Why So Many People Have Neck Pain When They Never Injured It

I wanted to explain why so many have neck pain. Non injured necks will experience pain from muscle knotting. There are 2 main reasons why our necks get muscle knotting. One I'm sure you are familiar with, stress. It's no secret that stress alone can create muscle knotting, however, it would be second to another cause for muscle knotting in the neck.

As we age our knees become loose or shaky, or we injure one or both, and that furthers the problem. The fact is that aging or injured knees attack the neck. I know what you are thinking, how the hell does it do that. Let me explain.

We have a very complicated muscle network, one knotted muscle can easily impact another and so on and so on. When a loose knee is in need of stability it will first affect the hip directly above the loose knee, but more often, the body has a more effective option.

By limiting the movement of the neck it puts less pressure for the smooth operation of the knee. I know, you need to know why. Ok, as muscle knots form in the neck/shoulder union, it raises the shoulders, and as the shoulders rise, the hip's range of motion decreases. They are tied to each other. So by getting the muscle knots out of the neck/shoulder union and lowering the shoulders, you can re-establish all of the range of motion in the hip that you used to have. However, the hip will still have muscle knotting but that can be removed as well. However, when you get the knots out of the neck, the body will just find another set of muscles to give the knee stability. The Perfect Back can beat all of those options. But the down side to doing all of this is to lose the stability in the knee and it will crash, meaning you would need either surgery or a knee brace. Or one can choose which set of muscles to leave the knots in, because the neck would be the worst place.

Now for the HOW. Again, we have knee attacking the hip first, but that won't be enough, so how does it get to the neck? Ok, once muscle knots form in the hip, it will also affect the sternum, which is in close proximity. The sternum has a remarkable muscle that is like fingers and those fingers reach to the neck, the shoulder, and your side, and it is called "Triangularis Sterni". From its very name you can see it has a triangle effect which stems from the sternum. What this means is that Triangularis Sterni will either pull on the neck or pull on the shoulder or even alter the rib cage.

Triangularis Sterni directly effects Sternocleidomastoid, the largest muscle in the neck. The very muscle that can lockdown and reduce the mobility of the neck. Even from the name they each have the word Sterni or Sterno.

Like I said, our muscular structure is very complex, and with it, it has great power.

Enough power to cause many problems in the human body. That's why The Perfect Back can alleviate a multitude of problems. In fact, I would say everyone would be healthier on The Perfect Back because it restores balance and allows everything to flow properly.

But the naming of these muscles brings up a major concern. Because it suggests that healthcare knew all along about the importance of the muscular structure and chose, well maybe a better word is refused to help people with muscular problems. In fact, people were told it is all in their head.

Could it be that healthcare knew they could make more money this way?

Contact your government officials at once.

Sincerely,

Theresa L. Brumfield The Perfect Back