

## **The Program Injury Protocol:**

You can't train effectively if you are injured, meaning you experience pain at the twinging level or higher on the following scale: tender, twinge, ache, sore, severe.

When you are experiencing pain, your highest priority should be to get rid of the injury through a concerted rehabilitation effort. Please see about changing your mindset from training to rehabilitation until the injury goes away.

Remember, all injuries go away if they are treated properly. The most important thing is to slow down and experience the pain at no more than a tender level (see above). The pain will go away gradually as long as you don't continue hurting yourself with painful exercise.

Thus, whenever you feel a sharp twinge of pain, back off immediately. Slow down or stop exercising until the pain goes away, whether in that workout or over a period of several weeks. Better to lose a few weeks of training than be saddled interminably with debilitating pain.

Never train on an injury that causes limping (even minor limping). It's okay to take the pressure off an injury by limping around the house. But don't limp while training or rehabilitation. Limping will worsen the injury, and it might cause another injury in a related physical structure.

Don't stretch unless it's very, very gentle, which could decrease pain in the damaged area. Don't do strengthening or therapy exercises. Don't use shoe inserts. Don't take pain medication. Use excruciatingly slow walking to keep the pain at bay. Then, afterwards, ice the area for 10 minutes.

Do very short and very slow workouts (5 minutes is not too short) so you can actively rehabilitate the injury by warming up and loosening up the injured area (some gentle activity is always better than none). The pain should go way from day to day, enabling you to go a little faster.

Consult with Brian before going to a doctor. It's his job to get you out of the injury. He will recommend consultation with a doctor if this protocol doesn't result in rapid rehabilitation. Contact Brian at 808-391-8598 or email him at [BrianCSRun@aol.com](mailto:BrianCSRun@aol.com).