Pain During Running (Exercise) Guide – 4 Tips

Safe Running Zone 0 - 3	Acceptable Running Zone 4 - 5	Excessive Running Zone 5 - 10

0 = nil pain ←----------→ 10 = worst pain imaginable

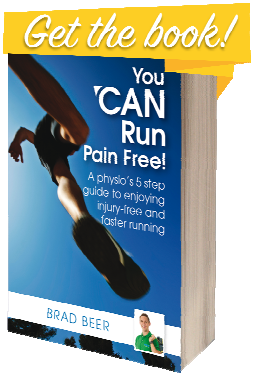
1. When running, try and keep your pain levels in the “safe zone”

2. Ways to modify your run if your pain increases above the safe zone include:

   - Slow down
   - Change running surface (road, path, grass, or track)
   - Move to flat surface
   - Change running style (eg cadence-aim for cadence of 90steps/min for each leg, forward body lean etc)

3. Also, monitor your response 24 – 48 hours after exercise. There should be no increase in pain or stiffness the next day.

4. Trial and error will help you find the best level for you and then you can gradually progress



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