

February 2023 Newsletter

February is such a beautiful month in Florida! We have so many “snowbirds” here and it really makes sense since it’s cold up north. We’ve had our winter, which lasts about two weeks and gets down into the low 40’s – which is FREEZING for us locals. But I’m not complaining since I used to live in New York and I remember blizzards, slush, ice, and lots of clothes to try to keep warm. Now it’s starting out in the low 60’s in the morning and then warms up to the mid-70’s so it’s just perfect.

Almost every month I teach a self-treatment technique I’ve developed over the years. I know it helps a lot of people because I hear back from you (thank you for letting me know!) and sometimes someone even posts a Google review. That’s a great pay-back and I appreciate it.

You can also get one of my three major books: *Treat Yourself to Pain-Free Living*, *The Pain-Free Athlete*, or *The 15 Minute Back Pain Solution* so you can easily find the solution to your problem and take care of it immediately at home.

[BIG NEWS! An Upcoming Clinic....](#)

I’d like to announce another way for you to learn how to do the Julstro self-treatments so you can find solutions quickly.

There are so many people having aches and pains that stop them from playing golf, tennis or pickleball, I knew I needed to do something to help.

As a result I’ve joined up with Laura Hackle, my Aikido instructor, to bring our work to anyone who wants to live a more flexible life. We want to show people how to release the knots that are preventing them from fully enjoying all the activities that abound here in Sarasota.

On February 18th, from 2PM to 4PM, I’m teaching s 2-hour self-treatment clinic at:

AikidoSarasota.com
279 Interstate Court,
Sarasota

Space is very limited so please call to register and save your spot!

(941) 404-5801

To make it even better, Laura will be sharing an Aikido component that helps with balance, something that will benefit everyone!

The entire workshop is only \$30, a bargain when you consider how pain and stiffness can impact your life!

Groin Pain – A Piece of a Much Bigger Problem

I've frequently written about the muscles that cause low back pain, but there's more to that problem than meets the eye. If you've been to the office you very likely found me working on the muscle that is on the *inside* of your pelvis, even if you didn't tell me you had hip pain.

If that's the case, I likely told you the whole story of how this muscle, the iliacus, meets up with another muscle, the psoas, to rotate your pelvis forward and down. It may have been confusing, but usually my clients get the general idea and understand why I'm doing the treatment that may not have made sense to them at first.

However, if you weren't there specifically because you had groin pain, I may not have mentioned that aspect of the treatment to you. Yet, it's logical why a muscle in your pelvis, a muscle on your thigh, and a muscle in your low back, will cause your groin to hurt.

This can be a bit confusing, which is why I finally decided to write a book about it. The entire treatment is in *The 15 Minute Back Pain Solution*. In this newsletter I'm going to briefly explain what each muscle does so you can see the connection.

The Muscles that Cause Groin Pain

There are too many muscles to go into here, but suffice to say that all of the muscles from the bottom of your rib cage to your knee are involved. And they all need to be treated to get total relief. But in this newsletter we're just looking at the muscles that put pressure on your pubic bone and cause groin pain.

The muscles of your inner thigh, the adductors and the gracilis, both originate on your pubic bone and insert either along your thigh bone or at your inner knee joint. Your adductors pull your leg in toward midline so you can kick a soccer ball or cross your legs. Your gracilis muscle helps the adductors and assists your knee bend.

When any of these muscles are tight, they are pulling on both your pubic bone and your inner knee joint.

Another very small muscle that causes groin pain is the pectineus. This muscle originates on your pubic bone and inserts into the very top/inside of your thigh bone. It is the first muscle that contracts when you want to cross your legs.

I've had many clients who were experiencing groin pain or having a problem simply moving their leg away from midline so they can get out of a car.

Treating Your Inner Thigh Muscles

If you've been to the office you already have a Perfect Ball since I always give one to my clients on their first visit. This ball really is perfect because it is hard inside and soft on the outside. This prevents bones from getting bruised.

If you don't have a Perfect Ball you can use a tennis ball, but never use a lacrosse ball, baseball, or any hard ball as you could bruise the bone and that's terrible as it hurts for as long as a year!



Sit as shown in the picture and with your opposite hand, push the ball along the entire inside of your thigh.

When you find a tender point, stop and keep the pressure on for about 30 seconds before moving to the next tender point.

A picture doesn't work to show you how to treat the pectineus, but basically you just push your fingertips into the very top of the inside of your leg. If it hurts, you've found it.

After treating the muscles thoroughly one way you can stretch them by sitting cross-legged and pushing your knees down toward the floor.

It may take you a little time to be able to balance the ball on the tight muscle, but if you go slow you'll be able to find each of the tender trigger point spots and work them out.

Looking Forward to Seeing You on February 18th!

Wishing you well!

Julie

PS: the treatment photo is taken from *The Pain-Free Athlete*