

GOOD PAIN, BAD PAIN

THERE ARE TWO KINDS OF PAIN ---- which one are you feeling?

Sore muscles, feeling the “burn”, aches and stiffness are all a part of the process. *We get that.*
Unfortunately, too often pain is a signal for injury, damage and an eventual loss of strength and commitment.
Learn to tell the difference between the pain that makes you stronger and the pain that holds you back.

Good pain:

- Builds up gradually
- Typically felt in a broad area (such as the whole leg or arm)
- Decreases or stops when activity ends
- Burning sensation as intensity increases
- DOMS - Delayed Onset Muscle soreness (1-2 days post workout)
- Stiffness or achiness may occur after rest periods
- Sense of well being or exhilaration

Bad pain:

- Sudden onset of pain
- Felt in a specific spot or more localized area
- Pain that increases over time
- Sharp, shooting or 'lightening bolt' pain
- Tingling or numbness; 'pins and needles' sensation
- Pain in the joint, not the muscle
- Pain that wakes you up at night
- Pain after 'popping', 'clicking', 'snapping' sound
- Swelling or inflammation
- Sense of anxiety or concern

Certain conditions can result from injuries sustained during a workout. Some of these include:

- Sprains – stretched or torn ligament
- Strains – torn muscle or tendon
- Tendonitis – Wrist, elbow, shoulder, hip & knee
- Knee Injuries
- Shin Splints
- Plantar Fasciitis

- Achilles Heel
- Dislocated Joints
- Bone Fractures
- Low Back Pain, Sciatica
- Tennis Elbow
- Rotator Cuff Injury



Feeling BAD PAIN? Contact us at (480) 832-9308 or mdmphysicaltherapy.com