Mindluster Platform

About the course Arm Pain relief exercises

Arm Pain relief exercises course, in this course we will explore various exercises designed to alleviate arm pain and discomfort. Participants will learn targeted stretches and strengthening exercises to address common causes of arm pain, such as muscle tension, overuse injuries, and nerve compression. Through a combination of gentle movements and targeted stretches, this course aims to improve flexibility, reduce inflammation, and enhance overall arm function. Whether you're experiencing pain due to repetitive strain, sports injuries, or conditions like carpal tunnel syndrome, this course provides practical strategies to alleviate discomfort and promote arm health. Join us to discover effective exercises for achieving lasting relief from arm pain.

Medical Category's Courses

Course Lesson(24)

Lesson 1 : **Nerve Glide Median Ask Doctor Jo**

Lesson 2 : **Finger Stretching Ask Doctor Jo**

Lesson 3 : **Nerve Glide Ulnar Ask Doctor Jo**

Lesson 4 : **Wrist Supination Pronation with Weight Ask Doctor Jo**

Lesson 5 : **Wrist Supination Pronation Ask Doctor Jo**

Lesson 6 : **Wrist Hand Ball Squeeze Ask Doctor Jo**

Lesson 7 : **Wrist Ulnar Radial Deviation with Elbow Flexion for Wrist Pain Ask Doctor Jo**

Lesson 8 : **Nerve Glide Radial Ask Doctor Jo**

Lesson 9 : **Arm Prayer Stretch Ask Doctor Jo**

Lesson 10 : **Wrist Extensor Stretch with Elbow Extension Ask Doctor Jo**

Lesson 11 : **Got Wrist Pain Try This Stretch for INSTANT Pain Relief**

Lesson 12 : **Wrist Extension and Flexion ROM with Elbow Flexion Ask Doctor Jo**

Lesson 13 : **Wrist Flexor Stretches with Elbow Extension Ask Doctor Jo**

Lesson 14 : **Got Wrist Pain Try This Exercise for INSTANT Pain Relief**

Lesson 15 : **Wrist Ulnar Deviation with Resistive Band Ask Doctor Jo**

Lesson 16 : **Wrist Radial Deviation with Weight Ask Doctor Jo**

Lesson 17 : **Thumb Range of Motion Ask Doctor Jo**

Lesson 18 : **Finger Strengthening with Band Ask Doctor Jo**

Lesson 19 : **Nerve Glide Basic Ask Doctor Jo**

Lesson 20 : **Wrist Extension with Weight Ask Doctor Jo**

Lesson 21 : **Towel Squeeze Ask Doctor Jo**

Lesson 22 : **Wrist Radial Deviation with Band Ask Doctor Jo**

Lesson 23 : **Wrist Flexion with a Weight Ask Doctor Jo**

Lesson 24 : **Wrist Flexion with Elbow Flexion Ask Doctor Jo**

Related courses

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for Business Contact
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