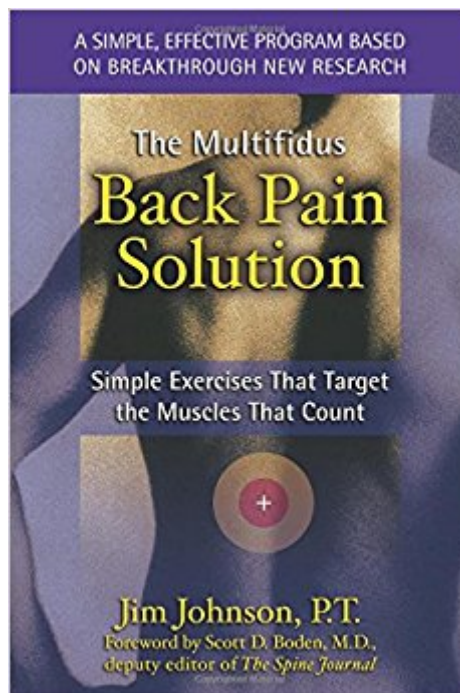




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# The Multifidus Back Pain Solution: Simple Exercises That Target The Muscles That Count



## Synopsis

New research suggests that most back pain is caused by underdeveloped multifidus muscles, those that connect the spinal vertebrae and are crucial in bending the back. This book presents exercises to strengthen the multifidus group. Simple explanations and black-and-white drawings throughout show readers how to work with these muscles. Also by this author: [Treat Your Own Knee Arthritis](#), [Treat Your Own Spinal Stenosis](#), and [Treat Your Own Tennis Elbow](#)

## Book Information

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## Customer Reviews

You can learn more about the author and his books at [bodymending.com](http://bodymending.com)

Readers who suffer from spinal stenosis might want to check out [Treat Your Own Spinal Stenosis](#). It contains all the multifidus exercises shown in [The Multifidus Back Pain Solution](#), plus additional exercises specifically designed to restore back flexibility and proprioception.

If you have severe back pain, buy this, it was full of information that I had never heard before. If you do the exercises I think it will help and you will understand why and it will make you a smarter medical and health consumer. It helped me, hope it helps you too.

I believe that this book is probably one the best solutions I've found to helping me with my lower back pain. I have been doing the simple exercises for one week and I am already seeing

improvement. I highly recommend this book to anyone with back pain, but you need to read the whole book first.

just started exercise program, hopefully stretches work, author's other book, bulletproofing shoulder exercises worked

Before starting any exercises, I read this book cover to cover. The author said to do this and it's quite necessary. All of the author's assertions are backed up by scientific (blind) studies. He dispels some myths about what hurts and harms your back ---very revealing. My doctor recommended some exercises to strengthen my lower back. I have degenerative disc disease and stenosis with a curved spine. My pain level has gone down 70-80% since I started the multifidus exercises. The author shows 3 ways of doing the exercise. Can you spend 2 minutes a day 3 times a week? How can you beat that and you don't have to buy any special equipment, clothing, etc.. I did buy some ankle weights though as suggested. These exercises are very effective and far better than any stretch exercises that I've tried in the past. Update: I've loaned this book to others who also think it's very good. Now I'm buying one for my son, who has had back surgery and another one for my self since the last person I loaned the book to didn't return it.

You can get these exercises for free online by Googleing multifidus muscle! Returned mine.

If you want practical and realistic information on a very important part of your body, look no further. The Multifidus Back Pain Solution is a quick and concise educational read on the topic of the Multifidus muscles in your back...I really enjoyed the way that Jim Johnson relies on clinical trials for his writings, I'm definitely a fan of that style of writing as there is very little room for fluff. He has a logical approach that is self-evident and there is very little room for speculation with the research provided. And the best part is the simple exercise, which has been hailed as the golden egg by many chiropractors and patients alike. I have several friends who have noticed large gains in their overall strength to their legs and arms of all places. \*nerves from the spine extend to limbs This is a cheap purchase that you can pass around to your friends, although I recommend you pick up a copy for yourself to 1) have it in your personally library 2) support the author for a job well done. Namaste, Dey

Well it is a strange title. But if you are one of the 80% of Americans who suffer from back pain, this

is a very worthwhile quick read. It's 120 pages and can be finished in 60 to 90 minutes. The Multifidus Back Pain Solution... is really more of a booklet than a book. It covers the basic physiology of the back, as well as common types of back problems and many of the treatments that are used. And then offers a simple program which has shown proven results. The multifidus is a little-known set of muscles that connect the vertebrae. The thesis of author Jim Johnson, who is a physical therapist, is that strengthening these muscles will help many people who suffer from back pain to either (1) have less pain when they have episodes of back pain or (2) have fewer back pain episodes or (3) have a happy combination of (1) and (2). Johnson backs up his thesis based on research (that is ongoing) from quite a number of back pain studies. As a person whose own back pain problems have been reduced dramatically in the last three plus years by using a nautilus back machine (that's designed to strengthen all the muscles running along the spinal vertebrae), I am sure Johnson is on to something. The exercises Johnson suggests are simple to do, require no machines or weights (well, small ankle weights can be used), and take very little time. I am going to incorporate them into my own gym time, on days when I'm not using the nautilus back machine. The author admits his program will not work for everyone, but it does help the majority of people in his own practice and in the scientific studies. DEFINITELY worth the small investment of time and money to get and read this book if you have a back problem.

Jim Johnson provides a simple program which is easy to follow. This is a good place to begin if your back pain isn't caused by more complicated issues than weakness in key muscles. A nice self-help book for the average person who suffers from periodic back pain.

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