Mindluster Platform

# About the course Peripheral Neuropathy relief in the feet

Peripheral Neuropathy relief course, in this course we will learn about effective strategies for relieving the symptoms of peripheral neuropathy. From medications and physical therapy to alternative therapies such as acupuncture and dietary changes, participants will explore various approaches to manage pain, tingling, and numbness associated with this condition. Join us to discover practical techniques and lifestyle adjustments to improve quality of life for those affected by peripheral neuropathy.

**Medical Category's Courses**

# Course Lesson(36)

Lesson 1 : **Peripheral Neuropathy Relief in the Feet Legs Ask Doctor Jo**

Lesson 2 : **Plantar Fasciitis Stretches Exercises Ask Doctor Jo**

Lesson 3 : **Ankle Strengthening Exercises Stretches Ask Doctor Jo**

Lesson 4 : **Reduce Feet Ankle Swelling Ask Doctor Jo**

Lesson 5 : **Lateral Sprained Ankle Stretches Exercises Ask Doctor Jo**

Lesson 6 : **Ankle Pain Relief Stretches 5 Minute Real Time Routine**

Lesson 7 : **Plantar Fasciitis Treatment with Massage Stretches Exercises Ask Doctor Jo**

Lesson 8 : **Achilles Tendon Stretches Ask Doctor Jo**

Lesson 9 : **Peroneal Tendonitis Stretches Exercises â€“ Ask Doctor Jo**

Lesson 10 : **Achilles Tendon Rupture Stretches Exercises Ask Doctor Jo**

Lesson 11 : **Ankle Impingement Stretches Exercises for Pain Relief Ask Doctor Jo**

Lesson 12 : **Posterior Tibial Tendonitis Stretches Exercises Ask Doctor Jo**

Lesson 13 : **Wrapping a Sprained Ankle Ask Doctor Jo**

Lesson 14 : **Ankle Fracture Stretches Exercises Ask Doctor Jo**

Lesson 15 :
**Top 5 Ways to Relieve Peripheral Neuropathy Foot Pain Other Foot Ailments Ask Doctor Jo**

Lesson 16 : **Tarsal Tunnel Syndrome Stretches Exercises Ask Doctor Jo**

Lesson 17 : **Stop Toe Cramps Foot Cramps Ask Doctor Jo**

Lesson 18 : **Turf Toe Stretches Exercises Ask Doctor Jo**

Lesson 19 : **Achilles Tendinopathy Stretches Exercises Ask Doctor Jo**

Lesson 20 : **How to Use a TENS EMS Unit for Ankle Pain Relief Ask Doctor Jo**

Lesson 21 : **Relieve Peripheral Neuropathy in the Feet Legs**

Lesson 22 : **How to Use a TENS Unit for Foot Pain Relief**

Lesson 23 : **Easy Heel Pain Relief**

Lesson 24 : **Balance Exercises for Fall Prevention Ask Doctor Jo**

Lesson 25 : **Plantar Fasciitis Pain Relief Treatments Ask Doctor Jo**

Lesson 26 : **Plantar Fasciitis Pain Relief with Whole Body Exercises Ask Doctor Jo**

Lesson 27 : **Foot Ankle Stretching Exercise Routine for Beginners**

Lesson 28 : **Foot Pain Stretches Exercises with The OH Ball Ask Doctor Jo**

Lesson 29 : **The BEST Plantar Fasciitis Pain Relief Stretches**

Lesson 30 : **Foot Ankle Stretches Exercises Moderate Whole Body Wellness Challenge**

Lesson 31 : **Sprained Ankle Treatments Ask Doctor Jo**

Lesson 32 : **Easy Exercises To Relieve Ankle Pain FAST**

Lesson 33 : **Got Ankle Pain Try This Exercise for INSTANT Pain Relief**

Lesson 34 : **Got Plantar Fasciitis Try THIS to Relieve Pain Fast**

Lesson 35 : **Got Pickleball Ankle Pain Watch This**

Lesson 36 : **Got Sesamoiditis in Your Big Toe Try These Exercises for Fast Pain Relief**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
business@mindluster.com