

EXERCISING WITH PAIN GUIDELINES

Give your pain a rating of 0-10:
0 = no pain at all 10 = the worst possible pain



Your pain should return back to baseline levels within 24 hours.
You should wake up without increased pain or stiffness the following morning.

PAIN LEVEL SAFE TO EXERCISE?

0

1

2

3

Yes

4

5

Yes but do not increase loads

6

7

Modify your exercise

8

9

10

Scan for more info

