Mindluster Platform

About the course Hiatal Hernia treatments exercises

Hiatal Hernia treatments course, in this course we will learn about the various treatments available for Hiatal Hernia. From lifestyle changes and dietary adjustments to medications and surgical interventions, we'll explore comprehensive approaches to manage and alleviate symptoms associated with Hiatal Hernia. Join us to understand the best practices and latest advancements in treating this condition effectively.

Medical Category's Courses

Course Lesson(135)

Lesson 1 : **Vertigo Treatment with Simple Exercises BPPV Ask Doctor Jo**

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

Lesson 3 : **Easy Tinnitus Treatment Ask Doctor Jo**

Lesson 4 : **Epley Maneuver for Vertigo Ask Doctor Jo**

Lesson 5 : **Best Sleeping Position Ask Doctor Jo**

Lesson 6 : **Relieve Stress Anxiety with Simple Breathing Techniques**

Lesson 7 : **Total Body Stretch Great for Beginners Ask Doctor Jo**

Lesson 8 : **Bell s Palsy Exercises Ask Doctor Jo**

Lesson 9 : **TMJ Exercises Stretches to Relieve Jaw Pain Ask Doctor Jo**

Lesson 10 : **Chest Muscle Pain Relief Ask Doctor Jo**

Lesson 11 : **Pinched Nerve Cervical Radiculopathy Stretches Exercises Ask Doctor Jo**

Lesson 12 : **Vertigo Treatment for BPPV with Brandt Daroff Exercises Ask Doctor Jo**

Lesson 13 : **Chest Stretches for Tight or Sore Muscles Ask Doctor Jo**

Lesson 14 : **Breathing Exercises for Relaxation or COPD Ask Doctor Jo**

Lesson 15 : **5 Best Ways to Improve Your Posture Ask Doctor Jo**

Lesson 16 : **Tailbone Coccyx Pain Relief Ask Doctor Jo**

Lesson 17 : **7 Great Core Strengthening Exercises Ask Doctor Jo**

Lesson 18 : **Costochondritis Treatment Ask Doctor Jo**

Lesson 19 : **Hiatal Hernia Treatments**

Lesson 20 : **Proper Sleeping Position Tips Ask Doctor Jo**

Lesson 21 : **TMJ Pain Relief with Simple Exercises Stretches Ask Doctor Jo**

Lesson 22 : **Foam Roller Exercises to Relieve Muscle Pain Ask Doctor Jo**

Lesson 23 : **How to Use Crutches Correctly Ask Doctor Jo**

Lesson 24 : **Sports Hernia Exercises Stretches Ask Doctor Jo**

Lesson 25 : **Fall Asleep Faster with the 4 7 8 Breathing Technique**

Lesson 26 : **Improve Your Balance with Simple Exercises Ask Doctor Jo**

Lesson 27 : **Ab Stretches Ask Doctor Jo**

Lesson 28 : **Relaxing Stretches for Stiff Muscles Ask Doctor Jo**

Lesson 29 : **Gluteus Maximus Glute Strain Stretches Exercises Ask Doctor Jo**

Lesson 30 : **Get Rid of Scar Tissue Ask Doctor Jo**

Lesson 31 : **Dead Butt Syndrome aka Gluteal Amnesia Ask Doctor Jo**

Lesson 32 : **Stretches for Stress Relief**

Lesson 33 : **TENS Unit for Pain Management EMS for Muscle Rehab Ask Doctor Jo**

Lesson 34 : **Pulse Oximeter Breathing Exercises â€“ Ask Doctor Jo**

Lesson 35 : **Getting Up From the Floor Safely Ask Doctor Jo**

Lesson 36 : **Osteoporosis Exercises Ask Doctor Jo**

Lesson 37 : **Relieve Stress Anxiety with Relaxing Stretches**

Lesson 38 : **Balance Coordination Exercises Ask Doctor Jo**

Lesson 39 : **Vertigo Balance Exercises Ask Doctor Jo**

Lesson 40 : **Real Time Morning Stretch Routine Ask Doctor Jo**

Lesson 41 : **When Why How to Use a Walking Cane or Quad Cane Ask Doctor Jo**

Lesson 42 : **Improve Posture with 5 Easy Exercises Ask Doctor Jo**

Lesson 43 : **Fibromyalgia Pain Relief Stretches Ask Doctor Jo**

Lesson 44 : **5 Pressure Points for Pain Relief Ask Doctor Jo**

Lesson 45 : **Relaxing Full Body Stretching Routine for Stress Anxiety Relief Seated**

