



5 NO GAIN PAINS

Melissa Krikorian, MPT

5 No Gain Pains

I work out hard. So how do I know what is “good” pain and what is “bad” pain? There is no good pain. There is intensity! We are designed to take on a challenge. We are not designed to push through experiences that break down our joints.

Often times we don't have the right initiation, sequencing or workload distribution while exercising. **(See the Free Resource: How Did I Ge Here and How Do I Get Out?)** Every time you move 12 lb arm or 30 lb leg, you are “loading” your system. (You load your system even more if you are holding a weight or using any kind of resistance spring/cord/ hydraulics). There was a time when your body knew how to distribute that workload, but most likely you've lost some of those skills due to holding patterns caused by repetitive, emotional or physical trauma. This means we get joint pain, nerve pain and muscle strains. You'll know you've moved out of the “challenge” range that remodels your muscles and supports your well being into the “danger” range if you experience the following types of pain. If you feel a bit of muscle soreness in areas you've worked hard, but it resolves 24-48 hours after the workout, you're in the “challenge” zone. The following are pains that won't gain you a thing; in fact, they will limit you tremendously in the long run.

01 PAIN IN YOUR JOINTS THEMSELVES NO MATTER HOW SLIGHT

This means you're over-loading the precious cartilage and straining the ligaments and tendons by not getting a proper workload distribution. (See FREE RESOURCE How Did I Get Into Pain And How Do I Get Out?) Stop any exercises immediately that cause this type of pain. DO NOT PUSH THROUGH. CFR can help you learn how to redistribute workloads and keep your joints and connective tissue healthy — even restore tissues that have been compromised.

5 No Gain Pains

02 PAIN THAT LINGERS MORE THAN 48 HOURS AFTER A WORKOUT

We all love the muscle soreness of a good workout, but when soreness lingers, it may indicate a strain or tear. **DO NOT RESUME.** Usually we have an idea of what move “did it”. If so, extract that move from your exercise program. Later, when you have upgraded sensitivity (which CFR can give you!), return and play detective to discover what you need to modify. Best to move on to a safer, more productive challenge. You should be able to participate in any activity you like with appropriate loading. Rarely is any exercise too much with the right load and timing. But for now, there is something you are not aware that you are doing. Doing it over and over again is . . . insanity.

03 PAIN THAT MAY RESOLVE, BUT FLARES THE SAME WAY EVERY TIME YOU EXERCISE

Your body is resilient and knows how to heal itself. If you overdo, your body might be able to make a quick comeback initially, but keep overdoing and pretty soon, the healing process is overdrawn, and you start getting pain even when you don't work out. **WATCH FOR THIS ONE.** Switch gears as soon as you pick up on this subtle, insidious game changer. Go smaller and slower. Or choose another activity that requires the same skill set but with less complex organization for a while to keep you safe while your brain maps the challenge.

04 PAIN THAT YOU'VE FELT BEFORE PRIOR TO A TIME OF HAVING TO “TAKE A BREAK” FROM YOUR WORKOUTS

TOO MUCH TOO SOON. If you've been on “leave” before for the same pain, there is something you are missing in your mechanics. If rest healed you once, it might not again. Stop aggravating the sensitive area and begin to get curious on how to grade your activity. Drop the speed, intensity or endurance down to a level your joints and tissues can handle.

5 No Gain Pains

05

PAIN THAT FEELS “NERVY”, “NUMBING”, “TINGLING”
OR CAUSES TEMPERATURE CHANGES

These abnormal sensations are caused by nerve irritation. DON'T GO THERE. Carpal Tunnel Syndrome, Nerve Impingement, Thoracic Outlet Syndrome are examples of nasty syndrome consequences. These syndromes can get nasty. Stay away! You're pushing too hard on tissues that have no idea what is required. Nerves are delicate tendrils running energy and information. They were never meant to be cables like muscles, ligaments and tendons. If they start acting as load bearers, you're in for the worst.

It takes courage and a deep understanding of self-care to return or continue working out as we get older. There are so many temptations to give up: not enough time, challenging discipline and just plain inconvenience. Piled on top is the cycle of injury and recovery and injury. CFR can help you reorganizing your nervous system so it can monitor and modulate your movements allowing you to access a steady growth curve of exercise performance for the rest of your life!