



RELIEF FOR THE GROIN

"Oh my gosh! That was amazing! I have wanted someone to do this work on me for quite some time now but did not know where to go. What a relief!" –JE-

The groin is an intersection of many muscles coming together to anchor onto the pelvis and the leg bones. This intersection is a delicate place as it unites not only our legs to our hips but our genitals to our lower abdomen. Once compromised, the groin can become a troublesome area for the rest of one's life.

As a child, who wasn't elbowed in the groin or had a stray knee bump into you while play wrestling? An errant infield ground ball might have taken an awkward bounce while playing baseball only to impale you in the groin. You might have experienced the trauma of a sexual assault while growing up. Whatever level of groin trauma you might have experienced, this event often leaves one emotionally and physically restricted in their lives. As a result, you are afraid to spread your legs wide apart or suffer from frequent injuries while competing in sports. Many sporting careers have ended prematurely due to groin injuries that were never properly taken care of.

There is hope. Nobody needs to live their life with this debilitating injury from the past. Groin trauma can be easily corrected without drugs or surgery. Simple forms of bodywork called "Connective Tissue Bodywork" can release the traumatic holding that has been in place for perhaps decades. The result is an ease of movement, reduced fear of opening the inner thighs, and a greater range of motion while competing in athletics.

These techniques are administered with sensitivity and compassion. The inner thigh and genital region is often a very private and protected area. Great respect is taken to ensure the comfort and integrity of the patient's past experiences. While profound in its release process many patients report a strong emotional letting go as well. This release coincides with the body/mind receiving permission to let go of the old holding pattern.

If you or someone you know feels like an old injury or trauma to the groin has held you back in your life then this work might be just what you have been seeking. Feel free to arrange a consultation for more information.

JonBurras.com
surfyogi@verizon.net