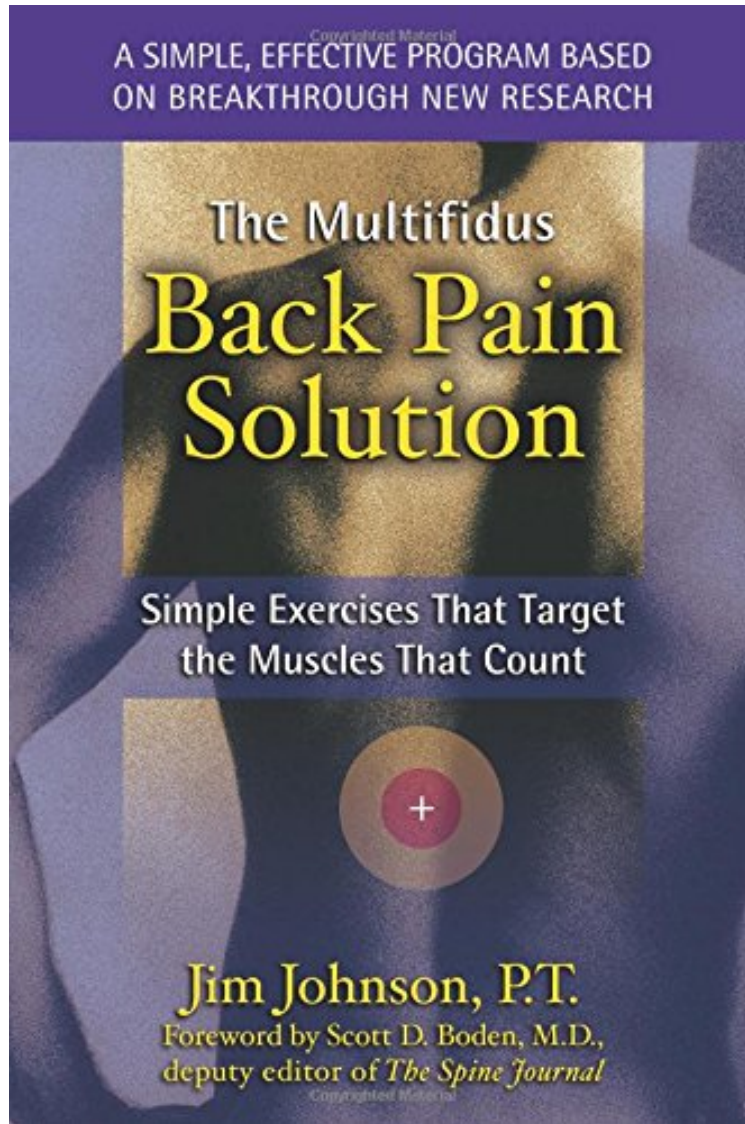


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before purchasing it in order to gage whether or not it would be worth my time, and all praised The Multifidus Back Pain Solution: Simple Exercises That Target the Muscles That Count:

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and a disappointment with how busy they get even when you are there during your allotted time slot. This book helps by providing an at home approach to exercises and other information so that you can reduce your back pain. No one wants to suffer from chronic or even sudden pain from an injury. If you want to help yourself without having to take a bunch of pills, then this is the tool you have been looking for. 1 of 1 people found the following review helpful. If you have severe back pain, buy this, ...By mystery lover-PatIf 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. 3 of 3 people found the following review helpful. The Multifidus Back Pain Solution By LouI 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.

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

You can learn more about the author and his books at bodymending.com From the Author 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. About the Author Jim Johnson, P.T. is a physical therapist who has spent over nineteen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including Treat Your Own Knees, The Sixty-Second Motivator, Treat Your Own Rotator Cuff, The 5-Minute Plantar Fasciitis Solution, Finding Happiness in a Frustrating World, Exercise Beats Depression, Treat Your Own Tennis Elbow and Treat Your Own Spinal Stenosis. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a large teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.