Mindluster Platform

# About the course Leg Pain relief exercises

Leg Pain relief exercises course, in this course we will learn about Leg Pain relief exercises aimed at alleviating discomfort and promoting mobility in the legs. Participants will explore a variety of stretches, strengthening exercises, and self-care techniques specifically targeting common causes of leg pain such as muscle tightness, overuse injuries, and poor circulation. Through guided instructions and demonstrations, you'll discover effective strategies to reduce pain, improve flexibility, and enhance overall leg function. Join us to unlock the potential of these exercises in managing and preventing leg pain, empowering yourself to move with greater comfort and ease.

**Medical Category's Courses**

# Course Lesson(29)

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

Lesson 2 : **Anterior Tibialis Stretch Kneeling Ask Doctor Jo**

Lesson 3 : **Hamstring Stretch in Long Sitting Ask Doctor Jo**

Lesson 4 : **Hamstring Stretch with a Strap Supine Ask Doctor Jo**

Lesson 5 : **Squats with a Chair Ask Doctor Jo**

Lesson 6 : **Seated Knee Extension LAQ Ask Doctor Jo**

Lesson 7 : **Quad Sets Ask Doctor Jo**

Lesson 8 : **Hamstring Curls Standing Ask Doctor Jo**

Lesson 9 : **Straight Leg Raise Supine Ask Doctor Jo**

Lesson 10 : **Single Leg Squat Ask Doctor Jo**

Lesson 11 : **Hamstring Sets Ask Doctor Jo**

Lesson 12 : **Calf Stretch in Long Sitting Ask Doctor Jo**

Lesson 13 : **Best Knee Pain Relief Stretch Real time Routine**

Lesson 14 : **Quad Stretch in Prone Ask Doctor Jo**

Lesson 15 : **Quad Stretch in Tall Kneeling Ask Doctor Jo**

Lesson 16 : **VMO Squats Ask Doctor Jo**

Lesson 17 : **Hamstring Curl in Prone Ask Doctor Jo**

Lesson 18 : **Patella Mobs to Increase Range of Motion Reduce Knee Pain Ask Doctor Jo**

Lesson 19 : **Best Knee Pain Relief Exercise Real time Routine**

Lesson 20 : **Active Assisted Hamstring Stretch Ask Doctor Jo**

Lesson 21 : **Quad Stretch in Sidelying Ask Doctor Jo**

Lesson 22 : **Calf Stretch Standing Runners Stretch Ask Doctor Jo**

Lesson 23 : **Anterior Tibialis Stretch with Roll Ask Doctor Jo**

Lesson 24 : **Squats Ask Doctor Jo**

Lesson 25 : **Calf Raises Single Leg on Step Ask Doctor Jo**

Lesson 26 : **Lunges Ask Doctor Jo**

Lesson 27 : **Straight Leg Raise Phase 2 Ask Doctor Jo**

Lesson 28 : **Seated Knee Props Ask Doctor Jo**

Lesson 29 : **Calf Raises on a Step Ask Doctor Jo**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
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