Mindluster Platform

About the course Back Pain Relief Stretches

Back Pain Relief course, in this course we will learn about various strategies and techniques for alleviating back pain. Participants will explore a range of methods including exercise routines, stretches, ergonomic adjustments, and lifestyle modifications aimed at reducing discomfort and improving overall back health. Additionally, we will delve into the use of heat and cold therapy, massage, and relaxation techniques to manage pain effectively. By understanding these approaches, participants will be empowered to develop personalized plans for back pain relief tailored to their specific needs and circumstances, promoting greater comfort and well-being.

Medical Category's Courses

Course Lesson(73)

Lesson 1 : **Shoulder Pain Relief Stretches â€“ 5 Minute Real Time Routine**

Lesson 2 : **Real Time Full Body Stretching Routine Ask Doctor Jo**

Lesson 3 : **Back Pain Relief Stretches â€“ 5 Minute Real Time Routine**

Lesson 4 : **Chest Muscle Pain Relief Ask Doctor Jo**

Lesson 5 : **Upper Back Pain Relief Ask Doctor Jo**

Lesson 6 : **Real Time Neck Pain Stretches Ask Doctor Jo**

Lesson 7 : **20 Minute Shoulder Pain Relief Routine with Real Time Stretches Exercises**

Lesson 8 : **Neck Pain Relief Stretches 5 Minute Real Time Routine**

Lesson 9 : **Knee Pain Relief Stretches â€“ 5 Minute Real Time Routine**

Lesson 10 : **Ankle Pain Relief Stretches 5 Minute Real Time Routine**

Lesson 11 : **Wrist Pain Relief Ask Doctor Jo**

Lesson 12 : **Hip Pain Relief Stretches â€“ 5 Minute Real Time Routine**

Lesson 13 : **Quad Pain Relief Ask Doctor Jo**

Lesson 14 : **20 Minute Neck Pain Relief Routine with Real Time Stretches Exercises**

Lesson 15 : **Real Time Morning Stretch Routine Ask Doctor Jo**

Lesson 16 : **Relaxing Full Body Stretching Routine for Stress Anxiety Relief Seated**

Lesson 17 : **Get Relief From Shoulder Pain With This EASY Real time Routine**

Lesson 18 : **Tight Hamstrings Relief Ask Doctor Jo**

Lesson 19 : **20 Minute Back Pain Relief Routine with Real Time Stretches Exercises**

Lesson 20 : **Knee Pain Relief Exercises Seated â€“ 5 Minute Real Time Routine**

Lesson 21 : **Real Time Knee Pain Stretches Exercises Ask Doctor Jo**

Lesson 22 : **Calf Pain Relief Ask Doctor Jo**

Lesson 23 : **Real Time Desk Exercises Stretches Ask Doctor Jo**

Lesson 24 : **Neck Stretching Exercise Routine for Beginners**

Lesson 25 : **Lower Back Pain Relief Ask Doctor Jo**

Lesson 26 : **Hip Pain Relief Exercises Seated â€“ 5 Minute Real Time Routine**

Lesson 27 : **Hip Pain Relief Ask Doctor Jo**

Lesson 28 : **Shin Splints Pain Relief Ask Doctor Jo**

Lesson 29 : **Neck Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 30 : **Neck Pain Relief Ask Doctor Jo**

Lesson 31 : **Hip Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 32 : **Got Upper Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 33 : **Relieve Knee Pain In Minutes With This EASY Follow Along Routine**

Lesson 34 : **Best Knee Pain Relief Stretch Real time Routine**

Lesson 35 : **Shoulder Stretching Exercise Routine for Beginners**

Lesson 36 : **Knee Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 37 : **Carpal Tunnel Syndrome Pain Relief Ask Doctor Jo**

Lesson 38 : **Relieve Hip Pain With This EASY Exercises Routine You Can Do At Home**

Lesson 39 : **Shoulder Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 40 : **Neck Pain Relief Exercises â€“ Real time Routine**

Lesson 41 : **Knee Stretching Exercise Routine for Beginners**

Lesson 42 : **Foot Ankle Stretching Exercise Routine for Beginners**

Lesson 43 : **Hip Stretching Exercise Routine for Beginners**

Lesson 44 : **Got Low Back Pain Try This Exercise for INSTANT Pain Relief**

Lesson 45 : **SIMPLE Standing Stretching Routine for Seniors â€“ In Real time**

Lesson 46 : **Got Low Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 47 : **Upper Body Isometric Exercise Routine for Beginners**

Lesson 48 : **Got Neck Pain Try This Stretch for INSTANT Pain Relief**

Lesson 49 : **Relieve Back Pain With This EASY Real time Routine**

Lesson 50 : **Therapeutic Yoga Routine for Beginners**

Lesson 51 : **Foot Ankle Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 52 : **Got Shoulder Pain Try This Exercise for INSTANT Pain Relief**

Lesson 53 : **Upper Body Dynamic Exercises Moderate Whole Body Wellness Challenge**

Lesson 54 : **Got Shoulder Pain Try This Stretch for INSTANT Pain Relief**

Lesson 55 : **Wrist Hand Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 56 : **Got Neck Pain Try This Exercise for Instant Pain Relief**

Lesson 57 : **Balance Exercises Moderate Whole Body Wellness Challenge**

Lesson 58 : **Best Knee Pain Relief Exercise Real time Routine**

Lesson 59 : **Easy Seated Stretches For Seniors â€“ Follow Along Routine**

Lesson 60 : **Lower Body Isometric Exercise Routine for Beginners**

Lesson 61 : **Shoulder Pain Relief Stretches Exercises in Real Time**

Lesson 62 : **Relieve Neck Pain Ask Doctor Jo**

Lesson 63 : **Got Wrist Pain Try This Stretch for INSTANT Pain Relief**

Lesson 64 : **Wrist Hand Stretching Exercise Routine for Beginners**

Lesson 65 : **Lower Body Dynamic Exercises Moderate Whole Body Wellness Challenge**

Lesson 66 : **Got Ankle Pain Try This Exercise for INSTANT Pain Relief**

Lesson 67 : **Easy Upper Back Pain Relief Exercise Real time Routine**

Lesson 68 : **Standing Exercises for Seniors â€“ Real time Routine**

Lesson 69 : **SIMPLE Seated Exercise Routine for Seniors â€“ In Real time**

Lesson 70 : **Easy Office Stretches Ask Doctor Jo**

Lesson 71 : **Got Wrist Pain Try This Exercise for INSTANT Pain Relief**

Lesson 72 : **Deep Breathing Relaxation Routine for Beginners**

Lesson 73 : **Office Stretching Routine Ask Doctor Jo**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com