Mindluster Platform

About the course Rhomboid Muscle Pain exercises

Rhomboid Muscle Pain course, inn this course delves into understanding and addressing discomfort associated with the rhomboid muscles. Rhomboid muscle pain is a common ailment often caused by poor posture, overuse, or muscle strain. Throughout this course, we will explore the anatomy of the rhomboid muscles, common causes of pain, and effective strategies for relief. You'll learn practical stretches, exercises, and self-care techniques tailored to alleviate rhomboid muscle pain and improve overall comfort and mobility. Whether you're an athlete, office worker, or anyone experiencing discomfort in the upper back, this course equips you with valuable knowledge and tools to manage and prevent rhomboid muscle pain effectively.

Medical Category's Courses

Course Lesson(78)

Lesson 1 : **Back Pain Relief Exercises Stretches Ask Doctor Jo**

Lesson 2 : **How to Crack Your Back Ask Doctor Jo**

Lesson 3 : **5 Ways To Crack Your Back Ask Doctor Jo**

Lesson 4 : **5 Best Pregnancy Lower Back Pain Relief Exercises Ask Doctor Jo**

Lesson 5 : **Back Pain Relief Stretches â€“ 5 Minute Real Time Routine**

Lesson 6 : **Back Pain Relief with Extension Rotation Stretches Ask Doctor Jo**

Lesson 7 : **Top 5 Lumbar Spinal Stenosis Exercises Stretches Ask Doctor Jo**

Lesson 8 : **Herniated Disc Exercises Stretches Ask Doctor Jo**

Lesson 9 : **Upper Back Pain Relief Ask Doctor Jo**

Lesson 10 : **10 Best Lower Back Stretches for Low Back Pain Relief Ask Doctor Jo**

Lesson 11 : **5 Back Pain Relief Stretches You Can Do In Bed**

Lesson 12 : **7 Stiff Back Stretches Ask Doctor Jo**

Lesson 13 : **10 Best Scoliosis Exercises Ask Doctor Jo**

Lesson 14 : **10 Best Lower Back Exercises to Relieve Low Back Pain Ask Doctor Jo**

Lesson 15 : **Upper Back Pain Exercises Stretches Ask Doctor Jo**

Lesson 16 : **10 Best Scoliosis Stretches Ask Doctor Jo**

Lesson 17 : **Ankylosing Spondylitis Stretches Exercises Ask Doctor Jo**

Lesson 18 : **Top 5 QL Stretches Quadratus Lumborum Ask Doctor Jo**

Lesson 19 : **Rhomboid Muscle Pain Stretches Ask Doctor Jo**

Lesson 20 : **Spondylolisthesis Exercises Stretches for Back Pain Ask Doctor Jo**

Lesson 21 : **How to use a TENS Unit for Lower Back Pain Relief Ask Doctor Jo**

Lesson 22 : **Swiss Ball Core Back Strengthening Exercises Basic Ask Doctor Jo**

Lesson 23 : **Seated Back Pain Relief Stretches**

Lesson 24 : **Back Pain Core Back Strengthening Exercises Ask Doctor Jo**

Lesson 25 : **Degenerative Disc Disease DDD Stretches Exercises Ask Doctor Jo**

Lesson 26 : **Erector Spinae Muscles Stretches Ask Doctor Jo**

Lesson 27 : **Facet Joint Syndrome Stretches Exercises Ask Doctor Jo**

Lesson 28 : **Lat Stretches Exercises Latissimus dorsi Ask Doctor Jo**

Lesson 29 : **Get Mid Back Pain Relief With These 3 EASY Stretches**

Lesson 30 : **Back Pain Relief Stretches Exercises**

Lesson 31 : **Osteoarthritis Back Pain Stretches Exercises Ask Doctor Jo**

Lesson 32 : **How to Use a TENS Unit for Back Pain Ask Doctor Jo**

Lesson 33 : **Quadratus Lumborum QL Stretches Ask Doctor Jo**

Lesson 34 : **Lower Back Pain Back Flexion Stretches Ask Doctor Jo**

Lesson 35 : **20 Minute Back Pain Relief Routine with Real Time Stretches Exercises**

