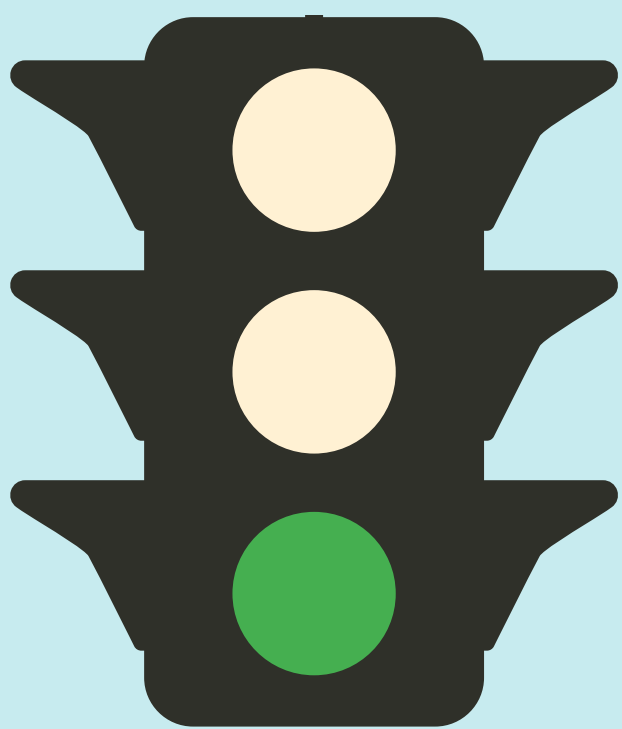


Exercise Guidelines to Avoid Pain and Inflammation



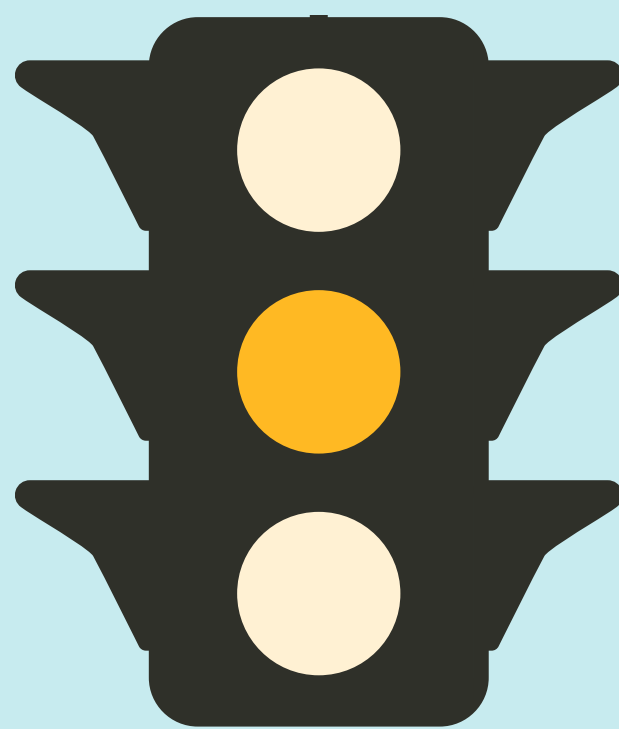
Following these guidelines will help you progress your activity level without flare-ups



GO

Continue Activity

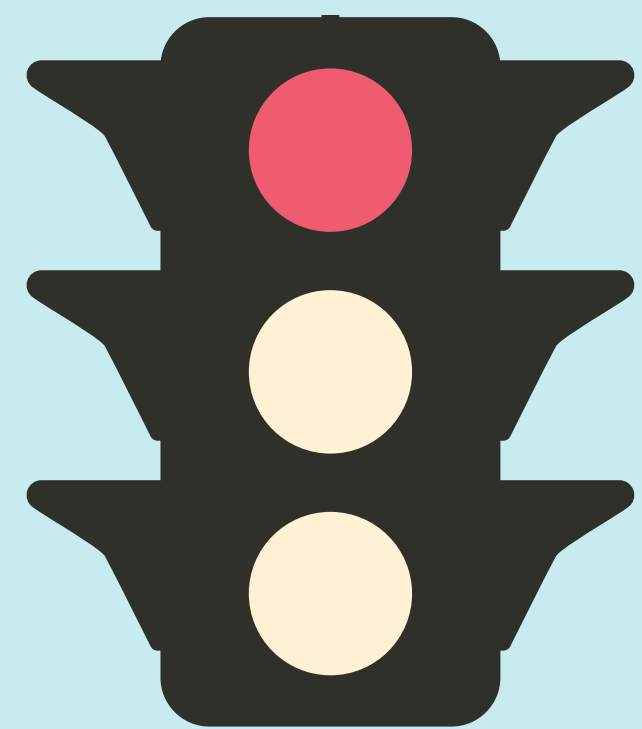
If pain is felt during the activity, but pain is not worse 2, 12 or 24 hours after the activity. No change in ability to move. Plan: continue activity and consider adding 1-10% more.



CAUTION

Flare-up

If pain is felt during the activity, and pain level increases 3 points on pain scale for 24-72 hours. No change in ability to move. Plan: Rest, ice, lower activity level as needed for 24-48 hours or until you return to baseline.



STOP

Injury

If pain prevents the activity and pain persists for weeks. There is weakness, a limitation to movement and ability to move. Plan: Consult a healthcare provider.