

Dr. Swapnil Kumar Barasker,

MBBS, MD, PDCC (Pain Medicine, SGPGIMS, Lucknow), FIAPM (Pain Medicine, IAPM, India),

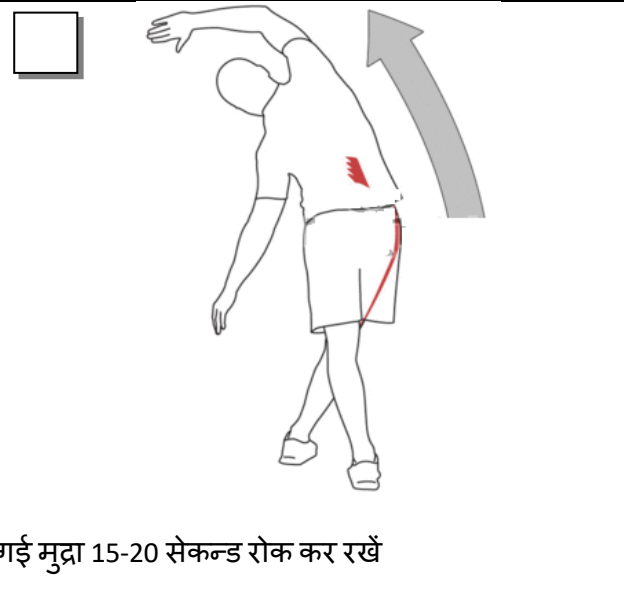
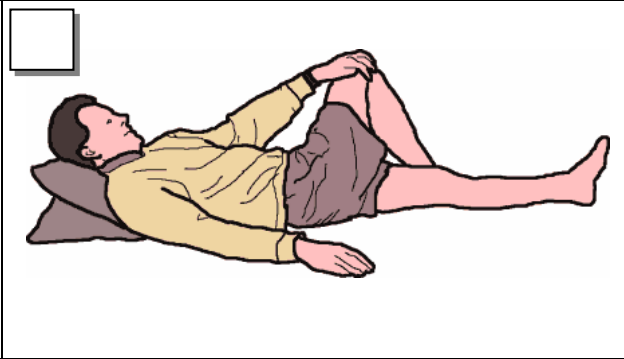
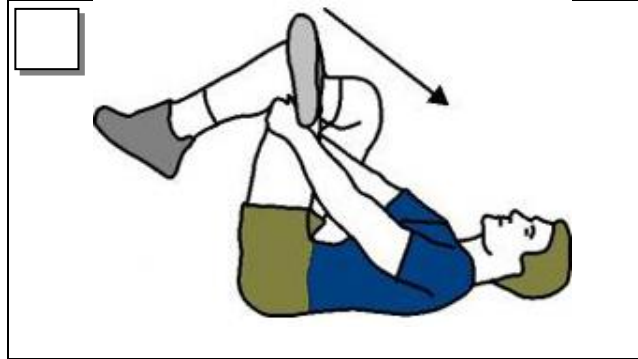
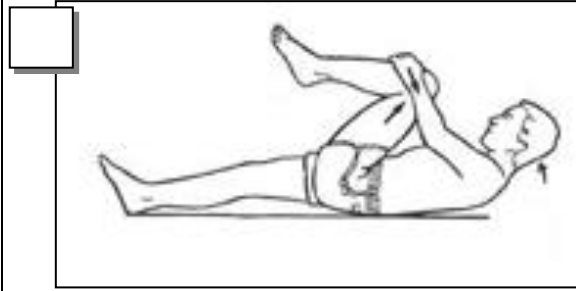
Chaitaniya clinic, 211-212, Zodiac Mall, Opposite Agarwal Public School, Indore

Contact No. 9109951245

Apply prescribed gel prior to exercise

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LOW BACK STRETCHING EXERCISES



