

Training Around Pain

Pain is your body's way of warning you that something might be wrong, but that doesn't mean you should necessarily avoid exercise. Depending on the type of pain you have, exercise could actually help.

Use these principles to help you better understand your pain, how to respond when pain occurs, and if it is safe to add more activity or exercise.

Red Light

- Severe/sharp pain that persists for days to several weeks
- Stop Activity and seek medical advice regarding injury

Yellow Light

- Discomfort or low level achy pain but manageable
- Modified rest, continue normal activities, but avoid new activities
- Apply the RICE principle

Green Light

- No pain
- Continue and progress



The Health & Readiness Optimization (HeRO) Strategy

By leveraging principles of functional fitness, balanced training approaches, targeted athletic development, and movement throughout the day, the HeRO strategy promotes the best available evidence to support Airmen in meeting the physical and mental demands of their missions.



For More Ways to **MOVE, EAT & SLEEP**
Your Way to Optimal Health, Visit:
<http://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

For More Information, Contact



HEALTH PROMOTION
United States Air Force



Injury Prevention

HeRO

Health & Readiness Optimization

Optimizing Airmen Readiness Where You Work, Live, and Play

Common PT Injuries



Recovery From Injury

Phase 1: Improve range of motion

Phase 2: Build/develop global strength

Phase 3: Build dynamic strength

Phase 4: Medical clearance

Phases of Injury and Treatment

The following table summarises the 5 phases of injury proposed by Petersen & Holmich (2005) and the appropriate actions to aid recovery

Phases of Injury	Signs/treatment
Phase 1 (acute): 1 - 7 days	<ul style="list-style-type: none">• RICER treatment is importantGoal: Minimise swelling, pain and control haemorrhaging.• Use of NSAIDs for short period after injury.• Light movement techniques prevent adhesions.
Phase 2 (subacute): 3 days - 3 weeks	<ul style="list-style-type: none">• Inflammatory symptoms begin to resolve.• Basic exercise techniques promote healing and prevent muscle atrophy. Concentric exercises introduced.• Cardiovascular fitness should be maintained.
Phase 3 (remodelling): 1 - 6 weeks	<ul style="list-style-type: none">• Loss of flexibility due to scar tissue formation and pain.• Stretching performed to maintain flexibility.• Eccentric exercise introduced (light to avoid re-injury)
Phase 4 (functional): 2 wks - 6 months	<ul style="list-style-type: none">Goal: Decrease the risk of re-injury during sport.• Sport specific strength and flexibility protocols initiated.
Phase 5 (return to comp): 3 wks - 6 mths	<ul style="list-style-type: none">Goal: Maintain strength and flexibility of muscle to avoid recurring injury.

Use tools such as progressive muscle relaxation (PMR), breathing, and “unplugged” workouts to better tune in to the signals your body sends and what they mean.

Many of these injuries can be avoided by following proper warm-up and cool down techniques, allowing for plenty of rest between workouts, avoiding overuse or overtraining, and wearing the proper equipment.

- Shin splints: often caused by overtraining
- Calf muscle pull: can occur when high-intensity workouts are performed too frequently
- Low back strain: when back muscles are stretched too far and cause small tears in the tissue
- Plantar fasciitis: most common cause is an overload of physical activity or exercise
- Hamstring strain: when one or more muscles on the back of your thigh have been stretched too far
- Achilles tendinitis: occurs when stretching is not incorporated into your physical training
- Rotator cuff injury: ranges from basic inflammation to a complete tear around shoulder joint
- Groin pull: caused by not warming-up enough and extreme overuse of inner thigh and groin muscles

To keep the unit ready, Airmen need to be injury-free.



Injury Prevention Tips

Injuries pose serious challenges to military readiness through lost duty days and suboptimal performance.

Follow these principles to prevent injuries:

- Listen to your body to avoid overtraining
- Progress gradually
- Strength training
- Strengthen core and hip muscles
- Target weak muscle areas
- Incorporate proper warm-up
- Stretching after warm-up and at end of workout
- Wear proper gear/attire
- Use proper technique/proper body alignment
- Stay hydrated
- REST

If you experience an injury while walking, follow the RICE prescription:

- Rest
- Ice
- Compression
- Elevation