

Solution - To see an osteotherapist. The goal of osteotherapy is to assess a patient's needs, assess their body movements and then recommend the right type of therapy. If the osteo can't treat them they'll recommend another specialist whether that's a physio, massage therapist etc.

An osteo aims to take a holistic approach in terms of identifying the root cause of a patient's problem. Once they understand that, they'll recommend the right type of specialist.
Helping you excel in daily life and sport through enhanced mental and physical resilience

Who are we speaking to?

Target Avatar:

Name: Sarah - Triathlete, takes sport seriously as a fitness athlete

Age: 35

Occupation: Office worker/recreational athlete(sedentary job)

Health Concerns: Chronic back and neck pain, occasional migraines

They were ambitious, drive

But the injuries?

They took away everything they had,

Not just their sk

Where are they now?

Pains:

- Wakes up stiff and sore every morning, especially in the neck and lower back.

- Experiences recurring pain throughout the day, worsened by long periods of sitting at a desk.
- Has tried various treatments and exercises with little lasting relief, including massage therapy, chiropractic care, and mobility routines.
- Constantly frustrated by nagging injuries that flare up with small movements, making it hard to stay active.

Frustrations:

- Feels like she's wasted money on temporary fixes (massages, chiropractic adjustments) that provide short-term relief but don't solve the problem.
- Annoyed by the lack of progress despite sticking to exercise routines and stretches from online videos.
- Overwhelmed by the amount of conflicting advice she finds online.
- Skeptical of new treatments because nothing has worked long-term.

Dream Outcome:

- To live pain-free and regain full mobility, allowing her to enjoy activities she used to love, like yoga and playing with her kids.
- To wake up feeling refreshed and energized, without stiffness or soreness.
- A long-term solution that addresses the **root cause** of her pain, not just temporary relief.
- To be able to sit comfortably at her desk all day without constant discomfort.

Objections:

- Worries that this might just be another temporary fix like all the other treatments she's tried.
- Concerned about the cost of yet another treatment approach without guaranteed results.
- Skeptical about whether this solution will be different from other therapies.
- Time commitment: wonders if this will require too much effort or regular appointments, which could interfere with her busy schedule.

Values:

- Health and well-being are important to her, but she values **long-term solutions** over quick fixes.
- She appreciates professionals who take a **holistic, personalized** approach rather than a one-size-fits-all solution.
- Wants to work with experts who **listen carefully** and take her concerns seriously.
- Values transparency, honesty, and results over gimmicks or fad treatments.

Fears, Anxieties, and Worries:

- Afraid that the pain will continue to worsen with age and affect her quality of life.
- Worried that without proper treatment, she might face more serious issues like surgery or long-term disability.
- Anxious about trying yet another therapy that may not work.
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Roadblocks

1. Time Constraints:

- **Busy Schedule:** Between work, family, and other responsibilities, Sarah may feel she doesn't have time for regular appointments or a long-term treatment plan.
- **Inconsistent Routine:** She may struggle to stick to an ongoing treatment or exercise program due to her unpredictable schedule.

2. Financial Concerns:

- **Cost of Treatment:** Sarah may worry about the expense of a personalized treatment plan, especially after spending money on previous therapies that didn't work.
- **Lack of Insurance Coverage:** If her insurance doesn't cover your services, this could be a significant financial barrier.

3. Skepticism & Doubt:

- **Past Failures:** Having tried multiple treatments (like massage therapy, chiropractic adjustments, and medications) with only temporary results, Sarah may doubt that your approach will be different or more effective.
- **Fear of No Results:** She may hesitate to invest time and money into something that might not work, especially if she's experienced disappointment before.

4. Physical Limitations:

- **Chronic Pain Impact:** Sarah's pain might limit her ability to consistently perform exercises or attend sessions, causing her to worry that she won't be able to fully participate in the treatment.
- **Fear of Aggravating Pain:** She may be anxious that certain treatments or movements could make her pain worse rather than better.

