Mindluster Platform

About the course Shoulder muscle pain causes and treatments

Shoulder muscle pain causes course, in this course we'll uncover the various factors contributing to shoulder muscle pain. Explore common causes such as overuse injuries, muscle strains, rotator cuff tears, and tendonitis. Learn about underlying conditions like arthritis, bursitis, and frozen shoulder syndrome. Understand how poor posture, repetitive movements, and improper lifting techniques can lead to shoulder discomfort. Gain insights into diagnostic methods and treatment options to alleviate pain and restore shoulder function. Join us to enhance your understanding of shoulder muscle pain causes and management strategies for improved musculoskeletal health.

Medical Category's Courses

Course Lesson(117)

Lesson 1 : **Why Sit Ups Are Bad Exercise to Reduce Belly Fat â€“ Exercise for Belly Fat â€“ Dr Berg**

Lesson 2 : **How to Fix a Short Leg â€“ Dr Berg**

Lesson 3 : **Intermittent Fasting Muscle Loss Growth Hormone â€“ Dr Berg**

Lesson 4 : **The Pre and Post Workout Meal Myth â€“ DO S and DON TS â€“ Dr Berg**

Lesson 5 : **Lose Arm Fat Fast Tips from Dr Berg**

Lesson 6 : **How to Get Flat Stomach in a Week â€“ Live Webinar by Dr Berg**

Lesson 7 : **How To Get Rid Of Cellulite On Thighs Buttocks â€“ Dr Berg**

Lesson 8 : **Shoulder Muscle Pain â€“ Causes and Treatments for Relief by Dr Berg**

Lesson 9 : **How to Lose Body Fat while Sleeping â€“ Webinar by Dr Berg**

Lesson 10 : **How To Do Acupressure â€“ Try Dr Berg s Effective Techniques**

Lesson 11 : **Exercise Fat Burning Formula Revealed by Dr Berg**

Lesson 12 : **Dr Berg s Upcoming Health Webinar Series**

Lesson 13 :
The OTHER Reasons Why People Can t Lose Weight â€“ Dr Berg on Weight Loss Barriers

Lesson 14 : **Vitamin K2 Benefits and Calcium Metabolism â€“ Dr Berg**

Lesson 15 : **1 Top Food to Burn your Belly Fat â€“ Dr Berg on Fat Burning Foods**

Lesson 16 : **Dr Berg s Debug Weight Loss Live Webinar**

Lesson 17 : **Stretches for Low Back Pain â€“ Dr Berg**

Lesson 18 : **Upper Back Stretches that Relieve Stiffness â€“ Dr Berg**

Lesson 19 : **How to Get Your Wife to Lose Weight FOR MEN ONLY â€“ Dr Berg**

Lesson 20 : **How To Lose Weight Without Losing Muscle â€“ Dr Berg on Weight Loss Muscle Gain**

Lesson 21 : **The Best Breathing Exercise for Sleep â€“ Dr Berg**

Lesson 22 : **Sudden Flabby Thighs Butt in Menopause and Perimenopause â€“ Dr Berg**

Lesson 23 : **Fibromyalgia Pain Relief Using Acupressure Points â€“ Dr Berg**

Lesson 24 : **Tondra Denise Turner Talks About Dr Berg s Visit**

Lesson 25 : **Adrenal Body Type Cortisol Belly Fat â€“ Dr Berg**

Lesson 26 :
The Two Fat Making Hormones Cortisol and Insulin How they Dominate all Six Fat Burning Hormones

Lesson 27 : **Dr Berg s Body Type Seminar**

Lesson 28 : **Burn 450 More Belly Fat by Workout â€“ Dr Berg**

Lesson 29 : **The Best Workout for Cellulite Dr Berg s Expert Advice**

Lesson 30 : **Dr Berg s Stress Relieving Technique for Upper Neck Tightness**

Lesson 31 : **Dr Berg s Stress Relieving Acupressure Technique for Mid back Tightness**

