

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

Certified Advanced Rolfer & Rolf Institute Instructor, Bethany Ward, uses bodywork to help clients with pain, posture and performance. Rolfing is for anyone who wants to feel better in their body. Follow these simple (but effective) exercises to completely eliminate your Forward head posture. Get rid of your neck pain and fix your posture now! - Multifidus Back Pain Solution : Simple Exercises That Target The Muscles That Count