**The Shear Power or our Brain and its use of the Aging Muscles (an intro)**

As I've stated before, muscle knots never come out of the aging muscles.  The operational muscles which you are aware of has muscle knots that come and go, unless they've been directed by the brain to assist the aging muscles.  That makes these aging muscles powerful and in charge.

I think it's important for everyone to know about these aging muscles so I've listed them below.

So here we go.  Aging muscles are located in various locations throughout the body, I will go from bottom to top.

Our first aging muscle is located in the high hip, and it has problems in this area because the quadriceps is large above the knee and narrows going into the hip.  So where it is weakest is this area at the top of the leg where it is the most narrow.  And it is visible to a viewer when you see someone who is walking small, they literally cannot pull the leg behind them so their steps are to just move the leg forward to neutral and again forward to neutral, where as the correct walk is to allow the leg to move further back behind you before stepping forward.

Next you have muscles in the hip/pelvic region that is responsible for the stability in the legs.  Some people who are diagnosed with endometriosis are experiencing muscle knots in this area.  It affects the woman’s menstrual cycle causing pain.  It is completely unnecessary to do surgery to this area as there is a simple approach to fixing this problem.  There is one downside to fixing this one, as it brings back the instability of the knee or leg.  However, the surgery alters the body to a point where they will never be able to restore to normal and never be 100% pain free.  It would be better for the individual to do my therapy and get whatever knee or leg help that caused it.  And it would completely aid people who want to get pregnant without surgery.  For many people, you may chose to keep this particular muscle knot in order to have a functioning knee/leg.

Next you have the muscles that make up the arch of your back.  You will see people who seem to be bent at the hip where as the lower section is perfectly vertical, then you see the bend at hip, and their torso appears to be forward from vertical.  You may even see the arch area as very straight.  Essentially, the low back is stressed because the upper body is not sitting directly above the lower body.   So these muscle knots causing that is very simple to fix and should be fixed because the arch is very critical.  Because once the arch goes, well the high hip leg muscle is the next step into the aging process.

Next you have muscles in between each and every vertebrae.  When knots form in this area it is very dangerous to the bones.  It is the #1 reason why there are so many back surgeries in this point in time.  These knots can become so bad that it draws the bones against each other, wedging them, causing them damage.  And these back surgeries are completely avoidable with my therapy.  The cost savings to the health organizations would be tremendous.  Not to mention, that when doing the Fairfield Total Home and Garden Show, I found that everyone who’s had back surgery was completely unhappy with the results.  Essentially, once you’ve been altered, there’s no going back.  There is however relief since the surgery did not address every area.  I've added this muscle because of its importance, but I believe it is not an aging muscle, however it does take direction from the aging muscles.

Next you have the Triangularis Sterni.  This muscle causes the body to pull forward from the shoulders, making them round inward.  And many people with shoulder injuries feel they’ve never been able to get their shoulder to completely heal.  And it is because of this muscle.  Think of this one as a hand, fingers spread wide, beginning at the sternum.  It’s fingers so to speak go wide to your side, angular to your shoulder, and high toward your neck.  Which can make things problematic for both shoulders and neck.  This muscle when unhappy pulls everything inward causing you to not be able to stand straight up, however it doesn’t do it alone, it has a partner in crime on this one and that brings us the last, most devastating of the torso aging muscles.

It’s hard to say whether it is part of your back or your front, because how deep it is into the core of the body.  But I believe it is part of the back, completely unreachable by a masseuse and located in the area slightly above where a woman’s bra attaches in the back.  And I say that it is part of the back because of how it affects other back muscles.  And with Triangularis Sterni affecting the front and this one effecting the back it is a perfect set up for the body as a whole to achieve balance.  And it is this muscle that can do a great deal of harm causing people to completely hunch over.

The last one to talk about is in the neck and it is by far the largest most powerful muscle of the neck and that is the Sternocleidomastoid.  It is responsible for the global responsibility of the neck.  Now there are lots of little muscles in the neck that can be knotted, but this one can lock down the neck allowing the neck reduced range of motion.  And it also works with the other aging muscles, especially the triangularis sterni.

This explains why our bodies are so inter-connected and why the muscles have so much power over us.  And why an unstable knee can effect as far away as the neck muscles.

I hope you enjoyed this gift from Theresa of The Perfect Back, the only therapy on the planet that beats the aging muscles.  In a sense, The Perfect Back allows us to play GOD over our own body.