Lesson 32 : **Dr Berg s Stress Relieving Technique for a Stiff Neck Relief MUST TRY**

Lesson 33 : **Dr Berg Discusses Body Types Belly Fat Other Shapes**

Lesson 34 : **Stabilizing Exercises for Low Back Pelvis**

Lesson 35 : **What to do for a Tailbone Injury for Low Back Pain**

Lesson 36 : **The 2 Types of Exercise for Belly Fat**

Lesson 37 : **A Great Tool for Stress Relief**

Lesson 38 : **Exercise Fat Burning Formula Revealed by Dr Berg**

Lesson 39 : **What Boosts More Growth Hormone Dr Berg**

Lesson 40 : **How To Fix Hunchback With The Correct Stretch â€“ Dr Berg**

Lesson 41 : **The Best Stretching Exercise for Scoliosis â€“ Treatment by Dr Berg**

Lesson 42 : **No Time To Exercise TRY THIS â€“ Dr Berg**

Lesson 43 : **Get Full Exercise Benefits With This Practice**

Lesson 44 : **Increasing Muscle Mass myofibrillar hypertrophy â€“ Dr Berg**

Lesson 45 :
How Much Rest Recovery Do We Need After Workout â€“ Dr Berg on Exercise and Recovery

Lesson 46 : **Is Exercise Good or Bad for Sleep Facts Explained By Dr Berg**

Lesson 47 :
Taking Branched Chain Amino Acids BCAA On Keto Intermittent Fasting Plan While Exercising

Lesson 48 : **Do Sit Ups Really Flatten Your Belly â€“ Dr Berg**

Lesson 49 : **Weight Training vs High Intensity Cardio Workout â€“ Dr Berg s Tips**

Lesson 50 : **Exercise To Boost HGH Human Growth Hormone â€“ Dr Berg**

Lesson 51 : **Renew Protect Your Brain Cells Brain Derived Neurotrophic Factor â€“ Dr Berg**

Lesson 52 : **Is Lactic Acid Making You Sore After Workout â€“ Dr Berg**

Lesson 53 : **The Best Way to Determine Adrenal Fatigue Is How You Feel After Exercise â€“ Dr Berg**

Lesson 54 : **How to Get Rid of Lower Belly Pooch Try Reverse Sit ups â€“ Dr Berg**

Lesson 55 : **What is Creatine â€“ Dr Berg**

Lesson 56 :
Exercise Routine Muscle Confusion When to Change Your Workout Program â€“ Dr Berg

Lesson 57 : **What Happens When You Only Use Exercise for Weight Loss Dr Berg**

Lesson 58 : **What Type of Exercise Burns Fat Dr Berg on Fat Burning Exercises**

Lesson 59 : **Should I Workout While I am Fasting Dr Berg Answers**

Lesson 60 : **Does Keto Ketogenic Diet Kill Your Exercise Performance Dr Berg**

Lesson 61 : **Intermittent Fasting Exercise and Stored Sugar â€“ Dr Berg**

Lesson 62 : **Is Exercise on Keto Diet a Must for Keto Success â€“ Dr Berg**

Lesson 63 : **How to Live Longer â€“ The One Exercise That Makes You Live Longer â€“ Dr Berg**

Lesson 64 :
Should I Do Cardio for Weight Loss â€“ Dr Berg Talks About Exercise Cardio and Weight Loss

Lesson 65 : **The Big Benefits of Exercise is Not Weight Loss â€“ Dr Berg**

Lesson 66 : **How to Determine Your Recovery Level â€“ Speed Up Recovery â€“ Dr Berg**

Lesson 67 : **How to Determine Your Recovery Level â€“ Speed Up Recovery â€“ Dr Berg**

