

The Flare Up Cycle

Pain is not an indication of tissue health. Our tissues stop being symptomatic before they reach their maximum capacity. This means we stop doing what our tissues need to fully recover, and go back to full loads before our tissue can tolerate them. This can lead to re-injury and flare ups.

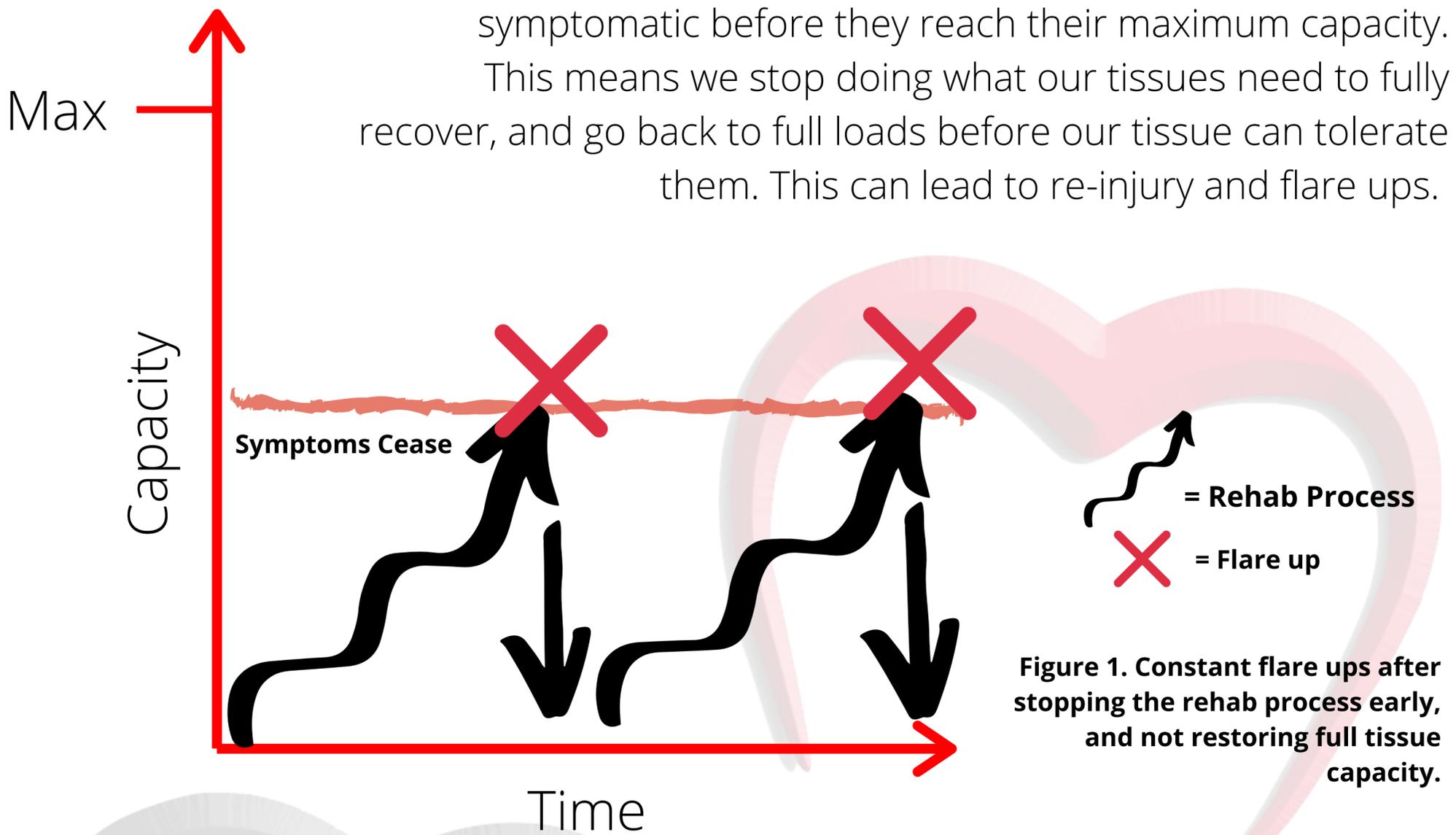


Figure 1. Constant flare ups after stopping the rehab process early, and not restoring full tissue capacity.

