

PAIN & MOVEMENT

SHOULD I KEEP MOVING?

When something hurts, it's natural to protect it and move less. Sometimes temporarily changing what you do is sensible, particularly after an injury. But pain doesn't always mean you need to stop moving completely. For many muscle and joint problems, staying active and gradually returning to movement can be an important part of recovery.

PAIN DOESN'T ALWAYS EQUAL DAMAGE

Pain is real, but the amount of pain you feel doesn't always reflect the amount of tissue damage. Pain can be influenced by many things, including an injury, how sensitive the area has become, previous experiences, sleep, stress and how confident you feel about moving. This is why something can hurt without necessarily meaning that movement is causing further damage.

FIND A LEVEL YOU CAN MANAGE

You don't have to go straight back to everything you were doing before.

Your starting point might be:

- A short walk
- Gentle movement
- An everyday activity
- Simple strengthening exercises
- A modified version of a hobby or sport

The right starting point will be different for everyone.

BUILD UP GRADUALLY

As movement becomes more manageable, you can gradually increase what you do.

That might mean a little more time, distance, resistance, repetitions or difficulty.

The aim isn't to ignore pain or simply "push through it". It's about finding an appropriate level of activity and progressing from there.

WHAT IF MOVEMENT HURTS?

Some discomfort during or after activity doesn't automatically mean you have caused harm.

However, if an activity causes a significant or lasting increase in your symptoms, you may need to reduce, modify or temporarily change it before building up again.

If you are unsure what is appropriate for you, a healthcare professional can assess your symptoms and help you decide on the next step.

ASSESSMENT • TREATMENT • REHABILITATION

Care focused on what matters to you.

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