Use Pain to Gain but Know When to Stop

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A Basic Principle of Life is ‘No Pain, No Gain’. The first Nobel Truth of Buddhism is that Everyone Suffers. ‘Life is Pain, and anyone who says different is selling something’ is a quote from the Princess Bride. Captain Tenkes from the movie Illuminati says ‘Life is Pain. But sometimes there are good friends, sometimes good food, and sometimes good wine’.

Everyone suffers, but the fact is pain changes people. Pain is not meant to make us weak it’s to make us stronger.

Think of pain while weightlifting. It might hurt, but you are becoming stronger in the process. More weights equal more pain. More pain equals more strength. Pain releases endorphins that give us an euphoric exercise high.

The mind and our consciousness is the foundation of our lives. Our mind controls the body.

We have a DNA based shape we inherit from our parents. This determines our height, form, and tendencies, but it does not cap our potential. By using exercise and perseverance we can influence our bodies and thus we call it body building. And now we return to the basic principle, No Pain, No Gain.

If we try to move a boulder from our house and it is too heavy, we might just give up and let it be. If it is important to us to move the boulder, we continue to try and we feel pain as we fatigue. The pain prompts endorphins from the brain and also growth hormone. The brain says, ‘I will help you and send out hormones to make your muscles bigger and stronger.’

If the boulder is on top of a loved one and it is extremely important to move, the brain will send out even more growth hormones.

So in body building much is made about whether you should use heavier weights for less repetitions, or smaller weights with more repetitions. Lots of other discussions of exercise plans and there is a science for all. But the basic truth is that we need to exercise till there is pain. But we must be able to sense
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when we are over training and risk excess tissue damage that might set back or development.

There is a difference of pain from muscle fatigue versus pain from excess damaged tissue. We will discuss that further in a minute.

But the best way to do body building is to work to complete fatigue while imaging you are trying to save a loved on or save yourself. This psychological intensity coupled with the pain of muscle fatigue will prompt the brain to make hormones for size and strength.

It is not the will to live that makes a winner, but the will to prepare. The more you prepare, the more you push yourself just a tab past the pain threshold, the better results you will get.

How to Know the Difference Between Pain of Muscle Soreness and Over Training Injury

No Pain No Gain. But over training can do damage to the body. Body builders must get accustomed to soreness and aches and pains, but how do you know when soreness is a more serious problem that could indicate an injury?

Follow our tips on determining the difference between soreness and pain, and learn when to pay a visit to a natural physician or physical therapist.

First realize that pain is God’s Gift. Pain tells us when something is wrong. Pain is not the enemy, but pain is a messenger that helps you grow and repair if you go too far. Pain helps us develop. Pain should not be feared but we need to know when pain tells us to stop.

Nature of the Pain

You are exercising and you get to the threshold of pain. You fell pain in the muscle, you gasp for air, you feel the burn. You push it for a bit and stimulate the brain to send out the growth hormones. This good pain most usually a burn soreness dull ache radiating over a general area or set of muscles.
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The body builder will describe this as a burn and will show you the pain with his open hand without too much of a grimace.

If there is tissue injury, then the pain is more specific, mostly from a microtear of tissue. The pain will be stabbing. The body builder will show you the spot often with a finger. There will be a grimace.

Length of Time Matters

The key thing to note when differentiating between muscle soreness pain and injury pain is time. Natural soreness from physical activity has a much shorter duration of time- typically a few days.
Soreness should last anywhere from one to three days, whereas pain may come on quickly while engaged in physical activity or shortly after. Pain will typically linger past three days and make it difficult to partake in normal, daily activities.

“When soreness is accompanied by sharp pains or aches that continue to linger on after a few days, it may be cause for concern and time to see a physician,” “When you’re feeling sharp painful sensations localized in your joints and muscles, you may have an injury.”

It is important to note that each individual’s body reacts differently to the stresses of physical activity.

**Post-Activity Pain vs. Soreness**

After strenuous exercise, or exercise after a hiatus from physical activity, it is natural to experience muscle soreness. Typically, muscles are tender to the touch or burn slightly with movement.

“During exercise, we fatigue our muscles, and the effects usually aren’t felt until a day or two afterward,” says Baer. “Micro tears in the muscle occur during exercise, which is what causes the dull aches, soreness and muscle weakness. Most people feel a peak of soreness the following day, and the discomfort gradually goes away. A red flag indicator of injury is when discomfort and sharp pain are persistent, whether you’re resting or active.”
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If the pain persists past one to two weeks, or is immediate and severe, you may have damaged muscles, tissues or joints.

The Bodybuilder must learn how to push to the max and stop the excess tissue damage from occurring. Feel the Burn, No Pain, No Gain, but learn to sense when you are over training and putting your health and time in jeopardy.

Ways to Stay Ahead of Soreness

“Some of the best things you can do to manage soreness include knowing your body’s limits, conditioning your body for the activity ahead and stretching post-workout,” says Baer.

In addition, rest, hydration and proper nutrition play important roles in helping muscles recover. Alternating activity types and allowing days of rest are key in helping your body stay ahead of soreness and avoid pain and injury.