Mindluster Platform

About the course Shoulder pain Treatment Technique

Shoulder pain Treatment course, in this course we will delve into effective strategies for addressing shoulder pain, a common complaint with various underlying causes. Participants will explore evidence-based treatment modalities, including physical therapy exercises, stretches, and strengthening routines targeting the shoulder muscles and surrounding structures. Additionally, we will discuss the role of manual therapy techniques, such as joint mobilizations and soft tissue manipulation, in relieving pain and restoring function. Pain management options, such as medications, ice or heat therapy, and corticosteroid injections, will also be examined. By understanding the multifaceted nature of shoulder pain and its treatment, learners will gain valuable insights into creating tailored treatment plans to alleviate discomfort and improve shoulder function.

Medical Category's Courses

Course Lesson(43)

Lesson 1 : **HOW TO CURE SHOULDER PAIN AT NIGHT IN FROZEN SHOULDER PATIENTS**

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

Lesson 3 :
AN EASY HOME EXERCISE TO RELIEVE YOUR SHOULDER BLADE PAIN COMING FROM RIBS GET GOOD RESULTS

Lesson 4 :
DOES YOUR SHOULDER HURT WHILE MOVING TRY A C JOINT SPRINGING MOBILIZATION TECHNIQUE

Lesson 5 :
HAND BEHIND BACK MWM TECHNIQUE GAIN INTERNAL ROTATION IN FROZEN SHOULDER PATIENTS

Lesson 6 :
SHOULDER MOBILIZATION WITH MOVEMENT P I GLIDE TO GAIN END RANGE FLEXION IN FROZEN SHOULDER

Lesson 7 :
SLEEPER STRETCH MOBILIZATION TECHNIQUE Rx SHOULDER PAIN AND STIFFNESS LOSS OF IR ER

Lesson 8 :
SHOULDER PAIN AND STIFFNESS TREATMENT BY MANUAL THERAPY GET GOOD RESULTS IN SINGLE SESSION

Lesson 9 :
TREATING FROZEN SHOULDER IMPINGEMENT SYNDROME BY SCAPULA AND G H MOBILIZATION IN 4 POINT KNEELING

Lesson 10 :
SHOULDER PAIN AND STIFFNESS TREATMENT BY 4 POINT CORRECTION 2 THERAPIST METHOD

Lesson 11 :
GLENO HUMERAL CORRECTION BY KINESIOTAPING GET GOOD RESULTS IN SHOULDER PAIN PATIENTS

Lesson 12 :

FUNCTIONAL RELEASE TECHNIQUE FOR POSTERIOR ROTATOR CUFF MUSCLES SHOULDER PAIN TREATMENT

Lesson 13 :
SUBCLAVIUS FUNCTIONAL RELEASE TECHNIQUE FOR ANT CHEST PAIN SHOULDER PAIN

Lesson 14 :
SUBSCAPULARIS FUNCTIONAL RELEASE TECHNIQUE FOR SHOULDER PAIN AND STIFFNESS

Lesson 15 :
PECTORALIS MAJOR FUNCTIONAL RELEASE TECHNIQUE FOR SHOULDER STERNUM RIB DYSFUNCTION

Lesson 16 : **HEAL SHOULDER INJURY PAIN FASTER WITH THIS ONE MINUTE HOME EXERCISE**

Lesson 17 :
ROTATOR CUFF REFLEX RELEASE TECHNIQUE GET GOOD RESULTS IN SHOULDER PAIN PATIENTS

Lesson 18 :
AC JOINT QUICK ASSESSMENT TREATMENT WITH REFLEX RELEASE TECHNIQUE SHOULDER PAIN TREATMENT

Lesson 19 :
4 POINT CORRECTION TECHNIQUE FOR FROZEN SHOULDER IMPINGEMENT SYNDROME PATIENTS

Lesson 20 :
CORACOBRACHIALIS REFLEX RELEASE TREATMENT TO IMPROVE SHOULDER INTERNAL ROTATION RANGE IN SECONDS

Lesson 21 :
1ST RIB REFLEX RELEASE TECHNIQUE FOR THORACIC OUTLET SYNDROME NECK SHOULDER PAIN

Lesson 22 :
KINESIO TAPING FOR SHOULDER IMPINGEMENT SYNDROME ROTATOR CUFF TENDONITIS

Lesson 23 :
KINESIO TAPING FOR BICIPITAL TENDONITIS TENOSYNOVITIS RELIEVE SHOULDER PAIN WITH THIS TAPING

Lesson 24 : **SCAPULO THORACIC MOBILIZATION TECHNIQUES FROZEN SHOULDER TREATMENT**

Lesson 25 : **KINESIO TAPING FOR HEMIPLEGIC SHOULDER PAIN SUBLUXATION**

Lesson 26 :
FROZEN SHOULDER TREATMENT INFERIOR SUPERIOR JOINT PLAY AND MANIPULATION TECHNIQUE

Lesson 27 :
FROZEN SHOULDER TREATMENT MEDIAL LATERAL JOINT PLAY MOBILIZATION TECHNIQUE FULCRUM METHOD

Lesson 28 :
FROZEN SHOULDER TREATMENT GAIN ABDUCTION RANGES SUPERIOR INFERIOR JOINT PLAY MANIPULATION

Lesson 29 :
FROZEN SHOULDER TREATMENT AC JOINT CIRCUMDUCTION MOBILIZATION TECHNIQUE GET BETTER RESULTS

Lesson 30 :
FROZEN SHOULDER TREATMENT RESTORING JOINT PLAY WITH FLEXION PULL MANIPULATION TECHNIQUE ï¸

Lesson 31 :
BEST WAY TO EXERCISE SERRATUS ANTERIOR IN SHOULDER IMPINGEMENT SYNDROME

Lesson 32 :

PALPATORY ASSESSMENT OF SCAPULAR OUTWARD ROTATION IN SHOULDER IMPINGEMENT SYNDROMES

Lesson 33 :
Frozen Shoulder Treatment 7 Stage Shoulder Mobilization Technique Spencer s Technique

Lesson 34 : FROZEN SHOULDER TREATMENT 3 STAGE MOBILIZATION TECHNIQUE PART 2

Lesson 35 : Frozen Shoulder Treatment Prone Shoulder Mobilization Technique

Lesson 36 :
STRAIN COUNTERSTRAIN TREATMENT FOR FROZEN SHOULDER GAINING EXTERNAL ROTATION RANGE

Lesson 37 :
MET TREATMENT FOR LATTISMUS DORSI SHOULDER PAIN STIFFNESS shorts ytshorts

Lesson 38 : Scapula Mobilization for Painful Shoulder and Upper Back

Lesson 39 : Scapular Mobilization Technique to Treat Shoulder Pain Stiffness

Lesson 40 : An Easy Way To Mobilize Sternoclavicular Joint Treat Shoulder Pain Stiffness

Lesson 41 :
7 months old Frozen Shoulder treated with Spencer s Mobilization technique in one session SHORTS

Lesson 42 :
PRONE PILLOW PRESS EXERCISE SAY GOOD BYE TO YOUR NECK AND UPPER BACK PAIN

Lesson 43 : QUICK DESK EXERCISE FOR NECK SHOULDER PAIN RELIEF

Related courses

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