

TRAIN KLEINHENZ

PAIN GUIDELINES

When it comes to communication and expectations on pain, there are three main things to report (to your coach or healthcare provider):

Frequency, Intensity, and Duration of Pain

Frequency of Discomfort: How often is it coming about and what's causing it? Is it only in the morning or later in the day? Is it while completing a movement or exercise? Is it when you're stuck in a certain position or have to move for extended periods? Let us know.

Intensity/How Bad It Is: You can give us a number on a scale of 0 to 10 with zero being nothing and ten being "I NEED TO GO TO THE HOSPITAL RIGHT NOW". Consider 5/10 being uncomfortable but manageable. Describing the symptoms is also valuable. Does it feel sharp or dull? Does it feel like it's burning or tingling? Is there pressure or an ache? It may be one of these or a few of them.

Duration of Discomfort: When you rest or stop performing the activity, how long do the symptoms take to return to baseline? In other words - how long does it take for things to calm down? It may be a few seconds, a few minutes, or even a few days.

By understanding the frequency, intensity, and duration of your irritation and pain, we can better measure your current level of "irritability" and tweak your individual plan accordingly. With low irritability, we may be a little more aggressive in our decision making. With high irritability, we may have to be more conservative *temporarily*.

TRAIN
WITHOUT PAIN

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One of the biggest fears we have when we've been hurt or injured is making it worse or getting hurt again. It would set us back even further, make us feel even more incapable, and cause more frustration and confusion than we already have. This is exactly why we distinguish between insult, irritation, pain, and injury - to get us on the same page about what you're feeling, why you might be feeling it, and how to make confident decisions around what to do, when to do it, and when to stop.

There are 4 rules to follow as we use our bodies to make sure that what we're feeling is okay, to identify if it's not, and to take the next best informed step no matter what:

Rule #1: During movement, irritation is never to exceed a 4 out of 10. This is considered an acceptable level of irritation. More than this, and we may be doing more harm than good.

Rule #2: As we move, irritation must either stay the same or reduce. For example, if you're going through a set of eight repetitions of an exercise and it feels like a 4/10, if you feel okay to continue, we want to know that from rep to rep, irritation either remains a 4 or decreases to a 3, 2, 1, or 0. This stagnation or decrease in irritation shows we are clear to continue. An increase could cause undue harm.

Rule #3: The third rule is that when movement stops, irritation stops. For example, as you complete your set and return to rest, we want to know that what you felt during exercise stops while you aren't moving. So, when you put the weight down, there's nothing residual telling you that it hurts. This is a great sign and movement should continue.

Rule #4: The fourth rule is that within 48 hours, irritation should register as no greater than how you reported it during exercise. If we do a strict press on Friday, I want to know that by Sunday your shoulder irritation is the same or better. If for some reason it's worse, we would need to adjust the next session's demands to more perfectly and conservatively meet your shoulder where it is so we can move forward from a new baseline.

STAGES OF PAIN PROGRESSION

STAGE	PRESENTATION	STOP EXERCISING
1	Pain upon movement	Pain that alters form
2	Pain at rest	Pain that prevents rest (sleep)
3	Pain with Activities of Daily Importance (ADIs)	Avoidance of Activities of Daily Importance (ADIs)
4	Pain managed with meds	Being in Stage 4
5	Severe pain \geq 5/10	Being in Stage 5

PAIN LEVELS 0 - 10

1	2	3	4	5	6	7	8	9	10
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SYMPTOMS AS YOU MOVE

Better	Same	Worse
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SYMPTOMS ONCE YOU STOP MOVING

Goes away	Lingers 0:30 - 1 min	Worse
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SYMPTOMS ALLOWED POST-EXERCISE

6 hrs	24 hrs	48 hrs +
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IRRITABILITY INDEX (OF SYMPTOMS)

Frequency of symptoms ↓	Frequency of symptoms ↑
Intensity of symptoms ↓	Intensity of symptoms ↑
Duration of symptoms ↓	Duration of symptoms ↑

Slow down, monitor for symptoms, & take it "easy".

Stop exercise; some rest is needed.

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