

**Five Steps To Get Rid  
Of Those  
Miserable Knots In Your Upper Back**

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<http://KnotsInYourBack.com/main.html>

## Five Steps to Get Rid of Those Miserable Knots In Your Back

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The information presented herein represents the view of the author as of the date of publication. The author reserves the right to alter and update her opinion.

**If you have any reason to believe, due to your personal medical history or condition, that the approaches that I -- or anyone else -- suggest may cause any existing medical problems to become aggravated or worse, then do not do them.**

I believe that your body is smart and wants to be well. Sometimes it just needs a little help from you or from others. However, in the end, you are responsible for your well-being. If something seems to you to not be right for you, follow your instincts. Pay attention to the wisdom of your body.

I am not a medical doctor. I am a person just like you, who has had a lot of experience and knowledge about how bodies get pain and get rid of pain. I have dealt with a lot of pain, both my own and that of clients, and have seen how our bodies can heal if we give them what they need to get better.

I thank you for letting me help you on your journey to pain relief but you are the one who gets to make the final decisions. Please make them wisely.

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# Five Steps to Get Rid of Those Miserable Knots In Your Back

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## Five Steps to Get Rid of Those Miserable Knots in Your Back

Sometimes muscles complain. Giving you “knots” or muscle spasms in your upper back is one of the ways your body says, “*Hey, pay attention! I’m not happy!*”

Discovering the most common causes of those miserable knots in your back will help get you on the road to the steps to take to get rid of those irritating, painful knots.

When you educate yourself you have a much better chance of getting rid of your knots much more quickly.

### So what causes knots in your back?

1. **Thyroid or other immune system** dysfunctions can cause a tendency to have muscle spasms (knots). I’m not a doctor and you may need to work with your doctor if this is your situation but natural therapies can still help you, too.
2. **Posture.** If you have a “forward head” posture or rounded shoulders the muscles in your upper back get strained and complain-- they get knots or spasms. Sleeping on the same side all of the time can also cause knots.
3. **Weak back muscles.** If your back muscles are weak, the stronger, shorter muscles in the front of your body will pull you forward. This causes poor posture and strains your back muscles and makes them complain. They get knots.
4. **Holding** an area of your back in contraction (shortened) for a long time. Some of us work with our elbow *behind* the midline of the side of our bodies. Muscle contraction that continues for a long period of time makes your muscles think they are *supposed* to stay in that contracted position *all* the time. (Silly muscles.)
5. **Tilting or rotating.** This can happen due to habit--always standing or sitting in the same off-balance position, work position or scoliosis (curvature of the spine.) A rotation can also happen when you work with one arm stretched out in front of you for long periods.

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## How can you relieve your knots naturally with steps you can start right away?

1. Strengthen your back side from your knees to the back of your head.
2. Supplement with vitamins and minerals. Improve your nutrition.
3. Correct your posture.
4. Use massage correctly.
5. Learn how to do trigger point therapy yourself.

You will discover how to do **all** of these and much more when you claim your copy of the e-book and video program at <http://KnotsInYourBack.com/main.html>

You will get a very special bonus gift, too: “*The Simple Strengthening Video*” explains exactly how you can correct your posture and strengthen your back *so simply you can do it in your bed!*

## But why are your back muscles complaining?

They are overloaded and working way too hard! That makes them unhappy and they complain to call your attention to their plight. They may also be complaining because trigger points elsewhere are referring pain to them. Trigger points are a very common cause of knots in your upper back.

## What are trigger points and how do they cause knots?

Trigger points are hyper-irritable (crabby) areas of muscle that “fire” into other areas. They cause pain in other soft tissues or muscles, sometimes at quite a far distance from the trigger point.

Trigger points happen in muscle tissues (or other soft tissues) that are unhappy for one reason or another. The reason could be muscle overload, a vitamin or mineral deficiency or abnormal bone structure.

Trigger points can also be caused by doing repetitive motions, especially incorrectly, and by stress, allergies and chronic infections. But the most common cause of trigger

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points is generally muscle overload. A muscle gets overloaded when it is strained or overworked.

The reason that trigger points cause pain or knots in your back or elsewhere is just because that's how they operate. That's their job.

*Your* job is to get rid of them. Fortunately, you can get rid of your trigger points and I will show you exactly how to do this in the videos.

### How do muscles in your neck cause knots in your back?

Very few doctors know about this (it's not something they learned in medical school) and very few massage therapists do, either. But when you can't get rid of your knots with regular medical treatment or even with a good massage therapist, these muscles in your neck are usually the cause.

You will learn how to [get rid](#) of the trigger points in your neck when you claim your copy of **Unknotted: Get Rid of Your Upper Back Muscle Spasms Forever**.

If the knots in your back haven't responded to treatment yet, you **NEED** this report and the companion video!

When you give your body everything it needs to be healthy and heal, you will have less pain and better health--*much* better. And you can get rid of your knots...forever!

Wishing for You the Best of Health...because You Deserve It!

*Kathryn Merrow*

The Pain Relief Coach

And now I'd like to invite you to check out [Knots In Your Back](#) (← click here) just to see all the great bonus gifts that are included in the **Unknotted: Get Rid of Your Upper Back Muscle Spasms Forever** e-book and video program. I think you're gonna like it!