



**WHAT DO I DO
WHEN SOMETHING
HURTS DURING
TRAINING?**





When training in weightlifting there is going to be times when your body feels sore, beat up or a particular movement doesn't feel great.

As an athlete its important to have the tools to be able to make some decisions about how you are feeling & how you might be able to adjust your training to still get some work done.

This enables you to feel empowered, autonomous & confident with your training choices.



Imagine you have a sudden onset of pain during your session.

You describe the pain as "something feels like it has gone" during a lift & you are struggling to move normally due to immediate stiffness in the area.

When this happens it is easy to panic, immediately stop or imagine worst case scenario.



In this scenario reflect upon:

1. What you felt happened in your body
2. At what stage of the movement did this happen
3. How you were feeling in your body pre training
4. What movements hurt right now



Next steps:

Depending on your answer to the previous questions you may decide to -

1. Drop load & continue the exercise
2. Change exercise to something that doesn't work the aggravated area (ie move to pulls/ squats rather than overhead)
3. Reduce range of motion for the exercise (ie. power instead of full, hang instead of floor)
4. Stretch/mobilise affected area



Programming adjustment guidelines

After an incident like this, aim to regress the movement but still keep a similar stimulus to get you moving as close to their desired training style as possible.

Eg If pain occurs in the bottom of a snatch, do power snatches.

If pain occurs when pulling from the floor, we may use blocks or hang variations.

We want to keep the movement similar but do it in a less painful way



Communicate with your coaches

It's important to keep your coaches in the loop so further training programming can be adjusted if needed. Having the tools to make some calls that empower your own training in the moment will make this process easier. From there you pass on the adjustments you made to your coach:

ie. I dropped load on my squats because my knee was sore, I did 75kg instead of 90kg



When to see a professional

Sometimes after a few days of doing a reduced program the pain does not fully resolve.

This is a good time to book a 1:1 assessment with your coach or health professional.

This gives further opportunity for assessment, screening, intervention as required & further discussions around the fears, hesitations & concerns you may be struggling with.



Knowing when its an "emergency"

- Pain symptoms with referral down the limbs, legs or arms.
- Significant weakness like an inability to weight bare due to extreme pain.
- Any loss of bowel, bladder function or sensation, numbness or tingles in the limbs, or unremitting/worsening pain should trigger immediate medical attention & Call 000.



Moral of the story

It is easy to panic when you are hurting during training, however a lot of the time with smart choices the pain will subside on its own.

Red flags are real, so make sure you are aware of how they can present in different parts of the body & communicate with your coaching team if you are unsure of how to make training adjustments.



DO YOU WANT AN INDIVIDUAL SOLUTION?

Dr Caity Haniver (Osteopath) works with people who are sick of being told to rest and wait for their pain to go away. If you want to work with a practitioner who wants to help you find a movement solution & keep you doing your sport head to this link:

[www.thebarbellosteo.com/online-
booking](http://www.thebarbellosteo.com/online-booking)