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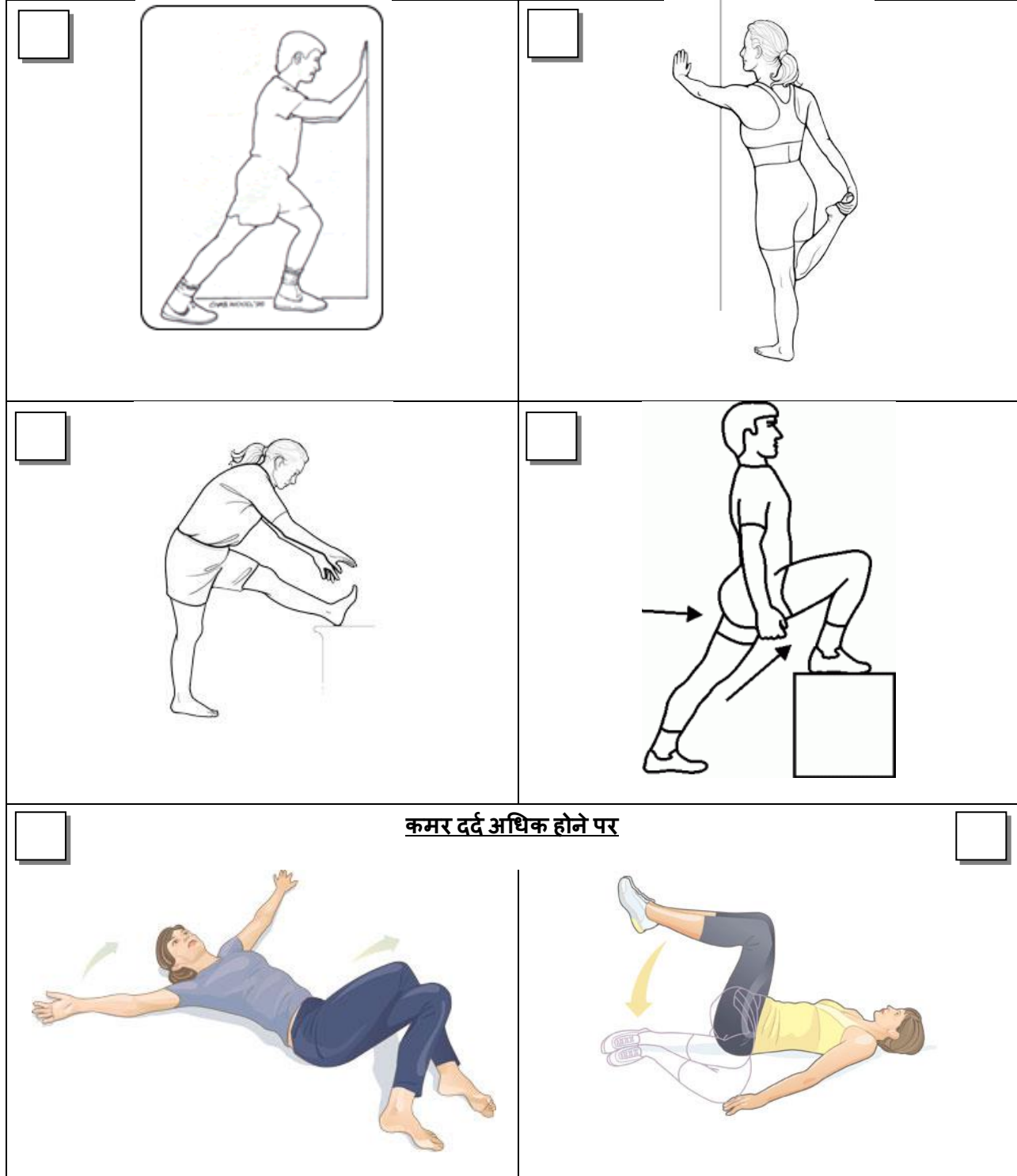
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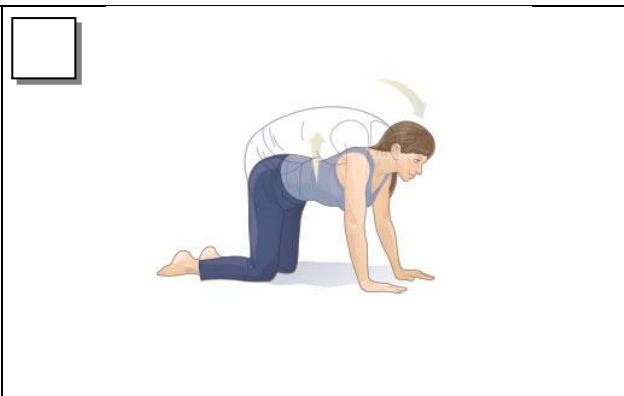
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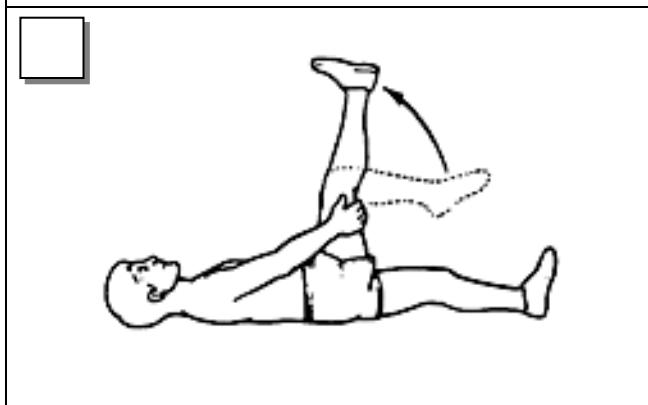
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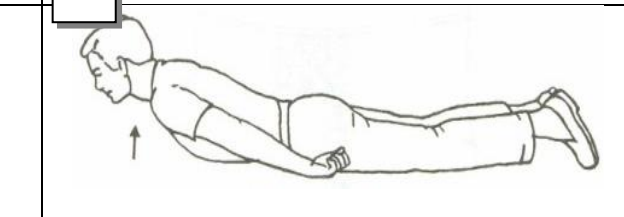
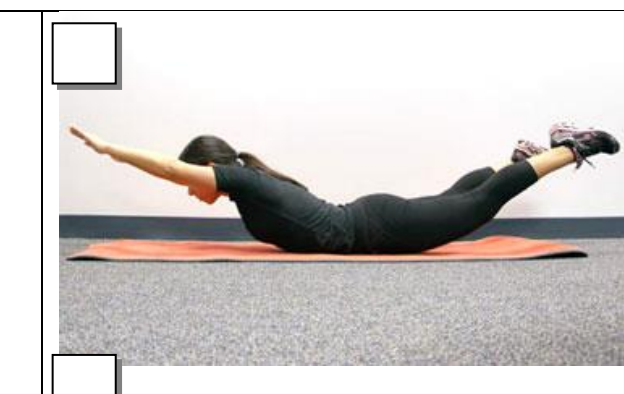
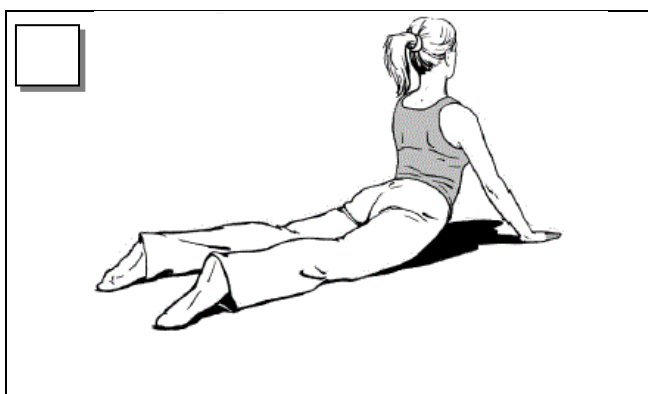


