

# PAIN AFTER EXERCISE/REHAB

'The Goldilocks Principle'



If during the 24-48 hours after exercise...

No soreness =

**TOO COLD**

You can do  
more next time!

Sore but eased =

**JUST RIGHT**

Stick  
to this.

Still sore =

**TOO HOT**

Do less  
next time.

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# PAIN DURING EXERCISE/REHAB

'A Rule of Thumb'

## KEEP GOING!

0 1 2 3

Exercising in this zone is safe.

Very unlikely to cause tissue damage.

Some pain is normal, and probably beneficial to your rehabilitation.

## BACK OFF A LITTLE

4 5 6

When pain gets above 4, try to reduce it by modifying:

- weight/load
- repetitions/sets
- range of motion
- speed of movement
- rest between sets.

Still unlikely to be causing damage, but you may pull up sore, hindering future rehab.

## STOP

7 8 9 10

The exercise (or the amount) you are doing is probably too advanced. Stop doing it, and talk to your physio.