



# Sports Injury Recovery

Natural, Time-Tested, Athlete Proven

[www.qivantage.com](http://www.qivantage.com)

## When “No Pain, No Gain” is NOT the Best Advice

You’ve heard the phrase “no pain, no gain” a thousand times. And you push your body until it hurts because you know that exceeding your current threshold is what gives you the ability to do more, perform better and endure longer the next time. If you’re a runner, you’ve got to extend your distance or increase your speed. If you’re weight training, you expect to feel the burn, the miniscule tears to that muscle fiber, that makes you know you’re increasing your strength.

But have you ever had that thought cross your mind, when something feels a little different...or hurts a little more...and **you think, “That didn’t feel like good pain...that felt like bad pain. Maybe I should stop?”**

But of course you *don’t* stop. You fight through that bad pain instead, because if you stop, your goals become elusive. You don’t achieve what you set out to do. And a voice in the back of your head tells you, “You’ve failed. You just quit!” You don’t stop because you’d rather feel the physical pain that proves you stuck it out than feel the guilt that comes with failing to finish.

**You push through the pain because you refuse to be called a “quitter.”**

But we’ve got five good reasons you should push off the guilt and avoid that “bad” pain – that pain that feels like something’s about to go wrong – because, in that situation, “no pain, no gain” is NOT the advice you should be following.

### REASON #1: Your Body is Trying to Tell YOU Something

When you feel a site-specific pain – not the soreness that comes after a workout, but a pain you can put your finger on (literally) – your body is trying to tell

you that you’ve either *got* a problem or you’re on the fringe of injuring yourself. The intensity of the pain should be a good indicator of how important it is to immediately alter your plans and pay attention to the message. **Pain should not be ignored.** It is your body telling your brain that it needs the time and resources necessary to recover.

Everyone experiences pain at a unique intensity... and with a different level of tolerance. Some athletes grit it out, playing through the pain. Others are more inclined to seek immediate relief. But if you’re feeling pain and the reason you don’t stop is to avoid the stigma, you’re not doing yourself any favors.

Less pain means quicker recovery. If you stop when it first crosses your mind to stop, you might actually be back in the game sooner. Because if you make the pain worse or incur a more serious injury, you’ll be out of the game even longer.

### REASON #2: The Weakest Link is Where the Chain Breaks

Yes, it’s possible that the site-specific pain will go away. It’s possible you could keep playing and not get injured...*this* time. But a site-specific pain is a terrific indicator of a weakness in your body’s system. And just like the links in a chain, when you put that system under tension, it’s the weakest link that’s going to break.

You see, one key part of your body’s ability to perform is its system of muscles. The muscles work together. They support each other. They back each other up. They’re sort of like their own team. In sports, when a teammate gets hurt, the other players take up the slack. And the injured player gets subbed out. He can take a rest and take time to recover.





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## But with muscles...there are no substitutes.

When you feel the pain and decide to play anyway, your team of muscles has to keep playing too... they're just one player short. Not only do the surrounding muscles have to work even harder, they don't even have the luxury of subbing their injured player out and getting a fresh replacement.

When one muscle is injured, *all* your muscles in that area have to work harder. Playing through the pain increases the strain...and the risk...for all of them.

## REASON #3: If You Drive on a Flat, You Could Damage the Entire Car

If you got a flat tire, how many miles would you drive on it? How long would you go before you stopped to put on your spare?

### You wouldn't drive any farther than you had to, of course!

Why? Because everyone knows that if you drive on a flat, you'll first ruin the tire, then damage the rim, alter the alignment and the bearings, and sooner or later even the interior of the car will develop a permanent rattle. In short, it won't take too many miles before the flat tire has seriously altered the functionality of the car. You've turned a relatively small problem into a big problem.

### And your body works exactly the same way.

## REASON #4: You've Got Lots of Games...But Just ONE Body

Unlike cars, the body has the ability to heal. That's the good news. The bad news is, unlike cars, you can't go out and buy a new body. And if you drive yourself too far, for too long, in the end you'll find yourself with muscles that don't work...and nowhere to buy replacement parts.

But in a way, even the good news is bad news.

Sometimes you push through the pain *because* you know your body *can* heal itself. And you tell yourself, "I'm sure it's nothing. It'll go away." You rationalize yourself into trading off your future health, strength and comfort in order to keep going NOW.

**But don't trade today for tomorrow.** It's just a game...though no athlete wants to hear that. It will be over in a matter of minutes or hours. But how long will the pain last?

The fact is, there are lots of games, but you only get ONE BODY to play them with.

## REASON #5: A Healthy Athlete is a Happy Athlete

When you're chronically injured, when you're totally out of the game, it's not just about the pain anymore. It turns into an emotional handicap as well. How many times will you be able to "sit this one out" before you quit entirely? After all, no active, dedicated athlete can really stand to sit on the sidelines for long.

### So what then?

Will you try to play anyway and risk a re-injury? Will you be forced into being a "quitter" because your body just can't take it any more? Because the longer that goes on, the more you'll wish you'd decided to just "sit this one out" right at the start.

## Reconsider Being a "Quitter"

The reality is that playing through pain usually means more pain and very little gain. So instead of following the age-old adage of "no pain, no gain," why not reconsider being a "quitter"? When your body sends the signal to your brain – by way of a site-specific pain – that it *really* wants you to stop NOW, give your body the break it's asking for!

As every seasoned player knows...it's better to quit because you *decided* to than because you *had* to.

