

Pain Management

Pain is a not so funny thing that can stop any exercise program dead in its tracks. Yet if you're an active individual it is inevitable that at some point you will have pain. So, first let's look at what pain is. Simply put, pain is the body's indicator that something is wrong. When we twist an ankle, we have pain to tell us we have a problem and to slow us down. We **SHOULD** listen to pain; it is a very good indicator as to when we have a problem.

Activity pain usually starts as a dull, non-specific pain, and at that point the pain can be alleviated with stretching or massage. A very bad thing to do is to mask the small pain with anti-inflammatory drugs hoping it will go away on its own. This type of pain management usually leads to you in the doctor's office for X-rays or getting an injection with a very large and painful needle.

Let's be specific for a second. If you're a jogger (or walker) and you begin to develop a **SMALL** amount of non-specific pain in the bottom of your foot, manage that pain with a stretch before and after the run. In bare feet, stand with one foot in front of the other and then lean into a wall and move onto the toes of the back foot. Stay relaxed and stretch the bottom of the foot as far as it can move with comfort and repeat on the opposite foot. This will stretch out the muscles and mobilize the tendons on the bottom of the foot.

Another option (and one of my favorite) is to find a tennis ball, and again with bare feet, place one foot on the ball and put as much as tolerable pressure down on the ball and move your foot in small circles. This will stretch and massage the muscles and tendons of the foot. By the way, if you are not a runner but rather you stand a lot during the day, you will love these two stretches to help revive the foot and lower legs.

Remember don't ignore pain. It is the first indicator that something is wrong. Masking the pain and continuing on with activity will only make the problem worse. If your pain doesn't go away, gets worse or is more than just an ache, be sure to see your doctor.

Bringing Health and Fitness to the Whole Family!

Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis

and is consistently taking continuing education to stay updated on the most current information in the field.