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Simple Exercises That Target The Muscles
That Count**

By Jim Johnson

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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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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

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which would include both the back muscles and The Multifidus Back Pain Solution: Simple Exercises That Target the Muscles >multifidus muscles.

<https://groups.google.com/d/topic/misc.fitness/32CCT9dNSz0>

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