

# Preventing Pain & Injury

## DURING STRENGTH TRAINING



## INJURY PREVENTION

**Injuries are very unlikely if you follow the steps and tips provided in this module.**

However, it is possible that you might suffer a strain in a very weakened joint or after progressing too quickly.

This is not the same as a normal feeling of slight tiredness or fatigue after a training session, or when in the early stages of training you feel a delayed onset muscle soreness one to two days after the training session.

**This kind of delayed muscle soreness is part of the process of muscle rebuilding and repair, which ultimately leads to larger, stronger muscles.**

It feels like a mild ache or tenderness in the muscles you have exercised, but it is not sharply painful and it doesn't stop you from being able to move around.

It feels strongest about two days after the exercise session, and will happen less and less as you train regularly.

There is no need to treat that kind of muscle soreness, although a heating pad, a hot bath or a massage can feel good on the exercised muscles.

## DOMS

**Delayed Onset Muscle Soreness** otherwise known as DOMS is the normal feeling of muscle tiredness and fatigue you may experience one to two days after the training session.

## PROGRESSION

Follow the instructions and progression guidelines provided in each video and exercise card for guidance and safety.

## LISTEN

Pay attention to your body. Notice any sharp or unusual pains which may be a sign that the weight is too heavy, or that it is not an appropriate exercise for you at this point in time.



## REMEMBER R.I.C.E.D

If you do suffer an injury to a muscle or ligament, in the form of a strain, sprain or tear, this will feel like a sharp pain happening at the time of exercise, rather than one to two days later as described above. *If this happens, follow the 'R.I.C.E.D' treatment below for quick recovery.*

### REST

Don't continue doing that specific exercise again until the pain is completely gone. When it has, start again with light or no weights, and progress slowly until you regain your strength. Do not try and 'work through' an injury like this by continuing to train at your usual level.

### ICE

Apply a cold pack immediately after the injury, for 20 minutes of each hour, until the symptoms are reduced.

### COMPRESSION

Wrapping the affected joint with an elastic bandage (but not so tightly that it stops circulation) may help to decrease the amount of swelling (fluid accumulating around the joint). Swelling of the tissues is responsible for some of the pain of inflammation in a muscle or joint. If the injury is severe, it might need a longer period of immobilisation with a wrap or brace until it has healed.

### ELEVATION

Lifting the joint above the heart helps to also reduces swelling and pain, and is particularly helpful for the ankle joints.

### DIAGNOSIS

If the pain persists, please see your doctor for diagnosis or further treatment.

<https://homecare.sydney.edu.au>

## REFER TO THE CHRONIC DISEASE FACT SHEETS PRIOR TO EXERCISE

If you currently have any chronic illnesses, injuries or conditions, please refer to the fact sheets on chronic diseases on the website.

These will give you specific guidelines for safety and prevention of injury, including any exercises that may not be suitable for you and that you may need to avoid.

## BE MINDFUL

Exercise with awareness. Keep your mind focused on your breathing and performing the movement using correct technique. Injury is less likely to occur when your senses are mindfully engaged in what you are doing.

## GO SLOW

Ensure your movements are slow and controlled, to protect your muscles and joints.