Mindluster Platform

About the course Neck pain Treatment Technique

Neck pain Treatment course, in this course we delve into effective strategies for managing neck pain, a common ailment affecting individuals of all ages. Participants will explore various treatment modalities, including physical therapy exercises, stretching techniques, ergonomic adjustments, and manual therapy approaches like chiropractic care or massage therapy. Additionally, we will discuss pain management options, such as medication, heat or cold therapy, and alternative therapies like acupuncture or yoga. By understanding the underlying causes and evidence-based treatments for neck pain, learners will gain valuable insights into creating comprehensive treatment plans tailored to individual needs, ultimately promoting relief and improved function in daily life.

Medical Category's Courses

Course Lesson(36)

Lesson 1 : **Try this if you have Neck Pain physiotherapy neckpaintreatment**

Lesson 2 : **Release your neck and shoulder pain coming from upper ribs An excellent home exercise**

Lesson 3 : **EASY HOME EXERCISE TO CORRECT NECK HUMP AND RELIEVE PAIN TRY THIS NOW**

Lesson 4 : **CERVICAL PAIN TREATMENT BY SCALENE MET RELEASE neckpaintreatment**

Lesson 5 : **TRAPEZIUS PAIN TIGHTNESS TREATMENT BY MET shorts**

Lesson 6 :
UPPER TRAPEZIUS FUNCTIONAL RELEASE TECHNIQUE FOR NECK AND UPPER BACK PAIN

Lesson 7 :
NECK PAIN CERVICOGENIC HEADACHES TREATMENT BY STERNO CLEIDO MASTOID FUNCTIONAL RELEASE TECHNIQUE

Lesson 8 :
NECK ARM PAIN TREATMENT BY 4 LEVELS OF TENSIONER EXERCISES NEURODYNAMICS TREATMENT APPROACH

Lesson 9 :
CERVICAL RADICULOPATHY TREATMENT STATIC OPENER SLIDER TECHNIQUE NEURODYNAMICS APPROACH

Lesson 10 :
CERVICAL RADICULOPATHY TREATMENT DYNAMIC CLOSERS PART 3 NEURODYNAMICS APPROACH

Lesson 11 :
CERVICAL RADICULOPATHY TREATMENT DYNAMIC OPENERS PART 2 NEURODYNAMICS APPROACH

Lesson 12 : **TURN AND TAP MANOEUVRE A HOME EXERCISE FOR NECK PAIN AND STIFFNESS**

Lesson 13 :
REFLEX RELEASE SCM TRIGGER POINTS IN SECONDS VERY HELPFUL IN NECK PAIN AND HEADACHE PATIENTS

Lesson 14 : **OCCIPITO MASTOID SUTURE RELEASE TECHNIQUE FOR HEADACHE PATIENTS**

Lesson 15 :