5. Emotional Resistance:

- **Overwhelm:** With so many different approaches out there, Sarah may feel paralyzed by the choices and unsure of how to commit to another potential solution.
- **Fear of Commitment:** She may be wary of starting a treatment plan that requires long-term commitment or lifestyle changes she's unsure she can sustain.

They think the human body is simple and that they can just look at it in isolation. Hence the focus on body exercises rather than looking at other factors. e.g stress levels, type of work, health beliefs, and even shoe wear, should all be considered.

They lack the tools, expertise and knowledge to free themselves from pain. General health practitioners just give the same generic advice to everyone. Generic advice = no results.

They lack the commitment, expecting quick fixes for long-term pains. This sets unrealistic expectations and demotivates them when there's no lasting relief.

They aren't doing the right exercises and progressions that will enable them to recover the fastest.

They think training harder is just a part of getting old and there's nothing they can do about it.

They are not recovering properly. Neglecting their sleep, diet/other bad habits and relying on painkillers.

. Belief in Quick Fixes and Habitual Stretching

- Many people have been conditioned to believe that stretching is the only solution for tightness, so they might be resistant to the idea of strengthening and activating other muscles instead. Breaking the habit of relying on stretching alone can be challenging.

2. Lack of Knowledge on How to Activate Glutes and Abs

- Even if they understand that weak glutes and abs contribute to their discomfort, they may not know specific exercises or techniques to activate and strengthen these areas properly. Without guidance, they might fall back on old habits or perform exercises incorrectly.

3. Difficulty in Recognizing and Controlling Tension

- The concept of “creating tension in the right places” can be abstract, especially for beginners. They may struggle to understand what balanced tension feels like in their bodies or have difficulty activating the correct muscles in isolation.

4. Expecting Immediate Results

- Many people expect immediate relief, so when strengthening exercises don’t provide an instant solution, they may lose motivation or think the approach isn’t working. Building strength in weak areas takes time and commitment, which can be a mental barrier.

5. Fear of Pain or Re-injury

- Those who experience low back pain might fear that activating muscles could worsen their pain or lead to injury. They might avoid exercises that target their core or glutes due to a lack of confidence or fear of aggravating their discomfort.

6. Lack of Accountability and Consistency

- To see improvements, they need to perform these exercises consistently over time. However, without a coach or accountability system, it can be easy to give up or skip exercises, especially if they’re not familiar or comfortable with them.

7. Inadequate Body Awareness and Poor Movement Patterns

- Weak core and glute muscles are often tied to poor movement habits or lack of body awareness. People may struggle to maintain proper form, which is necessary to build balanced tension across the body. They may need additional help with body mechanics and posture to avoid reinforcing poor habits.

How matt ment from back-blow to pain-free training.

It wasn't masking the pain with pain-killers or spending hours warming up.

It st

From a serious back blow-up to pain-free training, his journey wasn’t about quick fixes.

We took the time to understand exactly how his body moves, identifying weak links causing pain.

Then, we designed a treatment plan that tackled those links, rebuilding his body's resilience to lift.

The result?

More confidence and comfort in his own body.

Better mobility in his

No longer did he feel 'broken' in his body as he could finally push harder without pain.

And, most importantly, he could actually enjoy training again.

Ready to leave behind the pain pills, endless stretching and over the top warm-up routines?

time that Let's create a recovery plan that works for you.

Bodysmiths isn't your average

We take your injury SERIOUSLY.

We don't just treat you only to help you feel good in the moment.

But t

Tired of relying on painkillers and endless stretching?

It's easy to get caught up in quick fixes.

Now we can blame social-media.

The need for instant results and how it Social-media has made us believe everything should be instant.

Instant relief.

Instant results.

But the truth?

Real recovery takes TIME.

It's not about finding the next recovery hack that'll cure our injury.

It's about finding the right treatment plan that works for YOU.

One that's tailored to your needs, sport and goals

Social media is hurting your recovery.

Where are they trying to go?

Dream Outcome:

- To live pain-free and regain full mobility, allowing her to enjoy activities she used to love, like yoga and playing with her kids.
- To wake up feeling refreshed and energized, without stiffness or soreness.
- A long-term solution that addresses the **root cause** of her pain, not just temporary relief.
- To be able to sit comfortably at her desk all day without constant discomfort.

