

The Multifidus Back Pain Solution: Simple Exercises That Target The Muscles That Count By Jim Johnson

By Jim Johnson

The multifidus back pain solution : simple exercises that target the muscles that count by Jim Johnson (Book

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New research suggests that back pain goes hand-in-hand with a dysfunctional multifidus muscle- which is critical to stabilizing the spine and its individual vertebrae.

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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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