If we maintain our exercise - continue to restore our tissue capacity past the point of symptoms, until our tissues feel strong and similar to the other side, and we have addressed movement pattern issues, then we will BREAK the FLARE UP CYCLE!

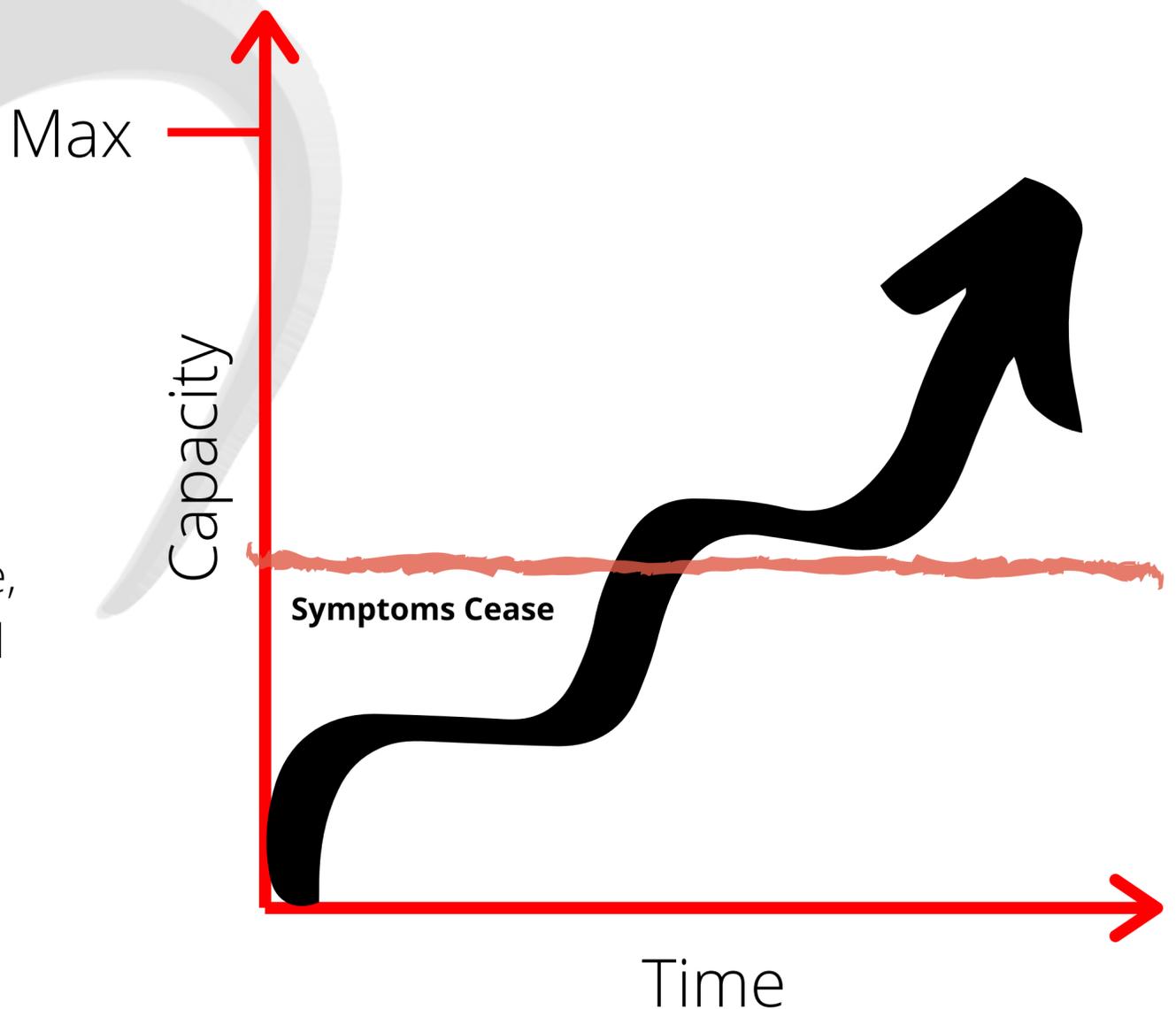


Figure 2. Maintaining rehab until the tissue is restored to full capacity and thereby reducing risk of future injury.