Steps needed to take there?

She's on my home page so she just needs to book an appointment for an assessment.

What do they need to experience/fee

They need to feel that we understand them. Using a PAS, I aim to resonate with their pains so that they carry on reading the home page. It's just this specific piece of copy I need feedback on.

They know there's a chance of getting out of pain. But what they don't know is what type of treatment is right for them. They are fed up with the gimmicks, quick fixes and temporary solutions to fix their pain. They want a solution that's permanent and gives them the lasting relief they need to go back to their normal life.

Level 4 awareness. They are on our home page so they know about our product.

If you w

Sleeping allows you to

Now combine that with the right exercises

Core Pain Points & Physical Frustrations

1. Severe, Debilitating Pain:

- *"Back pain is ruining my life... I can't do anything without exacerbating my back pain. I feel like a prisoner to my body."*
- *"These aches come and go out of nowhere, and they're never in the same location and vary in intensity."*

2. Failed Treatments & Desperation:

- *"I've done PT, and it helps until I do literally any activity, and then I'm back to square one."*
 - *"I've been to several specialists at top institutions; it's like none of them even care to try and figure out the issue."*
 - *"I have had every pain injection going... Instead of getting any better, well, I have come to the point of I can't get any worse."*
- 3. Sleep Disruption:**
- *"As soon as I lay down, it hurts again. This is affecting my sleep."*
 - *"I wake up each day and think, why did I wake up... each day that I suffer is no quality of life."*
- 4. Immobility & Loss of Function:**
- *"I can't even help walk my dogs or clean cat litter or do laundry or dishes. I can cook, but only in shifts."*
 - *"Even wiping when I go to the loo has become difficult. I swear after standing for 10 mins, my body signals realize I'm standing and says that's enough."*
- 5. Medication Dependency:**
- *"All that helps is pain medication, and that's not a plausible long-term solution."*
 - *"I'm on every painkiller you can think of – tramadol, buprenorphine... only thing I haven't been on is morphine."*
- 6. Physical Deterioration Over Time:**
- *"I haven't always been this bad. Just as the years have gone on, it's become worse."*
 - *"I want to work out so bad (the pain started while I was jogging...); I can't even walk around the block, let alone go for 4-mile jogs like I was doing before this."*
-

Emotional and Psychological Pain Points

- 1. Sense of Hopelessness and Loss of Control:**
- *"I'm preparing to go back to school for something else because I've given up hope that it's going to get better."*
 - *"I want to work out so bad... But I feel broken and miserable and ashamed because family has to take care of me."*
- 2. Social Isolation & Shame:**
- *"I don't have much of a social life except family, for which I'm super thankful to be around lots of family."*
 - *"My house is a dirty mess, and I'm embarrassed, but in order to clean, I have to clean five minutes, rest ten, repeat."*
 - *"I can't even wash my hair or do simple tasks. It gets on my nerves when someone tells me to try bath salts. Or exercise."*
- 3. Anxiety for the Future:**
- *"What if something happens to [my family]? What will happen to me?"*
 - *"If I had the money, I would go to one of those end-of-life clinics."*

- *"It has been going on for around 4 years now... I work a desk job; hence, you can imagine this is like hell for me."*
 - 4. **Identity Loss:**
 - *"I'm not a lazy person; I have ambition and drive. But I feel broken and miserable."*
 - *"I was very athletic, played a lot of sports... But I can't even walk around the block, let alone go for 4-mile jogs."*
-

Key Desires and Aspirations

1. **Relief and Stability in Pain Management:**
 - *"I'm not asking for a cure; I'm asking to wake up and be able just to cope."*
 - *"Painkillers work a little, but never enough... All that helps is pain medication, and that's not a plausible long-term solution."*
2. **Regain Physical Functionality:**
 - *"I want to work out so bad... but I can't even walk around the block."*
 - *"I can't even help walk my dogs or clean cat litter or do laundry or dishes."*
3. **Return to Work and Financial Stability:**
 - *"I've just given up my job because I can no longer walk without pain."*
 - *"I'm preparing to go back to school for something else... I have no choice."*
4. **Sense of Control and Normalcy:**
 - *"I want to start working on my core, but right now it just feels unsafe."*
 - *"Each day that I suffer is no quality of life... It's taken my whole life."*
5. **Validation and Serious Attention:**
 - *"It's like none of [the specialists] even care to try and figure out the issue."*
 - *"I wish they could open me up and literally look inside."*