NEURAL FLOSSING EXERCISES



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LOW BACK STRENGTHENING EXERCISES



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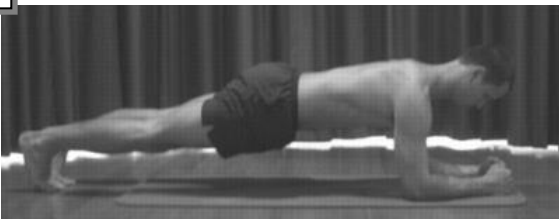
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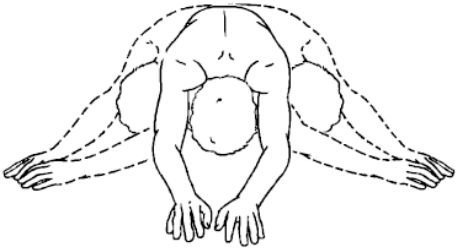
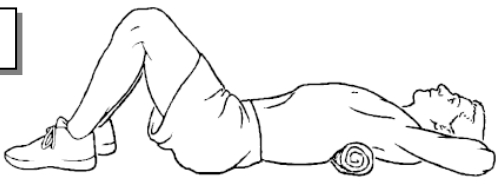

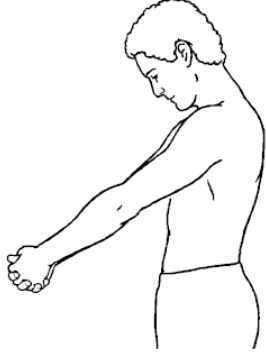
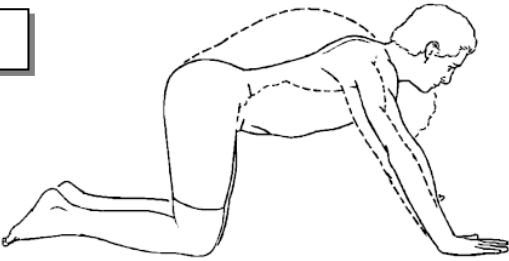
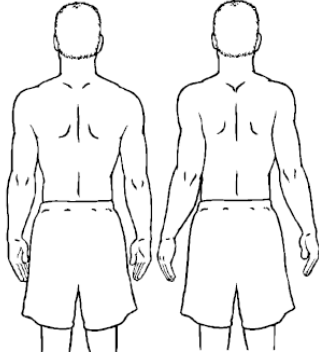


