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Lumbar Stabilization / Low-back Movement 46.

Single Most Important Core Exercise For Back Pain "Famous" Physical Therapists Bob Schrupp and Brad Heineck present the Single Most Important **Core Exercise** For Back Pain.

Importance of Core Stability Jaclynn Reifman, a licensed occupational therapist formerly with Sharp HealthCare, describes the importance of using your **core**.

7-Minute Core & Low Back Strengthening Workout to Get Rid of Back Pain Runtastic Blog: <http://bit.ly/2kRPaM3> ***** Your **core** is your powerhouse! And no, it's not just your abs - your low back is part of ...

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