Tired of relying on painkillers and endless stretching? It's easy to get caught up in the allure of quick fixes. Social media makes everything look instant—instant relief, instant results. But here's the truth: Real recovery takes time. It's not about finding the next miracle cure or hack to make the pain go away for now. It's about finding a treatment that actually works—one that's tailored to you, your body, your sport, and your goals.

True healing is a process, one that builds strength and resilience over time.

I'm so f***** tired of being injured all the time

I'm M23 and used to be a competitive powerlifter and played basketball on the side. In the past 4 years I've had:

- Torn meniscus left knee
- ongoing quad tendon tendinopathy
- hip tendon tendinopathy
- herniated L5/S1
- torn labrum in right shoulder
- torn labrum in left shoulder
- long head of biceps tendinopathy

It's like I can't go 6 months without a huge injury. It's driving me nuts seeing everyone around me improve and grow and get stronger and I've been stuck at the same place for 4 F**** years bc I can't even train consistently. I love PL so much I love proving I love pushing myself when it's healthy every chance I can get. I'm very much of a do person and will go to any lengths to try and accomplish a goal. I don't even lift heavy anymore and I still get injured. These are all from basketball and other random accidents -- only one was from incorrect form during lifting. I'm made out of GLASS

I really can't take it anymore I hate being sidelined I hate watching my younger brother lap me in life in general and this was the only thing I had to be proud of myself and helped my self-esteem/depression/anxiety immensely AND I CAN'T CATCH A BREAK. I know these are first world problems, I am from the third world so I very much know this. This whole situation makes me feel so depressed and I always think about all the progress I could have made if I just stopped playing basketball and just did PL I may have made something out of it. It makes me feel bad for myself which I know isn't helpful.

Sports are really my therapy and I hate falling behind and I always feel like I'm falling behind and losing and everyone else is doing better and winning. I deleted all social media besides reddit bc I can't stand to see friends and colleagues anymore.

I have an engineering degree and am working on my masters and studying for the FE exam and working at an internship right now and trying to learn piano (to play gen 4 pokemon music to calm me down) but I'm so stressed all the time and can't lift or doing anything to distract and work on myself and my motivation is so low I just keep doing these things bc I'll be even more of a failure if I don't so I do them. I am applying to many full-time jobs but keep getting rejections. I live with my mom and my brother.

This is just my rant I'm really getting fed up with everything and feel like I'm gonna explode. I really put in my absolute best effort in everything I try but I do not see the results I expect. Thank you guys for listening.

First off, I'm sorry if this post ends up of a bit of a rant or a vent 💜

For context I've been bouldering for just under 2 years and I recently had my first ever very serious injury. I unexpectedly slipped off a rather dirty and slick foothold (maybe half a meter off the ground) and landed with all my weight on my left foot which twisted. This resulted in 5 fractures in my foot and ankle and multiple bone shards scattered throughout my foot. I escaped surgery by a very narrow margin.

I read through other's experience with injury recovery on this sub which has been very helpful.

But I'm still struggling so much with guilt about "allowing" such a stupid accident to happen (how did a 50cm fall result in 5 fractures??) and anger about other's climbers casual attitude towards injury.

I'm a former ballet dancer, who danced for about 15 years at a pre-professional level. I understand participating in a sport with a high risk of injury. I'm careful - I've never had a serious injury from ballet and expected the same from bouldering. I learned to fall, I warm up and cool down, I take rest days, I'm scared of heights and don't do stupid moves. Any ballet dancer will tell you that maintaining the body is the most important thing. But the number one response I've gotten from other boulderers in my gym when I tell them about my injury is a laugh and "welcome to bouldering!".

