



PAIN



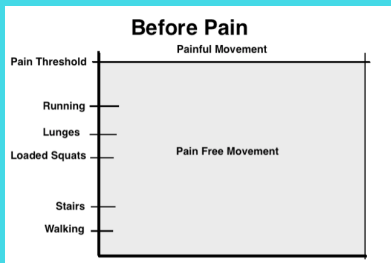
Pain is a Protective Mechanism

- Does not correlate with tissue damage in chronic/overuse injuries
- Pain is the brains "best guess"- taking input from everything happening in life
- When you have pain a long time, your body becomes sensitive to it, increasing your perception of pain like the volume on a radio dial

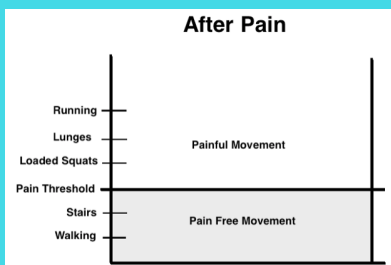
Good Pain

- Sensation during hard workouts or races
- Your pain tolerance increases with high intensity workouts, even when fitness gains are the same compared to completing moderate workout
- Higher pain tolerance shown to increase time to exhaustion in lab tests, which may indicate increases in performance

Bad Pain



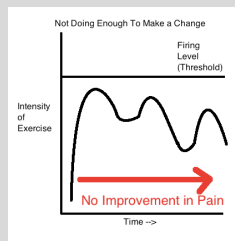
This represents your body's pain threshold prior to an injury, specifically overuse injuries in the running population



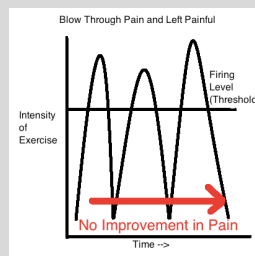
This represents how your body's pain threshold decreases with pain. This makes sense, you've irritated tissue and your body is protecting itself from you continuing along the same path

Working Through (some) Pain

Working through some pain may help you heal and improve faster



- "If it hurts don't do it mentality"
- No improvement in pain overtime



- "Blowing through pain"
- For example: workout hard/long, cause pain, take several days off then repeat
- No improvement in pain overtime



- "Sweet Spot"
- Exercise just above and just below pain threshold (3/10 pain or lower)
- Improvements in pain overtime

While continuing to run through some pain, address the root cause of the problem!