Mindluster Platform

About the course Carpal Tunnel Syndrome Pain relief exercises

Carpal Tunnel Syndrome Pain relief course, in this course we will delve into effective methods for alleviating discomfort associated with Carpal Tunnel Syndrome. Participants will explore a variety of treatments including wrist splinting, ergonomic adjustments, nerve gliding exercises, and pain management techniques. Additionally, we will discuss the use of anti-inflammatory medications, corticosteroid injections, and alternative therapies such as acupuncture and yoga. By understanding these approaches, participants will be equipped to develop comprehensive management plans tailored to individual needs, promoting relief and improved function for those affected by Carpal Tunnel Syndrome.

Medical Category's Courses

Course Lesson(12)

Lesson 1 : **Chest Muscle Pain Relief Ask Doctor Jo**

Lesson 2 : **Upper Back Pain Relief Ask Doctor Jo**

Lesson 3 : **Wrist Pain Relief Ask Doctor Jo**

Lesson 4 : **Quad Pain Relief Ask Doctor Jo**

Lesson 5 : **Tight Hamstrings Relief Ask Doctor Jo**

Lesson 6 : **Calf Pain Relief Ask Doctor Jo**

Lesson 7 : **Lower Back Pain Relief Ask Doctor Jo**

Lesson 8 : **Hip Pain Relief Ask Doctor Jo**

Lesson 9 : **Shin Splints Pain Relief Ask Doctor Jo**

Lesson 10 : **Neck Pain Relief Ask Doctor Jo**

Lesson 11 : **Carpal Tunnel Syndrome Pain Relief Ask Doctor Jo**

Lesson 12 : **Relieve Neck Pain Ask Doctor Jo**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



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