Mindluster Platform

About the course Lower Back Pain Treatment

Lower Back Pain course, in this course we will delve into the complexities of lower back pain, exploring its causes, symptoms, and effective management strategies. From understanding the biomechanics of the spine to learning practical exercises and lifestyle modifications, participants will gain valuable insights into alleviating and preventing lower back pain. Through evidence-based approaches and expert guidance, this course aims to empower individuals to take control of their spinal health and improve their quality of life.

Medical Category's Courses

Course Lesson(231)

Lesson 1 : **Deeper Causes of Pain Inflammation â€“ Dr Berg**

Lesson 2 : **Stop the 5 Causes of Inflammation FAST â€“ Dr Berg**

Lesson 3 : **Self Massage Tool for Relaxation Deep Sleep and Neck Tightness â€“ Dr Berg**

Lesson 4 : **Right Wrist Pain Relief Carpal Tunnel Syndrome â€“ Dr Berg**

Lesson 5 : **How to Relieve Right Foot Pain â€“ Dr Berg**

Lesson 6 : **How to Fix Tennis Elbow â€“ Best Self Stretches â€“ Dr Berg**

Lesson 7 : **2 Simple Stretches Exercises to Fix Plantar Fasciitis â€“ Dr Berg**

Lesson 8 : **Chicken Soup for Arthritis Pain Relief â€“ Home Remedies by Dr Berg**

Lesson 9 : **How to Fix Knee Pain Fast â€“ REALLY WORKS â€“ Dr Berg**

Lesson 10 : **Fibromyalgia Pain Relief Using Acupressure Points â€“ Dr Berg**

Lesson 11 : **Deeper Causes of Pain Inflammation â€“ Dr Berg**

Lesson 12 : **The Real Causes of Pain Without Injury â€“ Dr Berg**

Lesson 13 : **Fibromyalgia Pain Relief Using Acupressure Points â€“ Dr Berg**

Lesson 14 : **Omega 3 and Omega 6 Fatty Acids Food Sources and Inflammation**

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