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EXERCISES FOR MID BACK PAIN

	
	
	
	
<p>पीठ के नीचे गोल तकिया लगाकर पीठ को ऊपर-नीचे खिसकायें</p>	

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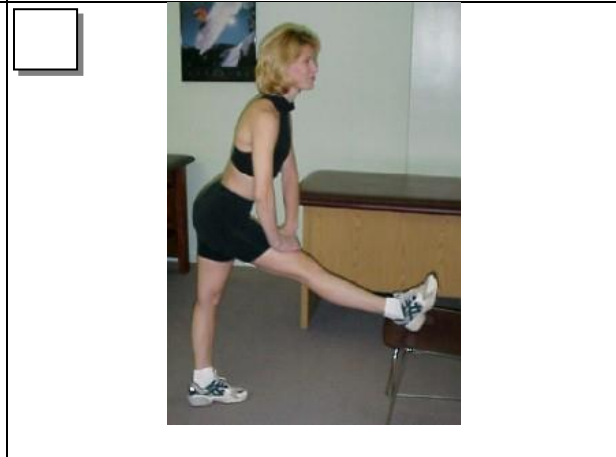
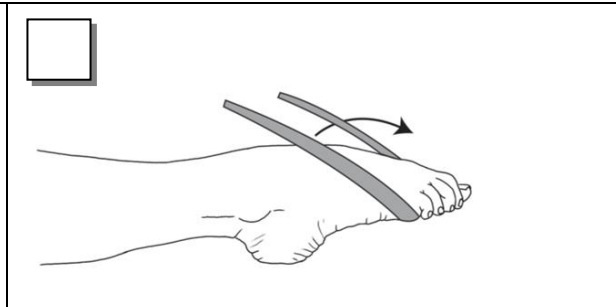
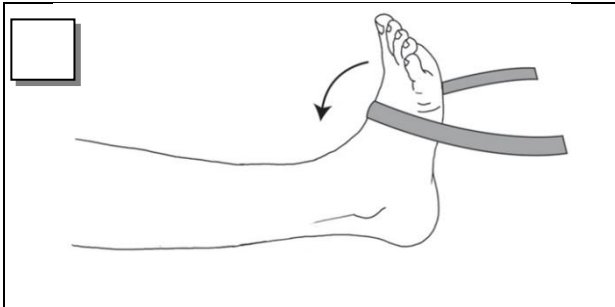
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EXERCISES FOR PLANTAR FASCITIS