Lesson 68 : **How Much Potassium is Lost with Sweating**

Lesson 69 : **Why Do I Get Sick When I Exercise**

Lesson 70 : **The 3 Myths of Building Muscles â€“ Dr Berg Thomas DeLauer**

Lesson 71 : **The Benefits of Intermittent Hypoxic Training IHT**

Lesson 72 : **The Best Type of Exercise for Your Brain**

Lesson 73 : **Sciatica Pain Relief â€“ DO s and DON Ts Stretches â€“ Dr Berg**

Lesson 74 : **Best Exercise Tips â€“ How to Figure Out Your Perfect Exercise â€“ Dr Berg**

Lesson 75 : **The Best Time To Exercise â€“ Dr Berg**

Lesson 76 : **What is Creatine â€“ Uses Benefits Covered by Dr Berg**

Lesson 77 : **How Exercise Affects Your Immune System**

Lesson 78 : **Endurance Exercise Can Damage Your Heart**

Lesson 79 : **The Real Benefit of Rebounding Exercise**

Lesson 80 : **Best Nutrients for Runners**

Lesson 81 : **Benefits of a Long Walk for Anxiety and Depression**

Lesson 82 : **Not Motivated to Exercise Do This OKAY**

Lesson 83 : **How to Get More Discipline for Keto and Exercise**

Lesson 84 : **The Benefits of Plank Exercises**

Lesson 85 : **The Best Protein for Recovery from Exercise Stress and Trauma**

Lesson 86 : **The Best Exercise for Spondylolisthesis**

Lesson 87 : **Exercise vs Physical Work What is Better for Sleep**

Lesson 88 : **Exercise Keeps Your Brain From Shrinking as You Age**

Lesson 89 : **The Number One Best Exercise for Depression**

Lesson 90 : **The Best Exercise for Diabetes**

Lesson 91 : **Always Stretch AFTER Your Workout Not Before**

Lesson 92 : **6 Exercises for a Double Chin**

Lesson 93 : **Why Abdominal Exercises Won t Work for Belly Fat**

Lesson 94 : **Autophagy Exercise vs Fasting**

Lesson 95 : **HIIT vs Cardio Which Is Better for Your Heart**

Lesson 96 : **Why Exercise Intensity is Vital to Your Health**

Lesson 97 : **Can Pushups Help You Reduce Heart Disease**

Lesson 98 : **The Benefits of Walking**

Lesson 99 : **Best Exercise for Telomere Length**

Lesson 100 : **Exercise Won t Help You Lose Weight in Any Significant Degree**

Lesson 101 : **1 HIIT Exercise That Burns the MOST Body Fat**

Lesson 102 : **The Absolutely BEST Way to Get Rid Love Handles**

Lesson 103 : **Stop KNEE Pain in 60 Seconds GUARANTEED The ONLY Exercise You ll Ever Need**

Lesson 104 : **The REAL Benefit of Exercise is NOT Weight Loss**

Lesson 105 : **How to Fix Bunions in 3 Steps**

Lesson 106 : **STOP Sciatica Nerve and Low Back Pain FAST with 1 Stretch**

Lesson 107 : **The BEST Way to Release a Tight Psoas Muscle for Low Back Pain and Poor Posture**

Lesson 108 : **The Dangers of Exercise ex Death**

Lesson 109 : **The 1 Best Exercise Hack for Maximum Results**

Lesson 110 : **The Most Shocking Underrated Mortality Risk Factor**

Lesson 111 : **The End of Stiffness with This New Type of Stretching**

Lesson 112 : **Amazing Benefits of WALKING You Never Knew About**

Lesson 113 : **Revealing the Secret Sedentary Lifestyle 35 Chronic Diseases**

Lesson 114 : **The 1 Exercise to Lose Belly Fat Easily**

Lesson 115 : **What to Do Before During After a Workout**

Lesson 116 : **RED MEAT The Single BEST Food for Healing and Repair**

Lesson 117 : **The Huge Benefits of Just 11 Minutes of Exercise a Day Dr Berg**

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