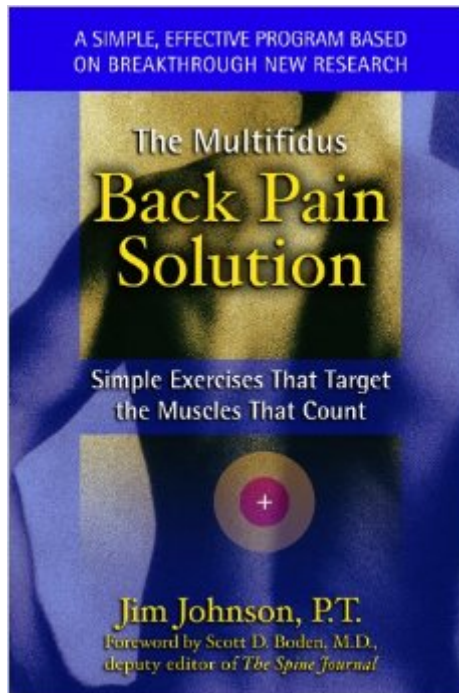


The book was found

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

Paperback: 132 pages

Publisher: New Harbinger Publications; Remastered ed. edition (2002)

Language: English

ISBN-10: 1572242787

ISBN-13: 978-1572242784

Product Dimensions: 0.2 x 5.8 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (80 customer reviews)

Best Sellers Rank: #66,523 in Books (See Top 100 in Books) [#14 in Books > Medical Books > Allied Health Professions > Chiropractic](#) [#19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) [#70 in Books > Medical Books > Medicine > Surgery > General Surgery](#)

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.

[Download to continue reading...](#)

The Multifidus Back Pain Solution: Simple Exercises That Target the Muscles That Count The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Kids Book: Count with Kenny: 1-20 (Book for Kids)(Count 1-2-3)(Numbers Book-Picture Book, Counting-Social Skills)(Book for Early ... Reader)(Fun Number Book for child)(Math-Preschool-3) Learn how to Count Natural Back Pain

Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 3 Weeks To A Better Back: Solutions for Healing the Structural, Nutritional, and Emotional Causes of Back Pain (The Sinett Solution) Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)

[Dmca](#)