



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

TRAINING WITH PAIN

WHEN TO CARRY ON AND HOW TO MODIFY
TRAINING WHEN DEALING WITH PAIN AND
INJURY

TRAINING WITH PAIN

STOP

- Pain is worsening during a session
- Symptoms outside of the site of pain are occurring, eg referred pain, bowel or bladder issues.
- Grabbing, locking, catching sensations are occurring

MODIFY

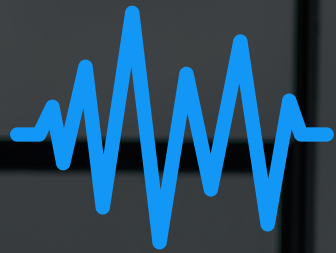
- Mild to moderate pain is felt and not improving during the session
- Dont have full range of motion/flexibility
- Low confidence of the painful areas ability to perform the exercise

GO

- Minimal to no pain
- Exercises, reps, sets, loads, distance etc have been performed previously with no exacerbation of symptoms.
- Feeling confident



HOW TO MODIFY YOUR TRAINING WHEN DEALING WITH PAIN



FREQUENCY



MODE



INTENSITY



RANGE OF MOTION

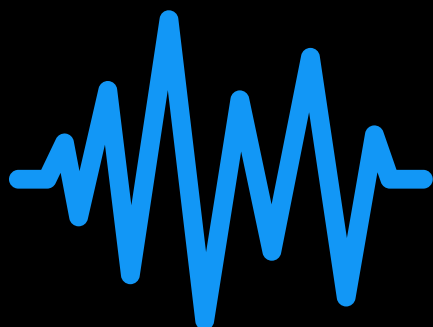


DURATION



VOLUME





FREQUENCY

HOW?

Reduce training sessions per week or month
Reduce frequency of specific exercises per week

WHY?

When dealing with pain and injury the tissues may need more recovery time. Reducing frequency will allow for this whilst still allowing you to train.



INTENSITY

HOW?

Lower the weight, heart rate and general difficulty of the training session to a level that reduces your symptoms during and after the session.

WHY?

When injured or in pain our tolerance to higher level intensity work may be diminished. Lowering the intensity to a tolerable level will keep your fitness up and ensure the painful sight still remains strong.



DURATION

HOW?

Reduce training session time or time spent performing an exercise

WHY?

This will help maintain fitness but not allow too much fatigue. This will also help you stay moving to manage pain.





MODE

HOW?

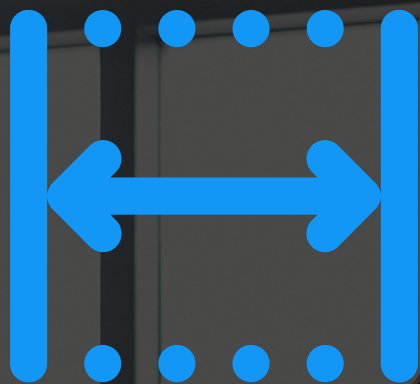
Try a different type of exercise or a variation of a known exercise

WHY?

Exploring a new exercise or a new variation of a known exercise can have positive neurological effects on pain. It also inadvertently makes you deload, reducing the stress on the body.



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RANGE OF MOTION

HOW?

Reduce the height, distance or amount of movement for the exercise. Lift weights off a rack, squat down to a box or perform partial movement with minimal to no pain.

WHY?

Certain angles and forces during a movement may trigger symptoms. Reducing the ROM may allow you to still do the required exercises without taking the tissues into a provocative position.



VOLUME

HOW?

Reduce overall reps/repeats throughout a week/month. This can also be done by modifying training frequency as discussed above.

WHY?

More volume usually means more fatigue and thus more recovery is required. Reducing volume reduces overall fatigue but will still allow for training to take place.

