

GOOD vs BAD PAIN

GOOD PAIN

- Mild to moderate
- Stays local
- May ease with movement



BAD PAIN

- Sharp or spreading
- Travels down leg or arm
- Worsens over time

Mild and local is generally safe. Sharp and spreading needs attention.

paincaresupply.com | For educational purposes only.

MEDICAL DISCLAIMER: This content is for informational and educational purposes only. It is not medical advice and does not replace the guidance of a licensed healthcare provider. If you are experiencing pain, injury, or any health condition, consult a qualified medical professional before beginning any movement or self-management program. Do not use this content to diagnose or treat any condition.

■ STOP — SEEK IMMEDIATE MEDICAL ATTENTION if you experience:

- Loss of bladder or bowel control
- Numbness or tingling in the groin or inner thigh
- Sudden severe weakness in both legs
- Chest pain, dizziness, or difficulty breathing during movement
- Symptoms that are rapidly worsening

STOP and consult a licensed provider before continuing if you experience:

- New or increasing numbness or tingling down the leg or into the foot
- Sharp shooting pain that worsens with every attempt at movement
- Significant increase in symptoms after two or more sessions
- Fever, unexplained weight loss, or night pain that wakes you from sleep

GOOD vs BAD PAIN

*If you are not sure whether to push through your pain or back off —
this guide will help you tell the difference.*

GOOD PAIN

What it feels like:

- Mild to moderate
- Feels manageable and controlled
- Does not spike suddenly
- Does not travel or spread
- May ease as you continue moving

How to respond:

- Continue, but stay controlled
- Move with awareness
- Avoid pushing to extremes
- Allow your body to adapt gradually

BAD PAIN

What it feels like:

- Sharp or intense
- Spikes suddenly
- Spreads — especially down the leg or arm
- Lingers after movement ends
- Tends to worsen over time

How to respond:

- Reduce intensity right away
- Modify the movement
- Avoid forcing through it
- Give your system time to settle

You should
times. If s

If you exp
stop imm

THE SIMPLE RULE

Good pain = stays local and manageable
Bad pain = spreads, spikes, or lingers

What feel
protective
not to pus

REAL-WORLD EXAMPLES

Example 1 — Squat

- ✓ Mild pressure in the quads
→ generally okay to continue
- ✗ Sharp pain in the low back
→ adjust or stop

Example 2 — Stretching

- ✓ Gentle pulling sensation
→ generally okay to continue
- ✗ Pulling with nerve symptoms down the leg
→ stop immediately

Example 3 — Walking

- ✓ Discomfort that eases over time
→ generally okay to continue
- ✗ Pain that increases with each step
→ modify or stop

WHAT MANY PEOPLE GET WRONG

- Pushing through sharp pain as if it will eventually go away
- Ignoring symptoms that spread or travel down the leg or arm
- Assuming all pain means something is tight and needs stretching
- Stretching aggressively during a flare-up — this may increase sensitivity

PCS CORE PRINCIPLE

Pain does not always mean damage is occurring.
But it does carry information.

The goal is to listen to that information
and respond in a way that supports your recovery.

IF YOU ARE CURRENTLY IN A FLARE-UP — THIS IS YOUR FIRST STEP

If your pain just flared, don't guess what to do next.
A free step-by-step guide is available that may help you work through it.

Download free at:

paincaresupply.com/free

This content is provided by Pain Care Supply. Some links may lead to products or services we offer. We may benefit commercially from your use of those links.

This is a free resource from Pain Care Supply. By downloading, you will be added to our email list. You may unsubscribe at any time.

MEDICAL DISCLAIMER: This guide is for educational purposes only and does not replace medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider regarding any medical condition. Pain Care Supply does not diagnose, treat, or cure any condition.

Copyright Pain Care Supply. All rights reserved. This content may not be reproduced, distributed, or used without express written permission from Pain Care Supply.