



## *Self Care Days iGuide for iMRS*

Acne  
Acoustic neuroma  
Acute injury  
Adenomyosis  
Aids  
Allergies  
Alopecia  
Alzheimer's dementia  
Amenorrhea  
Amyotrophic lateral sclerosis  
Anemia  
Aneurysm  
Angina pectoris  
Ankylosing spondylitis  
Anorgasmia  
Aortic aneurysm  
Appendicitis  
Achilles tendinitis  
Arrhythmia  
Arterial Disease  
Asthma  
Attention deficit disorder/  
Attention deficit/  
Hyperactivity (ADD/ADHD)  
Autism  
Autoimmune disease  
Autonomic dystonia  
Autonomic neuropathy  
Back pain  
Bed-wetting  
Bell's Palsy  
Benign prostatic hyperplasia  
Blepharitis  
Bloating  
Boils  
Brachial plexus injury  
Bronchitis  
Bruise  
Bunion  
Burn  
Burnout  
Bursitis  
Calcaneal bursitis



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Calf strain  
Cancer (accompanying)  
Carbuncles  
Carpal tunnel syndrome  
Cataract  
Cervical myelopathy  
Chalazion  
Chickenpox  
Childhood (prophylactic)  
Cholecystitis  
Chronic fatigue syndrome (CFS)  
Cicatricial alopecia  
Cirrhosis  
Cold  
Compartment syndrome  
Competition preparation  
Complex regional pain syndrome (CRPS)  
Congestive heart failure  
Conjunctivitis  
Coronary artery disease  
Coxarthitis  
Crohn's Disease  
Cystitis  
Decubitus ulcers  
Deep venous thrombosis  
Degenerative disc disease (DDD)  
Delayed onset muscle soreness  
Dementia  
Depression  
Diabetes  
Diarrhea  
Diverticulitis  
Dizziness  
Dry mouth  
Dysmenorrhea  
Ear infection  
Earache  
Eczema (atopic dermatitis)  
Embolism  
Emphysema  
Epilepsy  
(Contraindication)



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Erectile dysfunction

Exhaustion

Failed back surgery  
syndrome

Fever

Fibrodysplasia

ossificans progressiva

Fracture

Furuncules

Fybromyalgia

Gallstones

Ganglion cyst

Gastritis

Gastroesophageal reflux  
disease (GERD)

Gingivitis

Glaucoma

Goiter

Golfer's elbow

Gout

Grave's ophthalmopathy

Hammer toe

Heart attack

Heartburn

Heel spur

Hematoma

Hemolytic anemia

Hemorrhage

Hemorrhoids

Hepatitis

Herniated discs

Herpes simplex virus

Herpes zoster

Hyperhidrosis

Hypertension

Hyperthyroidism

Iliotibial band syndrome

Immune system support

Impotence

Indikation English

Infertility

Inflammation

Inflammatory bowel  
disease

Influenza

Insomnia

Irritable Bowel

Syndrome



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Joint dislocation  
Jumper's knee  
Juvenile idiopathic  
arthritis  
Kidney stones  
Laryngitis  
Lateral epicondylitis  
Legg-Calve-Perthes-  
Disease  
Lichen planus  
Ligament injuries  
Liver disease  
Lou Gehrig's disease  
Low back pain  
Malignancies  
Mastoiditis  
Measles  
Meniere's disease  
Meniscus tears  
Menopausal symptoms  
Menorrhagia  
Meralgia paresthetica  
Metabolic disease  
Metastatic disease

Metatarsalgia  
Migraine headache  
Milk thistle  
Mononeuritis multiplex  
Mononucleosis  
Multiple sclerosis  
Mumps  
Muscle aches  
Muscle contraction  
Muscle contusion  
Muscle cramps  
Muscle spasms  
Muscle strain  
Muscle tension  
Muscle tension  
headaches  
Mycotic infection  
Myocardial infarction  
Myofascial pain  
Myringotomy  
Nausea  
aches  
contraction



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contusion (bruise)  
cramps  
spasm  
strain  
tension  
tension headache  
Neck pain  
Necrosis  
Nerve injuries  
Neuralgia  
Neuritis  
Neurodermatitis  
Neuropathic pain  
Nocturnal enuresis  
Obesity  
Occlusive artery disease  
Olecranon bursitis  
Oral candidiasis  
Orthostatic hypotension  
Osgood-Schlatter's  
disease  
Osteoarthritis  
Osteochondrosis  
Osteomyelitis  
Osteonecrosis  
Osteopenia  
Osteoporosis  
Otitis externa  
Otitis media  
Otosclerosis  
Ovarian cysts  
Overtraining syndrome  
Pain (acute)  
Pain (chronic)  
Pancreatitis  
Paralysis  
Parkinson's disease  
Patellar tendinitis  
Periodontal disease  
Periostitis  
Peripheral artery disease  
Peripheral neuropathy  
Peripheral vascular  
disease  
Pharyngitis  
Pneumonia  
Polyneuropathy  
Post-exercise recovery



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Postherpetic neuralgia  
Pregnancy  
(Contraindication)  
Premenstrual syndrome  
(PMS)  
Prepatellar bursitis  
Pressure ulcer  
Prevention  
Prosthetic joint  
Prosthetic joint  
loosening Psoriasis  
Pulmonary embolism  
Pyelonephritis  
Quadriceps contusion  
Radiculopathy  
Raynaud's disease  
Restless leg syndrome  
(RLS)  
Retinitis pigmentosa  
Rheumatic fever  
Rheumatoid arthritis  
Rheumatoid heart  
disease Roseola  
Rotator cuff tendinitis

Rubella  
Sacroiliac joint  
dysfunction  
Salivary glands  
Sciatica  
Scoliosis  
Seizure disorder  
(Contraindication)  
Sexual responds  
Shin splints  
Shingles  
Sickle cell anemia  
Sinusitis  
Sleep disturbances  
Sore throat  
Spinal cord injuries  
Spinal fusion  
Spinal pain  
Spinal surgery  
Spondylolisthesis  
Sport injuries  
Sprain  
Steatosis  
Stenosing tenosynovitis



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Steroid use and abuse

Stress

Stroke

Sty

Sudek's dystrophy

Sunburn

Supraventricular  
tachycardia

Synovial cyst

Synovitis

Systemically lupus  
erythematosus (SLE)

Tachycardia

Tendinitis

Tendon rupture

Tennis elbow

Tennis leg

Tenosynovitis

Thrombophlebitis

Tinnitus

Torn muscle

Torticollis

Trigeminal neuralgia

Trochanteric bursitis

Ulcerative colitis

Ulcers

Urethritis

Urinary incontinence

Urinary tract infection

Vaginal candidiasis

Varicella-zoster virus

Varicose veins

Venous disorder

Whiplash

Wound healing

Xerostomia