Lesson 46 : **Dynamic Stretching Warm Up Routine**

Lesson 47 : **Tailbone Pain Relief with Easy Stretches**

Lesson 48 : **10 Best Balance Exercises Basic Ask Doctor Jo**

Lesson 49 : **Getting Up Off the Floor Correctly Ask Doctor Jo**

Lesson 50 : **5 Best Gluteus Strengthening Exercises Ask Doctor Jo**

Lesson 51 : **7 Best Headache Relief Treatments Ask Doctor Jo**

Lesson 52 : **Safe Lifting of Heavy Objects Ask Doctor Jo**

Lesson 53 : **How to Use a Walker on Stairs Ask Doctor Jo**

Lesson 54 : **Trigger Point Myofascial Release with Balls Ask Doctor Jo**

Lesson 55 : **Using Cupping Therapy to Relieve Pain**

Lesson 56 : **How to Use a Walker Correctly Ask Doctor Jo**

Lesson 57 : **Standing Up From a Chair or Seated Position Ask Doctor Jo**

Lesson 58 : **Cervical Vertigo Relief Stretches Exercises**

Lesson 59 : **10 Best Balance Exercises Advanced Ask Doctor Jo**

Lesson 60 : **Vertigo Treatment Gaze Stabilization Exercises Ask Doctor Jo**

Lesson 61 : **Using a Muscle Roller Stick to Relieve Tight or Sore Muscles Ask Doctor Jo**

Lesson 62 : **Real Time Desk Exercises Stretches Ask Doctor Jo**

Lesson 63 : **Using Far Infrared Heat for Pain Relief Ask Doctor Jo**

Lesson 64 : **Swiss Ball Exercises for Beginners Ask Doctor Jo**

Lesson 65 : **Don t Crack Your Knuckles Try these Finger Exercises Stretches Instead**

