : **LUMBOSACRAL TRACTION TECHNIQUE TREAT LUMBAR SPASMS LOW BACK PAIN**

Lesson 13 :
MANUAL THERAPY FOR LOW BACK PAIN SCIATICA LUMBAR ROTATION AND EXTENSION MOBILIZATION TECHNIQUE

Lesson 14 :
DIAPHRAGM REFLEX RELEASE TECHNIQUE TO RELEIVE LOWER RIB LOW BACK HIP PAIN

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

Lesson 16 : **THE ERECTOR SPINAE RELEASE TECHNIQUE FOR LOW BACK PAIN**

Lesson 17 :
SACROILLIAC JOINT REFLEX RELEASE TREATMENT TECHNIQUES FOR LOW BACK PAIN AND GROIN PAIN

Lesson 18 : **LUMBAR SCIATIC NERVE MOBILIZATION GET RELIEF IN SCIATICA PAIN**

Lesson 19 :
SLR WITH TRACTION TECHNIQUE GET RELIEF IN SCIATICA SYMPTOMS BACK LEG PAIN

Lesson 20 : **BENT LEG RAISE TECHNIQUE GET RELIEF IN SCIATICA PAIN**

Lesson 21 : **GATE MOBILIZATION TECHNIQUE HOME EXERCISE FOR SCIATICA PATIENTS**

Lesson 22 :
FLEXION EXERCISES IN DISC PROLAPSE SCIATICA PATIENTS WHEN AND HOW TO PERFORM

Lesson 23 :
BACK PAIN SCIATICA TREATMENT PART 3 SPINAL EXTENSION WITH LUMBO SACRAL FIXATION TECHNIQUE

Lesson 24 :
LUMBAR SUSTAINED ROTATION MOBILIZATION TECHNIQUE GET PAIN RELIEF IN ACUTE DISC PROLAPSE SCIATICA

Lesson 25 :
BEST WAY TO PERFORM SPINAL EXTENSION EXERCISES IN ACUTE LUMBAR PIVD Sciatica

Lesson 26 :
SELF TREATMENT OF ACUTE LUMBAR DISC PROLAPSE Sciatica USING DISC REDUCTION POSITIONING

Lesson 27 :
ILIOPSOAS REFLEX RELEASE TECHNIQUE GET GOOD RESULTS IN BACK PAIN HIP PAIN AND LOWER LIMB PROBLEMS

Lesson 28 :
PRONE PRESSURE WITH COUNTER LEVERAGE TECHNIQUE TREAT LOWER BACK PAIN SOFT TISSUE ORIGIN

Lesson 29 : **Fix Coccyx Tail bone Pain Fast with this Magical Exercise**

Lesson 30 : **Low Back Pain Instant Relief with Lumbar spine Mobilization Technique**

Lesson 31 : **Unbelievable Hamstring Relief Without Meds Muscle Energy Technique**

Lesson 32 : **MET TREATMENT FOR ILIOPSOAS MUSCLE TIGHTNESS**

Lesson 33 : **MET TREATMENT FOR HIP ADDUCTOR TIGHTNESS LOW BACK PAIN HIP KNEE PAIN**

Lesson 34 : **10 THINGS YOU MUST KNOW IF YOU HAVE NECK BACK PAIN VIDEO NO 5**

Lesson 35 :
Low Back Pain Treatment Quadratus Lumborum Release by Muscle Energy Technique shorts

Lesson 36 : **SACRO ILIAC LIGAMENT RELEASE FOR LOW BACK PAIN**

Lesson 37 : **SACROTUBEROUS LIGAMENT RELEASE IN LOW BACK PAIN PATIENTS**

Lesson 38 : **SI JOINT DISTRACTION MOBILIZATION TECHNIQUE FOR LOW BACK PAIN**

Lesson 39 : **Piriformis Release by Muscle Energy Technique MET shorts**

Lesson 40 : **IT BAND TIGHTNESS MET TREATMENT FOR TIGHT IT BAND shorts**

Lesson 41 : **Lumbar Spine Mobilization Technique**

Lesson 42 : **Best way to take Heat Therapy Heating pad in low back pain treatment**

Lesson 43 : **Fix Coccyx Tail bone Pain Fast with this Magical Self Home Exercise**

Lesson 44 :
TRY THIS NOW TO RELIEVE YOUR LOW BACK PAIN DUE TO SPONDYLOLISTHESIS LUMBAR CANAL STENOSIS PIVD

Lesson 45 :
TRY THIS FOR ANTERIOR THIGH PAIN PRONE KNEE BENT EXERCISE EXERCISES THAT WERE NEVER TOLD IN BOOKS

Lesson 46 : **1 Min Exercise for Sciatica Relief TRY NOW**

Lesson 47 : **Top 3 Exercises for Piriformis Syndrome Pain Relief MUST TRY**

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