

Forum:[Hack Forums](#)

Thread: [Hernia?](#)

Jaqen - February 24, 2015, 1:37 am

So I have this feeling when I jump from high places, it's like my groin area hurts. It doesn't hurt as much as it's uncomfortable. I think it's hernia and I'm not that kind of guy who panics when I find out I have a condition like this, but can you guys let me know if Hernia can cause any permanent damage if not cured.

Thanks.

Obimoto - February 24, 2015, 1:38 am

I'm pretty sure if it was a hernia, you would know...

You probably just bulled a groin muscle...

Jaqen - February 24, 2015, 1:44 am

(Feb 24, 2015 02:38 AM)Obimoto Wrote: [\[CITE\]](#) I'm pretty sure if it was a hernia, you would know...

You probably just bulled a groin muscle...

But I don't know, it happens almost every time when I jump from higher place so when I land I get this uncomfortable feeling right below my ballsack (that area).

UNDERWIRE - February 24, 2015, 1:56 am

(Feb 24, 2015 02:44 AM)Jaqen Wrote: [\[CITE\]](#) But I don't know, it happens almost every time when I jump from higher place so when I land I get this uncomfortable feeling right below my ballsack (that area). Nah, that's doesn't sound like a hernia. Maybe you're just doing a poor job of letting your body take the shock of landing, and your lumbar and groin is taking some unnecessary stress.

Jaqen - February 24, 2015, 2:45 am

Alright, thanks for answers guys, I almost got worried.

SIM-1348814 - February 24, 2015, 1:51 pm

This happens to me too. When i was in 9th grade i jumped off a wall and landed it hurt so bad i couldn't move for a few minutes. Ever since this day if i jump from anything higher then 2 feet my balls will hurt like hell

Jaqen - February 24, 2015, 1:55 pm

(Feb 24, 2015 02:51 PM)Crazy Polar Squirrel Wrote: [\[CITE\]](#) This happens to me too. When i was in 9th grade i jumped off a wall and landed it hurt so bad i couldn't move for a few minutes. Ever since this day if i jump from anything higher then 2 feet my balls will hurt like hell
Okay, so I'm not the only one, another good thing.

So I guess we can't do parkour right? ?

SIM-1348814 - February 24, 2015, 2:03 pm

(Feb 24, 2015 02:55 PM)Jaqen Wrote: [\[CITE\]](#) Okay, so I'm not the only one, another good thing.

So I guess we can't do parkour right? ?

I'm sure you can just learn how to fall properly it's all about spreading the fall throughout your whole body

Jaqen - February 24, 2015, 2:29 pm

(Feb 24, 2015 03:03 PM)Crazy Polar Squirrel Wrote: [CITE](#) I'm sure you can just learn how to fall properly it's all about spreading the fall throughout your whole body

Alright, I was a bit scared it was Hernia because symptoms are similar. I feel relieved.

JOJOGANG - February 24, 2015, 2:40 pm

That happens to me often too, well usually I just get those pains walking but they aren't often, usually 2-3 times a month I get them and they anywhere from 30-60 minutes.