Mindluster Platform

# About the course Low Back Pain relief treatments

Low Back Pain relief treatments course, in this course we will learn about the various treatments available for relieving low back pain. Participants will explore a range of modalities including physical therapy exercises, stretching routines, hot and cold therapy, massage techniques, and ergonomic adjustments. Additionally, we will delve into the use of pain-relieving medications, injections, and alternative therapies such as acupuncture and chiropractic care. By gaining insight into these treatment options, participants will be equipped to develop comprehensive management plans tailored to individual patient needs, promoting effective pain relief and improved quality of life.

**Medical Category's Courses**

# Course Lesson(20)

Lesson 1 : **How to Use a TENS Unit for Pain Relief Ask Doctor Jo**

Lesson 2 : **How to use a TENS Unit for Lower Back Pain Relief Ask Doctor Jo**

Lesson 3 : **How to Use a TENS Unit for Neck Pain Relief Ask Doctor Jo**

Lesson 4 : **How to Use a TENS EMS Unit for Knee Pain Relief Ask Doctor Jo**

Lesson 5 : **How to Use a TENS EMS Unit for Shoulder Pain Relief Ask Doctor Jo**

Lesson 6 : **TENS Unit for Pain Management EMS for Muscle Rehab Ask Doctor Jo**

Lesson 7 : **How to Use a TENS Unit for Back Pain Ask Doctor Jo**

Lesson 8 : **How to Use a TENS Unit for Sciatic Nerve Pain Relief**

Lesson 9 : **How to use a TENS EMS Unit for Tennis Elbow Golfer s Elbow Pain Relief Ask Doctor Jo**

Lesson 10 : **How to Use a TENS Unit for Hip Pain Relief Ask Doctor Jo**

Lesson 11 : **How to Use a TENS EMS Unit for Ankle Pain Relief Ask Doctor Jo**

Lesson 12 : **How to Use a TENS EMS Unit for Pain Relief**

Lesson 13 : **How to Use a TENS Unit for Foot Pain Relief**

Lesson 14 : **iReliev Wireless TENS EMS Therapeutic Wearable System Review Ask Doctor Jo**

Lesson 15 : **5 Easy Low Back Pain Relief Treatments while Seated**

Lesson 16 : **Using a TENS EMS Unit for Knee Pain Relief**

Lesson 17 : **TENS Unit Healthmate YK15AB Review Demo Ask Doctor Jo**

Lesson 18 : **Maximum Pain Relief with Your TENS Unit**

Lesson 19 : **TENS EMS Unit Healthmate T12AB Review Demo Ask Doctor Jo**

Lesson 20 : **Dr Music 3s Wireless TENS Unit Review Demo Ask Doctor Jo**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
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