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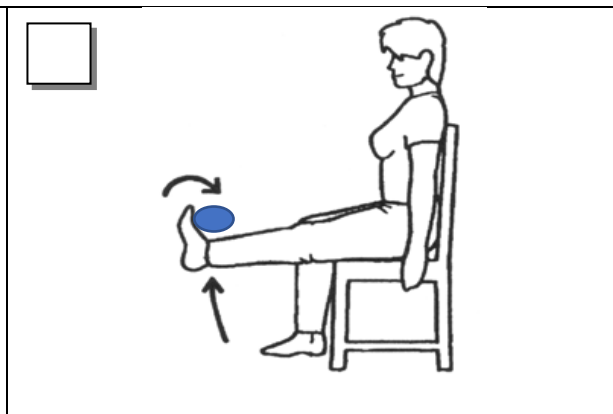
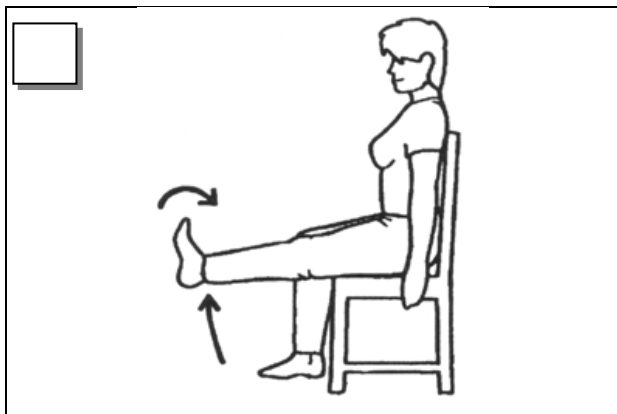
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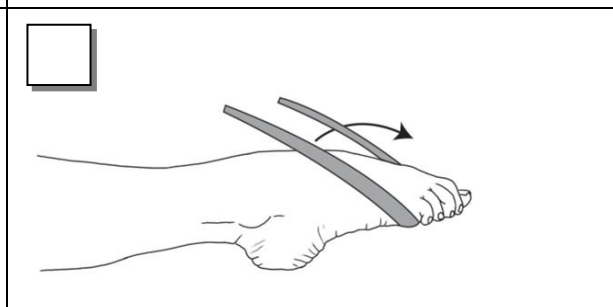
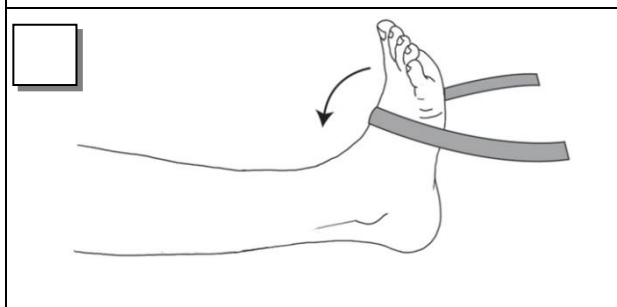
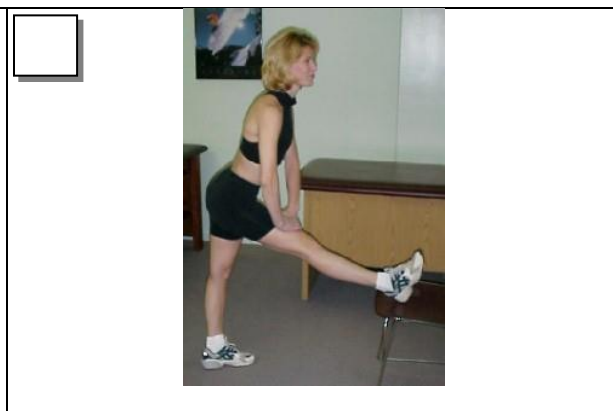
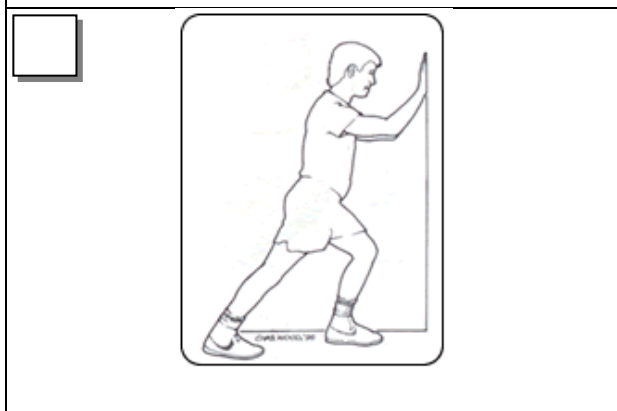
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EXERCISES FOR KNEE JOINT PAIN



एक महीने तक ये कसरत करने के बाद, चिन्हित जगह पर 1-5 Kg वजन बांधकर पैर उठाये


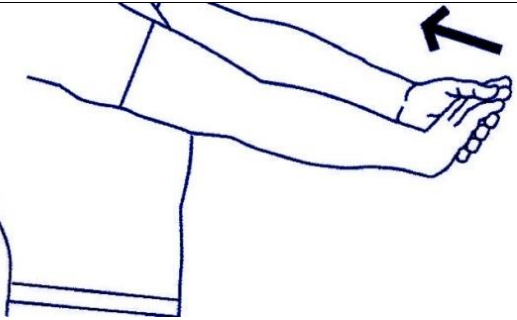
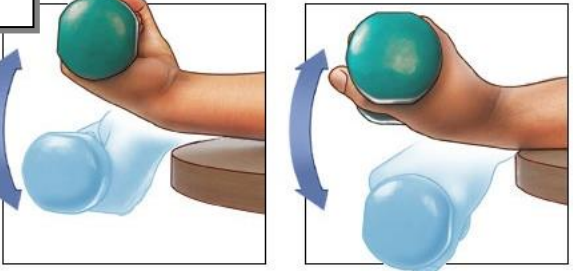