This is making me so mad and discouraged. I feel childish for having this reaction, and maybe they're just trying to be encouraging and optimistic. But how is this such a normalized thing? Even in a sport with risks, despite taking all precautions should I just expect to have serious injuries every couple of years?

According to doctors my foot will likely never be as flexible or strong as it once was. For a former dancer who was skipping across 6c+ slabs a year into climbing I feel absolutely devastated, like I lost forever something I worked my entire life to get. All because of a slip from 50cm off the ground. It makes me so mad and guilty, thinking if I could have done something different to prevent it.

Anyway, maybe I was exceedingly unlucky or something. But I now question if this sport is worth the risk which comes along with it. It's the only sport I've ever really loved since ballet - nothing else has required the same level of mental, technical, and physical focus. But if I'll have to deal with serious injuries every few years maybe it's simply not worth it.

Sorry again for the vent. Hoping to hear the experiences of people who have struggled with similar thoughts and feelings. I love this community and the support it provides. Thank you in advance ladies 💜

How do you deal with the frustration/depression of an injury? How bad were your recent injuries?

[Discussion](#)

Injured, losing my mind.

Hi runners,

I know you guys ain't therapists but maybe one of you has walked (haha! pun?) this path before me and can shed some light.

Long story short: I got injured, still not 100% sure what it is (Dr says the muscle has detached from the bone in my calf/ inner knee area). It's been a month.

I usually run 30K a week. My life is very stressful: 2 jobs, 2 volunteer gigs, full time literature student. Crazy, I know. But... is it? Running really helped me blow off the steam, stay focused, get in some "me time", feel like a fucking super hero.

But now it's gone. It's gone and I don't know what to do. I don't lift weights, I've tried the elliptical but it made it worse. I don't swim, and frankly I don't have time to be getting wet and then dry (seriously). I've been coping by EATING, eating, eating... hating myself for it.. fearing weight gain, seeing weight gain, and then underperforming in my life. I need a coping strategy, a release, an endorphin high.....sigh

Has anyone been through this? How do you deal with injury and mental health? Watching your progress spin around and down the drain.... it's just heart breaking.

tl;dr: My life is built around the assumption that I can run to deal with stress. Injured and can't run, totally losing it. What do?

Struggling bad with the mental aspect of injury. How do I cope/work with it?

Found out I tore my pec benching (see post history,) getting surgery this Wednesday, and I haven't been handling this well at all. I haven't been to the gym at all since the injury: instead doing what workouts I can in my garage (armless echo bike, single arm kettlebell swings, running.)

It's hard because I had so many goals and aspirations and was taking the steps to reach them. I recently bought an echo bike so I can get my 50 cal time down to under 1:30, I finally hit ring muscle ups for the first time in WODs, my cleans and snatches were getting better due to really dialing down my technique and doing GOWOD every day (I have the worst front rack in the world and was so excited that it was getting better,) and just like that it is gone. My friends keep telling me "you can train legs!" And that is great, but I can't do back squats even with a safety bar because I cannot pick up the plates (like a 45) to load them on the bar. Plus, the things I really need to practice and work on: muscle ups, double unders, cleans, snatches, thrusters, handstand walking, require my upper body, and unless there's a method to practice them without using my right arm, there's nothing I can do to keep practicing them, is there?

After 3 and a half years I was gonna do my first open Rx, and do my first comp at an Rx level. I'm trying to be positive and optimistic, but I'm struggling. One of my former coaches messaged me about coming back from her back injuries to try and inspire me, but I don't think it's working because when she was hurt, she already had amazing technique on pretty much everything (regional levels athlete,) so she didn't need the practice and drilling that I need. We're not coming back to that same ability.

