

# HARTZ Physical Therapy

## Experience the Difference

February 2014

# HARTZ

## physical therapy

### Good Pain vs Bad Pain

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So the New Year is well under way, along with all the resolutions and good intentions that come with it. For many of us that means it's time to lace up the sneakers, get out there and start working out with a renewed sense of energy.

#### **We've all heard the mantra "No pain, No gain".**

I've heard this phrase thrown around since my days of little league baseball, long before coaches monitored pitch counts and days' rest for young growing arms. It's popular in locker rooms, post-workout chats and even some physical therapy offices. The question we have to ask though is "Does this long held belief hold up when it comes to exercise? Sure it sounds great, heck it even rhymes, but does it still apply to individuals who are looking to get healthy and treat their bodies a little better in 2014? "



**Pain has a protective function in our bodies.** Pain helps tip us off to tissue damage that is occurring and allows us the opportunity to change our activity so we may allow our bodies' adequate time to heal. When exercising, it is normal to feel that deep burn in your muscles as lactic acid, a natural byproduct of muscle contraction, accumulates.

**Pain is not a normal byproduct of exercise.** Typically after an appropriate workout, you can expect to experience what is known as delayed onset muscle soreness. Most commonly experienced 24-48 hours after a good workout, this is simply soft tissue inflammation caused by asking your body to do more than it is accustomed to doing. If you experience no soreness, you can probably ramp it up a bit. If you're sore for greater than 48 hours, you likely overdid it. When you experience pain sooner than 24 hours after your workout, it is an indicator that you are doing something incorrectly.

If you are having pain, consider getting it checked out by a physical therapist. **Physical therapists are experts in how the body moves. A physical therapist can evaluate your pain to determine good vs bad and get you started on the path to exercise health.**

To read a personal "good vs bad pain" experience I had [click here](#).



## Signs You May Have Injured Yourself

The pain you are feeling is **sharp**.

The pain you are feeling is **shooting or accompanied by numbness, tingling, pins and needles**.

There is a **sudden onset of pain**.

The pain developed in association with **popping, clicking, snapping or giving way underneath you**.

## The Warm-Up Before Exercise is Essential

Five to ten minutes of light cardiovascular activity, followed by a few dynamic exercises, is all that is needed for proper warm-up. [Click here](#) to see an example of a dynamic warm-up drill for runners.

HARTZ PT YouTube channel updates will be coming in the near future. We'd love your ideas! If there are any video demonstrations you'd like to see us post, please [send us a request](#).



## Fun February Facts

Until 713BC, the Romans had no names for January and February, on the grounds that the winter months did not deserve them.

February is the only month that can pass without a full moon. This last happened in 1999 and will next happen in 2018.

**February is American Heart Month.** [Click here to](#) review important information on heart health from the Centers for Disease Control.



HARTZ Physical Therapy has offices to serve you  
in Lititz, Lancaster and Ephrata.

For more information visit [www.hartzpt.com](http://www.hartzpt.com)  
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