



If you've had problem pain that has been around for more than 6 months, it is classified a "chronic" pain. It can be anywhere in your body. The areas most often developing chronic pain are shown in the picture above. What causes it? Injuries, like whip lash, poor posture, repetitive unbalanced work, exercise or play, surgery, etc.

The **most common cause** is not correcting the original damage. Let's take whip lash. Your neck and upper back may be stiff and painful for a week or two. Then it feels better. Six months or later you start having pain and stiffness in the same general area.

If you didn't correct the original damaged muscles caused by the whip lash, other muscles jumped in to help/compensate. That's why the neck felt better in a couple of weeks after the accident. After a time, those compensating muscles become weak trying to do their normal job and also helping out the injured muscles. They get tight/lock up, become dysfunctional. Now you are worse off because the original damage is still there and you have a new group of damaged muscles.

This is where SLM stands out compared to other bodywork/massage techniques. By treating all the body's muscles as a **SYSTEM**, compensating muscles, no matter where they are, can be addressed. Nerves running through the damaged area(s) will be normalized.

Combining acupressure, soft tissue manipulation and massage in SLM's unique manner, with special attention given to the damaged area(s), will make the pain go away.

NO OTHER THERAPY APPROACHES THE TREATMENT OF PAIN IN THIS MANNER!