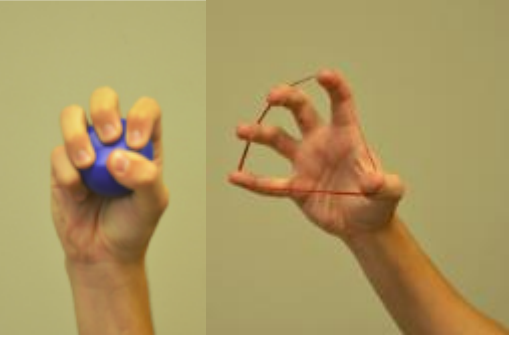



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EXERCISES FOR ELBOW PAIN

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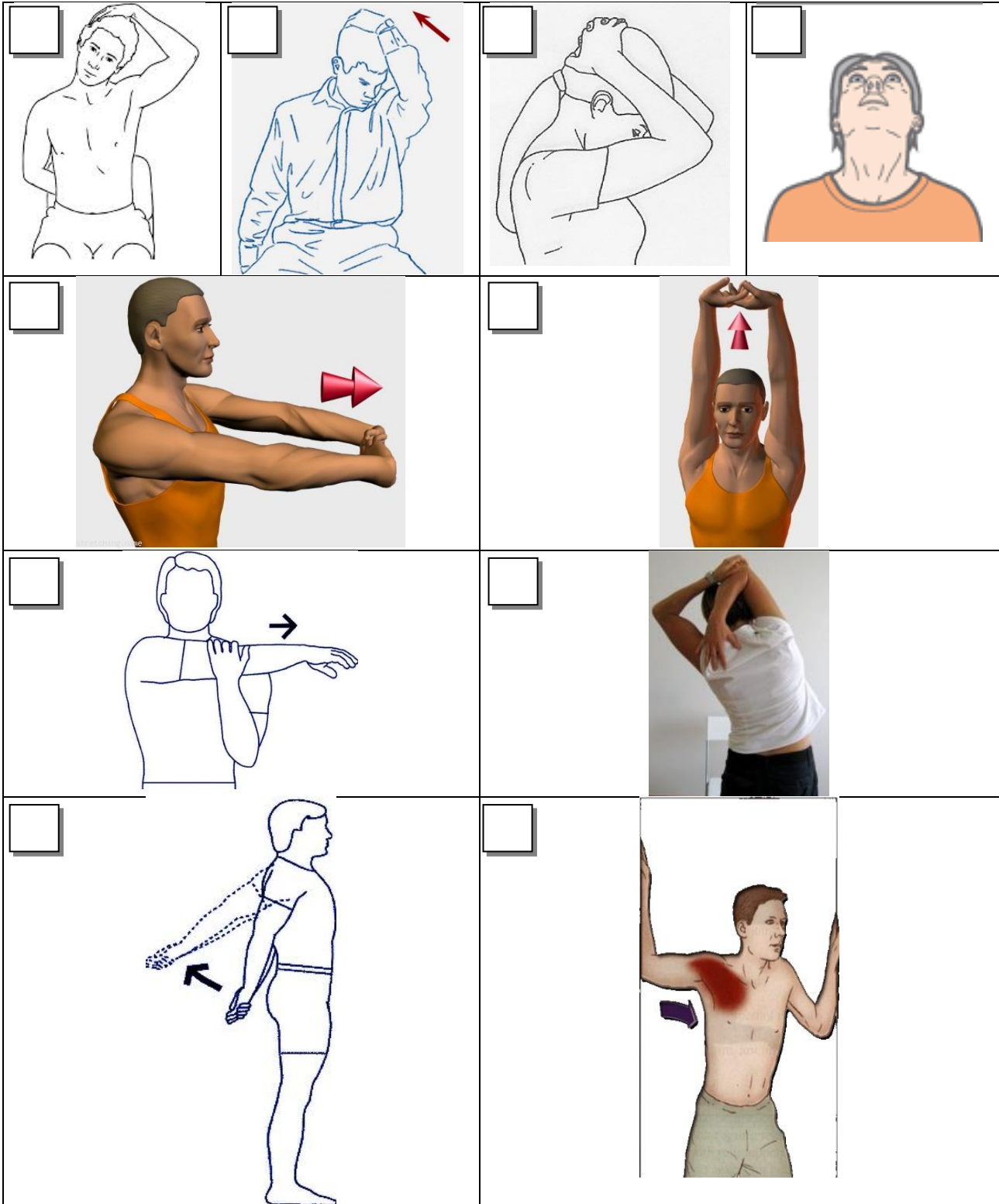
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Exercises for Neck & Shoulder Pain