Lesson 36 : **Exercise Ball for Core Back Strengthening Advanced Ask Doctor Jo**

Lesson 37 : **Don t Crack Your Back Try these Back Exercises Stretches Instead**

Lesson 38 : **Mid Back Stretches Exercises for Pain Relief**

Lesson 39 : **Exercise Ball Core and Back Strengthening Exercises Moderate Ask Doctor Jo**

Lesson 40 : **Spinal Stenosis Stretches Ask Doctor Jo**

Lesson 41 : **Relieve Upper Back Pain from Trigger Points Muscle Knots**

Lesson 42 : **Lower Back Pain Exercises Traction Ask Doctor Jo**

Lesson 43 : **Top 3 Mid Back Pain Relief Exercises**

Lesson 44 : **Yoga for Back Pain Relief Therapeutic Yoga**

Lesson 45 : **5 Easy Ways to Relieve Sore Back Muscles**

Lesson 46 : **Lower Back Pain Relief Ask Doctor Jo**

Lesson 47 : **3 EASY Stretches For Lower Back Pain Relief**

Lesson 48 : **Back Pain Relief Stretches Exercises Ask Doctor Jo**

Lesson 49 : **Back Pain Relief Exercises Ask Doctor Jo**

Lesson 50 : **Thoracic Back Exercises Stretches Ys Ts Ws and Is Ask Doctor Jo**

Lesson 51 : **How to Get Out of Bed Without Back Stress Ask Doctor Jo**

Lesson 52 : **Back Pain Relief with Core Exercises**

Lesson 53 : **10 Best Back Pain Relief Exercises Stretches Basic Ask Doctor Jo**

Lesson 54 : **Scoliosis Exercises Postural Ask Doctor Jo**

Lesson 55 : **7 Ways to Relieve Back Pain Ask Doctor Jo**

Lesson 56 : **5 Easy Low Back Pain Relief Treatments while Seated**

Lesson 57 : **5 Best Back Pain Relief Treatments Ask Doctor Jo**

Lesson 58 : **Stop Morning Back Pain 3 SIMPLE Stretches You Can Do In Bed**

Lesson 59 : **Relieve Lower Back Pain With Simple Core Exercises**

Lesson 60 : **Got Spinal Stenosis Check Out These Stretches For QUICK Pain Relief**

Lesson 61 : **10 Best Back Pain Relief Exercises Advanced Ask Doctor Jo**

Lesson 62 : **Quick and EASY Lower Back Pain Relief Stretches**

Lesson 63 : **Got Upper Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 64 : **Kyphosis or Dowager s Hump Stretches Exercises Ask Doctor Jo**

Lesson 65 : **Soothe Your Sore Back Gentle Stretches for Pain Relief**

Lesson 66 : **Got Low Back Pain Try This Exercise for INSTANT Pain Relief**

Lesson 67 : **Relieve Low Back Pain Fast 3 Exercises You Can Do at Home**

Lesson 68 : **Got Low Back Pain Try This Stretch for INSTANT Pain Relief**

Lesson 69 : **Relieve Back Pain With This EASY Real time Routine**

Lesson 70 : **5 Achy Back Pain Relief Stretches**

Lesson 71 : **Herniated Disc Help Quick Tips for Fast Pain Relief**

Lesson 72 : **Easy Upper Back Pain Relief Exercise Real time Routine**

Lesson 73 : **Snooze Smarter Back Sleeper s Guide to Better Sleep**

Lesson 74 : **Relieve Back Pain Fatigue at Your Desk Ask Doctor Jo**

Lesson 75 : **5 General Back Pain Relief Treatments Ask Doctor Jo**

Lesson 76 : **Relieve SI Joint Pain Try These 3 Simple Exercises**

Lesson 77 : **Got Pickleball Back Pain Watch This**

Lesson 78 : **Lower Back Core Exercises with the Miracle Back Pillow Ask Doctor Jo**

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