Mindluster Platform

About the course Back pain causes and treatment

Back pain causes course in hindi, in this course explores the myriad factors contributing to this prevalent condition. Participants delve into various etiological factors such as poor posture, muscle strain, spinal abnormalities, disc degeneration, and underlying medical conditions. Gain insights into the biomechanics of the spine, risk factors, and lifestyle factors that predispose individuals to back pain. Understanding these causes empowers healthcare professionals to implement preventive strategies and optimize management approaches for back pain effectively.

Medical Category's Courses

Course Lesson(52)

Lesson 1 : **Is Wearing Heels Harmful For Joints Dr Manabendra Nath Basu Mallick**

Lesson 2 : **How Serious is a Slipped Disc in Adults Dr Prashant Baid**

Lesson 3 : **Swollen Ankles Feet Causes and Cure Dr S K Sahoo Apollo 24 7**

Lesson 4 : **5 Home Remedies for Knee Pain Dr Rahul Gupta**

Lesson 5 :
Back Pain at Workplace in Hindi à¤•à¤¾à¤°à¥à¤¯à¤¸à¥à¤¥à¤² à¤ªà¤° à¤ªà¥€à¤ à¤¦à¤°à¥à¤¦ Dr Rahul Gupta

Lesson 6 :
Budhape Me Paero Ka Dard à¤¬à¥à¤¢à¤¾à¤ªà¥‡ à¤®à¥‡à¤‚ à¤ªà¥ˆà¤°à¥‹à¤‚ à¤®à¥‡à¤‚ à¤¦à¤°à¥à¤¦ à¤•à¤¾ à¤•à¤¾à¤°à¤£ Dr Nihar Ranjan Apollo 24 7

Lesson 7 :
Zyada Der Baithne Se Paero Me Dard à¤ªà¥ˆà¤° à¤¦à¤°à¥à¤¦ à¤•à¥‡ à¤•à¤¾à¤°à¤£ Dr Nihar Ranjan Apollo 24 7

Lesson 8 : **Did You Know About COVID Hip in Telugu Dr Prabhat Reddy Lakki Reddi**

Lesson 9 :
Fail Proof ACL Reconstruction in Telugu à°ªà±à°°à°¤à°¿à°¦à±€ ACL à°ªà±à°¨à°°à±à°¨à°¿à°°à±à°®à°¾à°£à°, Dr Prabhat Reddy Lakki Reddi

Lesson 10 : **Alternate Therapy To Knee Replacement in Telugu Dr Prabhat Reddy Lakki Reddi**

Lesson 11 : **How to Live Comfortably With Flat Foot Dr Kaushik Reddy**

Lesson 12 : **Learn What Your Shoulder Pain is About Dr Kaushik Reddy**

Lesson 13 : **Back Pain Causes Treatment Dr S Madan Reddy Apollo 24 7**

Lesson 14 : **Delaying Your ACL Surgery Dr Kaushik Reddy**

Lesson 15 : **Busting Myths Around Knee Replacement Surgery Dr K P Kosygan**

Lesson 16 : **When Do You Need a Joint Replacement Surgery Dr K P Kosygan**

Lesson 17 : **Signs You Should Go See An Orthopaedician**

Lesson 18 : **Advice Before Getting a Joint Replacement Surgery Dr Vijay Kishore Kondreddy**

Lesson 19 : **When do I Need a Spinal Surgery Dr Imtiaz Ghani**

Lesson 20 : **6 Ways to Build Strong Bones After 50 Dr Vijay Kishore Kondreddy**

Lesson 21 : **Busting Myths on Spinal Surgery With Dr Imtiaz Ghani**

Lesson 22 : **5 Tips to Prevent Sports Injury Dr Madhan Thiruvengada**

Lesson 23 : **Myths About Joint Pain Arthritis Dr Padmanabhan R**

Lesson 24 : **Is It True More Calcium Means Stronger Bones Dr Arun Kannan**

Lesson 25 : **Pain Relief Balms Do They Work Dr Padmanabhan R**

Lesson 26 : **Common Symptoms of Knee Arthritis Dr Arun Kannan**

Lesson 27 : **Types of Spinal Disorders Dr Imtiaz Ghani**

Lesson 28 : **What s A Sports Injury Dr Senthil Kumar Durai**

Lesson 29 : **Tips To Improve Stamina for Cricketers Dr Praveen Kumar K L**

Lesson 30 : **Tips for Elite Football Players Dr Praveen Kumar K L**

Lesson 31 : **How to Manage Cricket Injuries Dr Praveen Kumar K L**

Lesson 32 : **How to Recover Faster After Joint Replacement Surgery Dr K P Kosygan**

Lesson 33 : **Bone Health Tips to Keep Your Bones Healthy Dr Senthil Kumar Durai**

Lesson 34 : **What Is Sports Medicine Dr Praveen Kumar K L**

Lesson 35 : **What Are the Different Types of Fractures Dr Narendar Dasaraju**

Lesson 36 : **Fix for Herniated Disk Dr Saurabh Rawall**

Lesson 37 : **Knee Exercises to Do After Your Joint Replacement Surgery Dr K P Kosygan**

Lesson 38 : **Can Exercise Prevent Diabetes Dr Madhan Thiruvengada**

Lesson 39 : **Can a Knee Ligament Tear Heal Itself Dr Vijay Kishore Kondreddy**

Lesson 40 : **What Is Fast Track Knee Replacement Surgery Dr Madhan Thiruvengada**

Lesson 41 : **How to Maintain Spinal Health in Children Dr Imtiaz Ghani**

Lesson 42 : **Is ACL Injury Serious Dr Arun Kannan**

Lesson 43 : **What is the Main Cause of Rheumatoid Arthritis Dr Padmanabhan R**

Lesson 44 : **Avascular Necrosis AVN Causes Treatment In Hindi Dr Amit Kumar Agarwal**

Lesson 45 : **What is Ergonomic Back Pain Dr Imtiaz Ghani**

Lesson 46 : **Common Reasons of Knee Pain Without Injury Dr Arun Kannan**

Lesson 47 : **Knee Osteoarthritis Cause Treatment Prevention In Hindi Dr Amit Kumar Agarwal**

Lesson 48 : **What Happens If I Stand for Longer Hours Dr Prashant Baid**

Lesson 49 : **Vector borne Diseases in India Dr Shashikant Nigam**

Lesson 50 : **Vitamin D Deficiency Symptoms Tests Hindi Dr Rakesh Kumar Apollo 24 7**

Lesson 51 :
à¤¨à¤¸ à¤ªà¤° à¤¨à¤¸ à¤•à¥à¤¯à¤¾ à¤šà¤¢à¤¼à¤¨à¥€ à¤¹à¥ˆ Nas Chadhne Ka Ilaj Dr Ashish Goyal Apollo 24 7

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com