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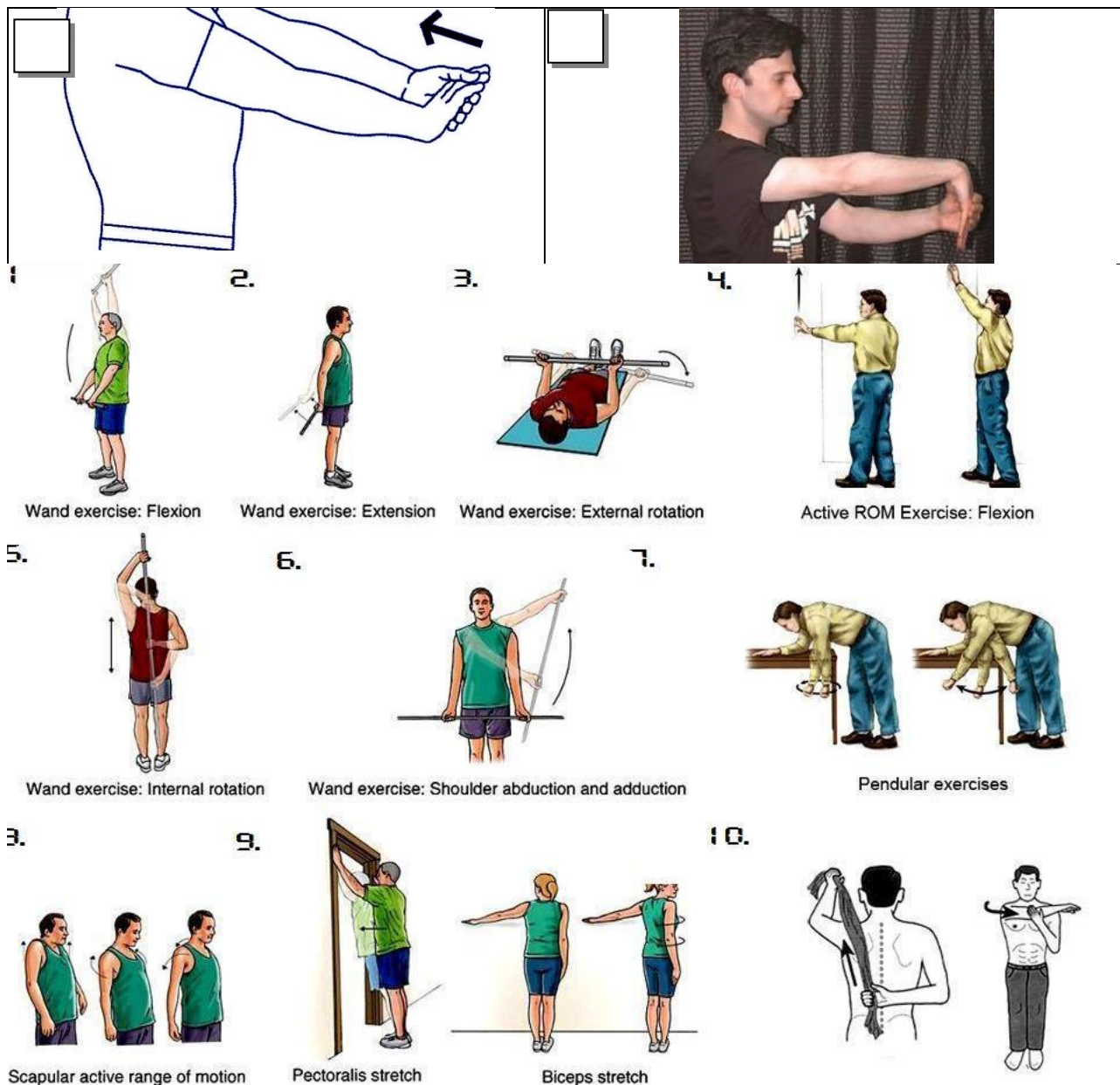
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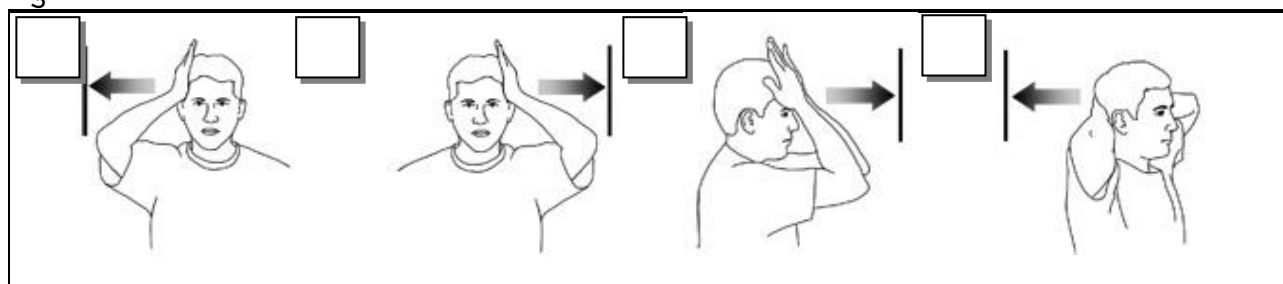
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CERVICAL STRENGTHENING EXERCISES

