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## STRETCH THE PAIN AWAY

Source: <http://www.birthebonde.dk/pjecer/>

It is estimated that 30% of women and 10% of all men have abdominal pain.  
20% of women and 7% of men also have pain during intercourse.

Abdominal pain can come from other than the abdominal organs. It can also revolve around about tense and sore muscles in the pelvis.

The pain from these muscles can be really violent. You may have your suspicions the doctor when he can only find sore muscles. But it can really do a lot evil. Just as one can get headaches from tensing too much in the neck-shoulder muscles, can you get abdominal pain from tensing too much in the muscles of the pelvis.

Inside the pelvis are two muscles (m. Iliopsoas) which are called in everyday speech the tenderloin. The two muscles are attached to the front of the lumbar spine and go obliquely down through the pelvis to the inside of both thighs.

The iliopsoas muscles cause the back to sway or the hips to bend, but most importantly, these two muscles constantly balance the body in relation to the legs - both in sitting and standing position.

The pain is usually unilateral. They are in the groin and can radiate up the lower back and down on the inside of the thigh. They can be there constantly or occur as rushes where one can feel like the lamb in the leg. You can also get pain during and after intercourse. What used to be so nice, suddenly becomes a plague and something to get along with because you know you gets so hurt. The pain can also come after a long walk or sitting. It is most often painful to run and jump. Occasionally, these muscles may also go into spasm with ejaculation severe pain. You can not straighten out at all and you usually call a doctor as the pain is excruciating.

The pain can also come from other muscles. They can come from the muscle called the secretory muscle. (m. obturatorius internus). The muscle rotates the leg outward and stretches hip from a bent position.

## EXERCISES

### THE tenderloin muscle

Stand at a high table (dining table or kitchen table)

- Put your right foot up on the table edge, keep your left foot on the floor



toes pointing straight ahead.

- Lean against the table, support yourself with your hands on the table and hold the position for 10-15 sec.
- Lower your right leg again and rest.
- Repeat again with right leg up, perform the exercise 3-4 times.

Repeat with opposite leg (left leg) up.

### THE SECRETARY MUSCLE

Stand at a high table (dining table or kitchen table)

Place the right leg on the table in the "tailor" position.

- Stand on left leg with outstretched knee.
- Place the whole body over the right leg until it can be felt in the right buttocks and right inner thighs.
- Hold the stretch for 10-15 sec and repeat the stretch 3 times immediately legs up.
- Repeat with opposite (left leg) leg up.

### THE SECRETARY MUSCLE

Sit on the edge of a dining table chair

- Place the right heel on the left knee
- With straight back, lean forward until the stretch is felt in the right buttocks and right inner thigh.
- Hold the stretch for 10-15 sec and repeat the stretch 3 times immediately leg.



- Repeat with opposite (left leg) leg.

## PELVIS FLOOR

- Hold on to the edge of the table and squat, all the way down on your heels.
- Hold the position for 10-15 sec.
- Repeat 3 times.

Physiotherapists who have taken special courses in gynecology / urology can easily massage these muscles from the outside and you can also learning it yourself or one's partner can learn to massage the muscles.

It is a joke that you have to be careful not to touch the outside of the stomach / abdomen too much.

On average you get 4 treatments, then the pain is gone or so mild that you can now treat yourself and that is fine the whole purpose of all treatment that you take over yourself - get a pattern of action that can make a pain-free.