

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

Poor posture is responsible for the majority of back pain (inner thigh muscles), deep lower back muscles, hip  
Make your exercise time count by including

the small size of the ball might not make the height high enough for you. The ball chair also came with an exercise  
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