1ST RIB REFLEX RELEASE TECHNIQUE FOR THORACIC OUTLET SYNDROME NECK SHOULDER PAIN

Lesson 16 :
SPINAL MOBILIZATION WITH ARM MOVEMENT RELIEVE ARM PAIN OF CERVICAL ORIGIN

Lesson 17 :
CERVICAL TRACTION WITH MOBILIZATION BELT TECHNIQUE TREAT NECK STIFFNESS AND RADICULAR ARM PAIN

Lesson 18 :
RESCUE MANOEUVRE TO TREAT NAUSEA VOMITING BLURRY VISION AFTER NECK MOBILIZATION MANIPULATION

Lesson 19 :
MANUAL THERAPY FOR CERVICAL EXTENSION DIZZINESS C2 AXIS P A MOBILIZATION TECHNIQUE

Lesson 20 :
MANUAL THERAPY FOR CERVICAL ROTATION DIZZINESS C1 ATLAS P A MOBILIZATION TECHNIQUE

Lesson 21 : **HEADACHE TREATMENT C1 STABILIZATION WITH C2 MOBILIZATION TECHNIQUE**

Lesson 22 :
HEADACHE HOME EXERCISE ATLAS C1 PUSH AND ROTATE TECHNIQUE MOBILIZATION WITH MOVEMENT THERAPY

Lesson 23 :
KINESIO TAPING TECHNIQUE FOR CERVICAL WHIPLASH INJURY NECK SPRAIN STRAIN

Lesson 24 :
TRAPEZIUS INHIBITORY PRESSURE TECHNIQUE SOFT TISSUE MANIPULATION TO RELEASE TIGHT TRAPEZIUS

Lesson 25 : **NECK PAIN TREATMENT HEAD ON CHEST METHOD SOFT TISSUE MANIPULATION**

Lesson 26 :
KNEE ASSISTED CERVICAL TRACTION TECHNIQUE TREAT NECK PAIN WITH SOFT TISSUE MANIPULATION TECHNIQUES

Lesson 27 :
SUB OCCIPITAL SOFT TISSUE RELEASE TECHNIQUE TO TREAT NECK PAIN AND CERVICOGENIC HEADACHES

Lesson 28 :
CONTRALATERAL SOFT TISSUE TRACTION TECHNIQUE FOR NECK PAIN AND DISCOMFORT

Lesson 29 :
CERVICAL FACET LOCK ACUTE STIFF NECK HOW TO TREAT BY TRANSVERSE GLIDING TECHNIQUE

Lesson 30 :
HOW TO TREAT AN ACUTE STIFF NECK BY FACET MOBILIZATION WITH MOVEMENT TECHNIQUE

Lesson 31 : **OSCILLATORY GLIDING TECHNIQUE FOR CERVICAL SPONDYLITIS AND FACET LOCK**

Lesson 32 : **CERVICAL PIVD TREATMENT ROTATIONAL MOBILIZATION TECHNIQUE**

Lesson 33 :
CERVICAL LATERAL FLEXION MOBILIZATION MANIPULATION Mckenzie Therapy PROCEDURE 7

Lesson 34 : **MCKENZIE TREATMENT FOR NECK PAIN PROCEDURE 6 {PART 5 6}**

Lesson 35 :
MCKENZIE TREATMENT FOR NECK PAIN PROCEDURE 5 CERVICAL EXTENSION MOBILIZATION

Lesson 36 : **McKENZIE TREATMENT FOR NECK PAIN PROCEDURE 4 { PART 5 4 }**

Lesson 37 : **Mckenzie TREATMENT FOR NECK PAIN PROCEDURE 3 { PART 5 3 }**

Lesson 38 : **MCKENZIE TREATMENT FOR NECK PAIN PROCEDURE 2 {PART 5 2 }**

Lesson 39 : **MCKENZIE TREATMENT FOR NECK PAIN PROCEDURE 1 PART 5 1**

Lesson 40 :
1 MINUTE REVERSE SUPERMAN EXERCISE TO RELEIVE UPPER BACK PAIN IN LAPTOP AND MOBILE USERS

Lesson 41 :
PRONE PILLOW PRESS EXERCISE SAY GOOD BYE TO YOUR NECK AND UPPER BACK PAIN

Lesson 42 :
HOME EXERCISE FOR NECK PAIN HEADACHE CERVICAL DIZZINESS GET QUICK RELIEF BY DOING THIS

Lesson 43 : **Relieve Neck Pain Fast Effective Neck Pain Exercises You Must Try**

Lesson 44 : **QUICK DESK EXERCISE FOR NECK SHOULDER PAIN RELIEF**

Lesson 45 :
Occiput supported Neck Extension Exercise Easy home remedy for Neck and Upper Back Pain

Lesson 46 : **Magical Neck Pain and Headache Relief Try Now Manual Therapy Technique**

Lesson 47 : **UPPER CERVICAL NECK PAIN TREATMENT WITH MANUAL THERAPY TRY NOW**

Related courses

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for Business Contact
business@mindluster.com