शुरु करने के लिये निर्देश:



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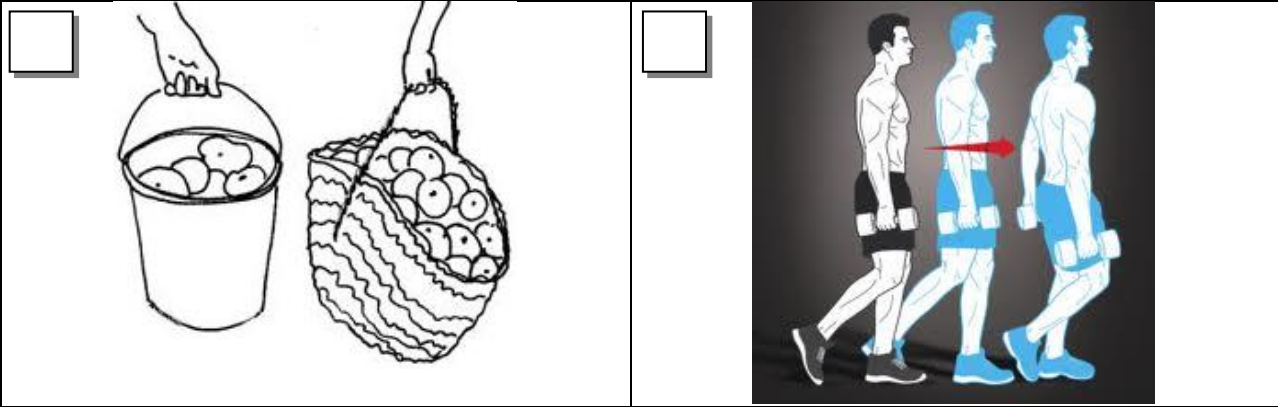
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दिखाई गई मुद्रा में बैठकर हाथों पर शरीर का वजन डालें और कपड़े को जमीन पर आगे पीछे घिसें। यह कसरत 3-5 मिनट तक दिन में तीन बार करें।



हाथ में वजन (सब्जी का झोला, पानी की बाल्टी या वजन) लेकर 5-10 मिनट तक दिन में तीन बार चलें।

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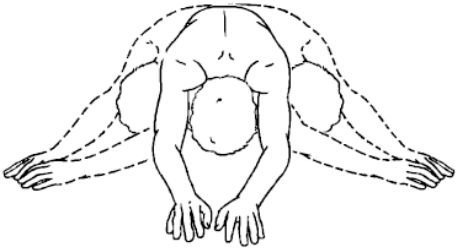
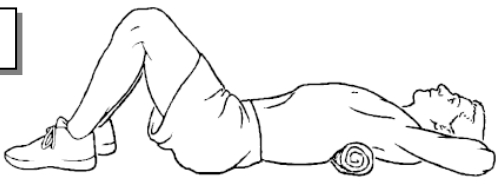

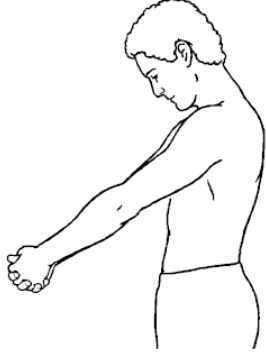
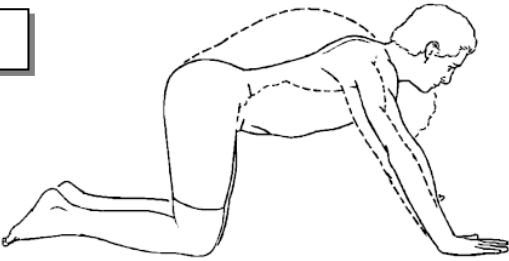
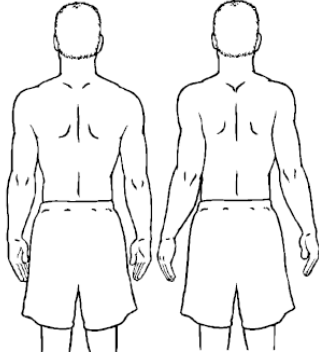


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EXERCISES FOR MID BACK PAIN

	
	
	
	
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