



Bone Pain

NO, SLM Bodywork cannot repair a broken bone. BUT, it will help the break heal faster and decrease the recovery time. When you first break a bone, it can be very painful until it is set (returned to its original alignment), stabilized and put in a cast, if necessary. After it is stabilized you may experience a dull sometimes throbbing pain/ache in the area of the break. Muscles around the break try to help stabilize and compensate for the injured area. These compensating muscles can tighten and become painful. The tightness restricts normal blood flow .

If the break forces you to walk, sleep, sit etc. differently than normal, other areas of your body can become painful because they are compensating too.

SLM can help you:

- Maximize the blood flow to the break area which will help the bone heal faster.
- Facilitate a quicker recovery time. Address the entire muscle system to locate compensating muscles no matter where they are and help them function as normal as possible. If left alone, they may become tight and take a longer time returning to normal after the break heals.
- Reset the nervous system to keep body movement as normal as possible. This too facilitates a quicker recovery time.

NOTE: If your doctor can install a removable cast at some point, gently massaging the area under the cast as well as a complete SLM treatment will hasten the healing and recovery time.

Bones can bruise and be very painful. The above SLM steps can help the bruise recede/heal faster.

Bone pain caused by disease, such as cancer, needs the attention of the medical community. Great advances in treating bone cancer have been made. SLM has been used successfully in treating clients who have become dependent on pain medication during and after bone cancer treatment. (In a case I personally worked on, the client did not require his pain meds after SLM treatments started.)