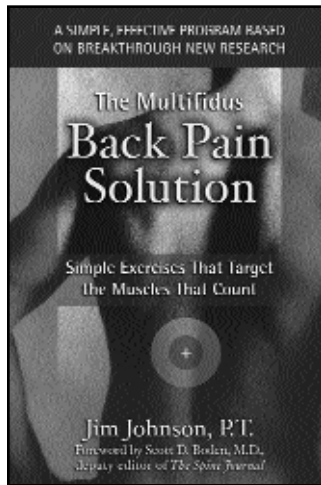


New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .



The Multifidus Back Pain Solution

**Free Yourself
From Back Pain
By Targeting the
Muscles That Count**

Jim Johnson, P.T.

Foreword by Scott D. Boden, M.D.,
deputy editor of *The Spine Journal*

So your best friend isn't a physical therapist who can scour hundreds of peer-reviewed medical journals to find the source of your back pain...

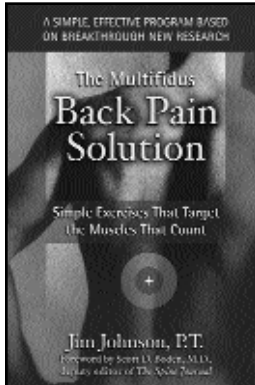
Don't worry, Jim Johnson is and he's done just that.

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

THE MULTIFIDUS BACK PAIN SOLUTION
ITEM MBPS ISBN 1-57224-278-7, (PAPER), \$12.95, 132 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com



“DON’T LISTEN TO what people are saying. Listen to why they’re saying it.”

-Unknown

Good advice. Why does physical therapist, Jim Johnson say that the multifidus muscles play a key, and under-recognized, role in most back pain? Because it’s been demonstrated in the hundreds of peer-reviewed journals he’s studied.

Even if you’re a chronic back pain sufferer chances are your next question is “the multi-*what-ifus?*” The multifidus (mull-TIFF-i-dus) is a set of muscles that connects the spinal vertebrae together and is involved with bending and twisting motions of the back. If these muscles are inflamed, weak, or in spasm they can trigger lower back pain.

When Johnson scoured journal articles published in the last fifteen years he discovered that abnormalities in the multifidus were a common thread in patients with lower back pain. Armed with this breakthrough information he created a simple, quick, and effective plan to strengthen the multifidus. This includes easy floor exercised that have been shown to alleviate pain.

In the course of his review, the author also turned up some surprises. For example the usual suspects like abnormal disks and nerve compression have been routinely found in those who are *free of back pain*. In addition, excess weight and structural abnormalities have very little to do with back pain according to the research.

The Multifidus Back Pain Solution offers readers a no-nonsense strategy for relief and an eye-opening explanation of their pain. Johnson has blazed a new trail that promises to lead readers out of discomfort.

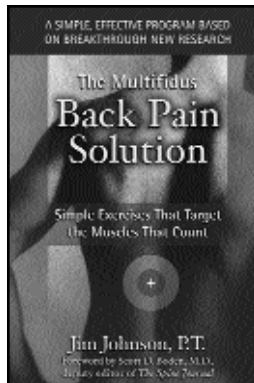
THE MULTIFIDUS BACK PAIN SOLUTION
ITEM MBPS ISBN 1-57224-278-7, (PAPER), \$12.95, 132 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM

New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

About the Author of

The Multifidus Back Pain Solution



Jim Johnson is a licensed physical therapist with over ten years of research, teaching, and clinical experience with chronic pain patients. Currently he is a certified clinical instructor in physical therapy at Emory University Hospital in Atlanta, Georgia.

Suggested Interview Questions for

The Multifidus Back Pain Solution

1. What is the multifidus and how does it aid movement?
2. Before writing this book you reviewed hundreds of scientific studies on back pain patients. What were some of the common multifidus abnormalities that were seen in those with low back pain?
3. In your book you say that many of the conditions thought to be the source of back pain were found in those who didn't suffer from it. Can you tell us a little about this?
4. You suggest a series of simple exercises to strengthen the multifidus. What are some facts about strength training that people should know?
5. Can the exercises you recommend be done by anyone?
6. How do you motivate people to keep doing the exercises regularly?
7. Are there any commonly held beliefs about back pain that you found to be unsupported by the data?
8. What are some common questions that you hear from back-pain sufferers and how do you answer them?

THE MULTIFIDUS BACK PAIN SOLUTION
ITEM MBPS ISBN 1-57224-278-7, (PAPER), \$12.95, 132 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
WWW.NEWHARBINGER.COM