



The problem pains discussed below are all treatable using the SLM Bodywork approach. There are many muscles involved with each of these types of groin pain. Please remember: receiving treatment as soon as possible after an occurrence will mean a much shorter recovery time.

Groin pain/hip flexor pain, common terms, can occur High or Low in the groin (see picture below). This is a pain problem that feels very serious, if it happens to you (been there, done that). The pain usually comes on more slowly than actual muscle ruptures and tears, which are rare. The more common groin pain is reversible fairly quickly using the SLM Bodywork technique.

Muscle ruptures and tears in the groin area/musculature (see picture below) are usually felt as a sudden excruciating pain in the groin area. Athletes are the group which encounters these the most. These pains are also treatable, but take longer to bring back to full functionality. A strengthening regime is also necessary after the affected muscles have healed.

Osteitis Pubis is pain felt in the front of or below the pubic bone (see picture below). Unlike the above pains, muscles deep in the stomach are usually involved along with many others.

Next week's problem pain will be ankle injuries.