Mindluster Platform

About the course Pelvis Pain relief exercises

Pelvis Pain relief exercises course, in this course we will learn about Pelvis Pain relief exercises aimed at alleviating discomfort and promoting mobility in the pelvic region. Through a series of guided exercises and stretches, participants will explore techniques to strengthen supporting muscles, improve flexibility, and enhance posture. Whether experiencing discomfort from injury, pregnancy, or daily strain, these exercises offer targeted relief and promote overall pelvic health. Join us to discover effective strategies for managing pelvic pain and reclaiming comfort in daily activities.

Medical Category's Courses

Course Lesson(32)

Lesson 1 : **Hip Abduction in Sidelying Ask Doctor Jo**

Lesson 2 : **Standing Hip Adduction Ask Doctor Jo**

Lesson 3 : **Hip Abduction with a Resistive Band in Hooklying Ask Doctor Jo**

Lesson 4 : **Seated Hip Extension with Resistive Band Ask Doctor Jo**

Lesson 5 : **Standing Hip Extension Ask Doctor Jo**

Lesson 6 : **IT Band Stretch in Sidelying Ask Doctor Jo**

Lesson 7 : **Standing Hip Abduction Ask Doctor Jo**

Lesson 8 : **Isometric Hip Abduction in Hooklying Ask Doctor Jo**

Lesson 9 : **IT Band Stretch Supine with Strap Ask Doctor Jo**

Lesson 10 : **Seated Hip Flexion Ask Doctor Jo**

Lesson 11 : **Hip Adduction in Sidelying Ask Doctor Jo**

Lesson 12 : **Standing Hip Flexion SLR Ask Doctor Jo**

Lesson 13 : **Hip Extension in Prone Ask Doctor Jo**

Lesson 14 : **Piriformis Figure 4 Stretch Ask Doctor Jo**

Lesson 15 : **IT Band Stretch with Roll Ask Doctor Jo**

Lesson 16 : **Glute Figure 4 Stretch Ask Doctor Jo**

Lesson 17 : **IT Band Stretch with Lean Ask Doctor Jo**

Lesson 18 : **PNF Lower Extremity D1 Ask Doctor Jo**

Lesson 19 : **Standing Hip Extension with a Resistive Band Ask Doctor Jo**

Lesson 20 : **Single Leg Bridging Ask Doctor Jo**

Lesson 21 : **Hip Flexor Stretch Lunge Position Ask Doctor Jo**

Lesson 22 : **Straight Leg Raise with External Rotation Ask Doctor Jo**

Lesson 23 : **IT Band Stretch Standing Ask Doctor Jo**

Lesson 24 : **Piriformis Stretch Knee to Opposite Shoulder Ask Doctor Jo**

Lesson 25 : **Piriformis Pigeon Stretch Ask Doctor Jo**

Lesson 26 : **Standing Hip Flexion with Resistive Band Ask Doctor Jo**

Lesson 27 : **Standing Hip Abduction with Resistive Band Ask Doctor Jo**

Lesson 28 : **Standing Hip Adduction with Resistive Band Ask Doctor Jo**

Lesson 29 : **Standing 4 Way Hip with Resistive Band Ask Doctor Jo**

Lesson 30 : **Clamshell in Sidelying Exercise for the Hips Ask Doctor Jo**

Lesson 31 : **Got Hip Pain Try This Stretch for INSTANT Pain Relief**

Lesson 32 : **Relieving My Piriformis Syndrome Pain FAST**

Related courses

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