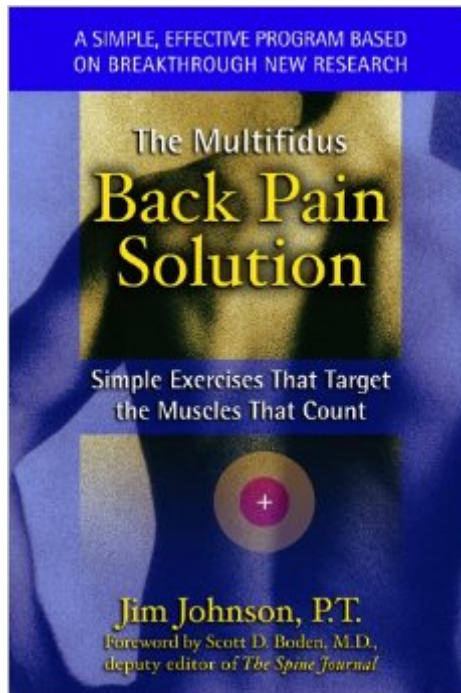


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# The Multifidus Back Pain Solution: Simple Exercises That Target The Muscles That Count



## 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

Physical therapist (P.T.) Jim Johnson's *The Multifidus Back Pain Solution* is a straight forward, educational and hope inspiring read that has been effective in helping me address my lower back and leg nerve pain. For others who may be searching for a non-drug or non-surgical answer to back pain, I am sharing my experience in the hope of helping someone else. Background: Over the last year and half, I could not get any more than 3-4 hours sleep a night, because of back pain. I went through 3 new beds. Each new firm mattress I tried ended up after a month not being supportive enough for my sore back pain. My doctor recommended muscle relaxants, but that didn't help. So, I cranked up the sit-ups and attended an exercise class in addition to my normal tennis and occasional running. No pain, no gain. (Yes I am a slow learner). Then in exercise class my right knee went numb from a jumping exercise and I could not walk for a couple of minutes. Now I had back pain preventing me from sleeping. Sitting was becoming impossible without pain. My right knee would go numb going up stairs two at a time. My left leg had nerve pain shooting down my left

thigh and part of my lower leg. And even after 4+ weeks staying off exercise to heal, none of these pains were going away. So, the doctor ordered a series of tests and physical therapy for me. Ultrasound, electrical treatment and stretching for previous sports injuries always worked in the past. This time, physical therapy was a bust and some stretching my leg nerve pain. After getting an MRI of my back, the orthopedic doctor explained I have Grade 1 / 2 spondylolisthesis (i.e.

Jim Johnson stopped looking for causes of chronic back pain after researching the studies on the subject. Scientific studies don't support the common theories about what causes chronic back pain. Many people without pain live happily not knowing that they have back conditions usually treated with surgery. Johnson also found that people with pain usually have weakened multifidus muscles. Those without pain usually don't. So, instead of looking for causes, Johnson recommends that patients initially work to strengthen their multifidus muscles. These muscles weave around your spine from your neck to your low back. Their location on your spine indicates their importance to your back health. Johnson describes three different exercises that target the multifidus. He lets the reader choose the one that they prefer to do. Most physical therapists recommend multiple exercises for chronic back pain. That shotgun approach can be effective if followed. But patient compliance drops as programs get more complex. Johnson's program requires performing only one exercise. Yet most of his patients improve or completely relieve their chronic back pain without any other treatment. Johnson says most patients notice improvements within two weeks. If you don't improve within three months, try something else. He also acknowledges that his program is for chronic back pain: continuous or intermittent pain lasting for months. For acute pain, time heals better than any exercise program. The book illustrates the exercises he recommends. Here is a basic description of them: Johnson most highly recommends the "bird-dog" or opposite arm/leg extension. Start in an all-fours position on the floor. Raise one leg straight back and hold it up for a second, then lower.

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