Lesson 66 : **Sit to Stand with a Walker Ask Doctor Jo**

Lesson 67 : **Gluteus Medius Exercises for Beginners**

Lesson 68 : **How to Use a Cane Ask Doctor Jo**

Lesson 69 : **Stability Disc Exercises Ask Doctor Jo**

Lesson 70 : **Nerve Pain Desensitization Techniques Ask Doctor Jo**

Lesson 71 : **Best Bedtime Stretches Ask Doctor Jo**

Lesson 72 : **Butt Exercises Gluteus Maximus Ask Doctor Jo**

Lesson 73 : **What is Light Therapy Does it Help**

Lesson 74 : **Using a Cane on Stairs Ask Doctor Jo**

Lesson 75 : **Dog Knee Stretches After CCL Surgery Ask Doctor Jo**

Lesson 76 : **Trigger Point Release Ask Doctor Jo**

Lesson 77 : **Relieve GERD or Acid Reflux with Stretches Exercises**

Lesson 78 : **Improve Posture with a Whole Body Approach**

Lesson 79 : **Using Crutches on Stairs Ask Doctor Jo**

Lesson 80 : **Which Massage Gun Head Attachment Should You Use**

Lesson 81 : **Fall Prevention Exercises Ask Doctor Jo**

Lesson 82 : **Ice or Heat What s The BEST Way To Treat Injuries**

Lesson 83 : **Relieve Stress Anxiety at Work**

Lesson 84 : **Bedtime Yoga Routine for Better Sleep Therapeutic Yoga**

Lesson 85 : **Yoga for Stress Anxiety Relief Therapeutic Yoga**

Lesson 86 : **The Best Way To Sleep If You re A Side Sleeper**

Lesson 87 : **Joint Pain Relief Cardio Using a Recumbent Cross Trainer**

Lesson 88 : **How To Improve Your Posture FAST**

Lesson 89 : **Relieve Stress Anxiety with Wearable Technology**

Lesson 90 : **SIMPLE Standing Stretching Routine for Seniors â€“ In Real time**

Lesson 91 : **Relieve Sitting Pain Improve Sitting Posture with a Seat Cushion**

Lesson 92 : **Upper Body Isometric Exercise Routine for Beginners**

Lesson 93 : **Soothe Your Sore Muscles Joints With These RELAXING Stretches**

Lesson 94 : **5 Best Treatments for Chronic Pain Relief Ask Doctor Jo**

Lesson 95 : **Therapeutic Yoga Routine for Beginners**

Lesson 96 : **Exercise Ball Basics**

Lesson 97 : **Pelvic Floor Exercises that Really Work**

Lesson 98 : **Muscle Scraping for Pain Relief Recovery â€“ Gua Sha**

Lesson 99 : **Relieve Stress Anxiety FAST with Cyclic Sighing**

Lesson 100 : **Swiss Ball Exercises Moderate Ask Doctor Jo**

Lesson 101 :
How Many Reps How Many Sets How Frequently Should I do Physical Therapy Exercises

Lesson 102 : **Upper Body Dynamic Exercises Moderate Whole Body Wellness Challenge**

Lesson 103 : **Balance Exercises Moderate Whole Body Wellness Challenge**

Lesson 104 : **7 Easy Ways to Improve Posture at Your Desk Ask Doctor Jo**

Lesson 105 : **Working From Home Online School Pain Relief Stretches Exercises**

Lesson 106 : **Easy Seated Stretches For Seniors â€“ Follow Along Routine**

Lesson 107 : **Using Crutches or a Cane on Stairs Ask Doctor Jo**

Lesson 108 : **Try THIS to Relieve Chest Pain Fast**

Lesson 109 : **Physical Therapy Yoga Poses Ask Doctor Jo**

Lesson 110 : **Golf Stretches Exercises for Flexibility Ask Doctor Jo**

Lesson 111 : **Easy Tension Headache Relief**

Lesson 112 : **Lower Body Isometric Exercise Routine for Beginners**

Lesson 113 : **Hypertension Help Can Isometric Exercises Lower Blood Pressure**

Lesson 114 : **5 Simple Stress Anxiety Relief Tips Ask Doctor Jo**

Lesson 115 : **Improve Your Posture Ask Doctor Jo**

Lesson 116 : **Massage for Pain Relief Ask Doctor Jo**

Lesson 117 : **Deep Breathing Relaxation Exercises Moderate Whole Body Wellness Challenge**

Lesson 118 : **Struggling To Sleep Try These Relaxing Bedtime Stretches**

Lesson 119 : **Posture Perfect Tips to Reduce Back Neck Pain While Sitting**

Lesson 120 : **Mattress Buying Guide â€“ 5 Tips For Finding the Perfect Mattress**

Lesson 121 : **Standing Exercises for Seniors â€“ Real time Routine**

Lesson 122 : **3 Easy Desk Exercises You Can Do At Work**

Lesson 123 : **SIMPLE Seated Exercise Routine for Seniors â€“ In Real time**

Lesson 124 : **Breathe Easy Simple Exercises for Improved Breathing**

Lesson 125 : **Swiss Ball Exercises Advanced Ask Doctor Jo**

Lesson 126 : **7 Best Advanced Balance Exercises Ask Doctor Jo**

Lesson 127 : **Stop Groin Pain Effective Tips for Fast Relief**

Lesson 128 : **Deep Breathing Relaxation Routine for Beginners**

Lesson 129 : **Wellness Challenges for Fitness and More**

Lesson 130 : **Sit Down And Stand Up From A Chair Safely Without Plopping Down**

Lesson 131 : **Improving Your Gait Why It s Important**

Lesson 132 : **Squatting Safely for Everyday Activities**

Lesson 133 : **Stress Anxiety Relief with Yoga Ask Doctor Jo**

Lesson 134 : **ActivMotion Bar Advanced Core Exercises Ask Doctor Jo**

Lesson 135 : **Surgery Injury Recovery Tips Ask Doctor Jo**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com