

**The Multifidus Back Pain Solution:
Simple Exercises That Target The Muscles
That Count**

By Jim Johnson

Jim Johnson (Author of Treat Your Own Knees: -

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<http://fitness.mercola.com/sites/fitness/archive/2014/01/31/back-pain-exercise.aspx#!>

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<https://www.newharbinger.com/multifidus-back-pain-solution>

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multifidus muscle Science-Based Medicine -

Articles tagged with 'Multifidus Muscle' at Science-Based not only do they advertise the low back pain solution, but they offer to fix herniated discs

<http://www.sciencebasedmedicine.org/tag/multifidus-muscle/>

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Amazon.com: The Multifidus Back Pain Solution: Simple Exercises That Target the Muscles That Count: Jim Johnson, Scott D. Boden: Books

<http://www.kaboodle.com/reviews/the-multifidus-back-pain-solution-simple-exercises-that-target-the-muscles-that-count-2>

Fitness Book Review: The Multifidus Back Pain -

Jan 14, 2013 This is the summary of The Multifidus Back Pain Solution: Simple Exercises That Target the Muscles That Count by Jim Johnson.

<http://www.youtube.com/watch?v=6vz15p6mNL0>

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Feb 25, 2011 What Are the Multifidus Back Pain Solution Exercises? Last Updated: Feb 26, 2011 | By Debra Atkinson. The multifidus muscles can be felt at the waistline

<http://www.livestrong.com/article/391123-what-are-the-multifidus-back-pain-solution-exercises/>

Fixing your Aching Back, Neck and Shoulders -

the small size of the ball might not make the height high enough for you. The ball chair also came with an exercise Back: Natural Posture Solutions for Pain

<http://pjmedia.com/lifestyle/2011/08/25/fixing-your-aching-back-neck-and-shoulders/>

Conquering Low Back Pain While Getting FitPart -

back called the multifidus muscles. There is an entire book on this exercise called The Multifidus Back Pain Solution: Simple Exercises That Target jim

<http://fitnessblackbook.com/injuries/conquering-low-back-pain-while-getting-fit-part-iii/>

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which would include both the back muscles and The
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<https://groups.google.com/d/topic/misc.fitness/32CCT9dNSz0>

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<http://www.amazon.co.uk/books/dp/1572242787>

Jim Johnson | NewHarbinger.com -

Jim Johnson is a licensed physical therapist with over fifteen years of research, teaching, The Multifidus Back Pain Solution by. Jim Johnson

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