I hate to admit it because logically I feel this is so minor in the grand scheme of things, but I am struggling bad. I haven't been eating as much (when I am stressed I just don't get hungry and don't eat), haven't been enjoying my other hobbies like board gaming, reading and other geek stuff. I don't know how to get out of this headspace. I even had to stop going on a lot of social media pages because seeing all the gym stuff was just making me sad.

haven't been able to fucking run since last summer due to a nagging hip injury which gets aggravated every time that I try to run again. Prior to that I had to sit out for almost three months due to another minor injury which also kept relapsing every time I tried to run. I wish my injury were just a break or something so that I would at least know when I'm able to run again. This

guessing game that I'm playing is so frustrating. Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can't get any fresh air. Six fucking months without being able to run normally. Seeing my body change while looking in the mirror is awful. I've been seeing a PT for the past four weeks and I feel like it's not helping much. Ugh This is my first time seeing a doctor for a sports injury. Was going to a PT the right decision? Should I have seen another type of doctor? They assigned me an intern/trainee whose lack of experience isn't very consoling.

Background: 17 year old player (18 in 2 months) a year into a return to football after not playing since I was 12. I'm a talented player but raw since I missed so much time, I've been getting better really fast and I'm hoping I can one day play professionally. For now, concentrating on playing somewhere I can get game film.

So I've pulled my groin/hamstring because I'm stupid and played on it for 2 months, making a small tweak a bigger problem. I'm seeing a doctor tomorrow, expecting them to confirm that I have pulled it, no idea what the recovery time will be like.

The injury caused me to be at only 75% or so for a college scouting session. I didn't take people 1v1 because I was too scared to actually sprint, and it hurt. So I didn't get selected for further evaluation, coaches said I was good but I was in a similar range to a few other guys where we didn't really stand out. Stung because my speed always stands out when I'm healthy. It's really really fucking with me because I honestly believe at 100%, I was the best or second best player there, out of about 20 guys who could all play.

I've now been just sitting at home, trying to avoid using the muscle as much as possible. I can only do upper body work at the gym, as legs and even core work hurts, and anything other than juggling I can't do at a worthwhile pace. It's really causing me to feel kinda down, I feel like I'm slacking even though I physically can't train. I'm also just very bored and feel kinda empty without football. I've always had some form of athletic pursuit, and not playing a sport leaves a void. It's why I've always worked so hard at whatever sport I play, because I want to go as far as I can.

How do you guys deal with the mental aspect of being out injured?

Hello. I've been dealing with a wrist injury for over 3 years and a knee injury for 9 months now. It seems that nothing works, and this is affecting my mood, goals, and general outlook at life. I've been to multiple doctors and specialized professionals, and the only thing I believe can help me is rehabilitation and physiotherapy. I've done it with professionals for my wrist multiple times throughout the years, also using the ATG principles and exercises. For my knee I did kinesiology and I used the atg exercises, the ones I've been using before injuring myself but regressed.

But I can't make it work. I can't progress. It seems when I've got an injury I can't heal it, and I am feeling so fucking sad for that. Time and weeks pass, I can do some work and try regressions for the exercises but I do that for 2-3 times a week because I want to rest between sessions and the next day seems to be the same or worse, or maybe even better (I don't remember the last time this was the case), but advancing is not possible. From the time I injured my knee to now, my ability diminished. I had a time back in April that I couldn't walk without a serious limp, and now I have to walk slowly and for 20 blocks max at a time.

The video is from the past month. The injuries I had, both in my wrist and knee, was a bone edema, and I have no rheumatic condition or autoimmune disorder. I hope someone were through my experience.

Frustration with injury setbacks

[General Discussion](#)

I'm mostly mad at myself for ignoring it and thinking that 2 weeks rest will be enough to go back to running long distance. Now I sit with an ice pack on my leg, not able to run or even stretch and probably sidelined for months. I'm so upset that I'm going to lose my fitness level that I have built and will essentially have to start over

Any advice on how to deal with the setbacks of an injury mentally? I've been irritated and frustrated that I did this to myself and don't know how to get into a better mindset about it.

Anyone else seem to always have an injury from their HIIT workout? Frustrated that it's always something. Been a member for a year and a half now. 3-4 workouts a week (I've had some injuries that have completely taken me out for a few weeks).

Let's see... tennis elbow, piriformis issues, upper back, lower back, shin splints, and now some weird clavicle/chest wall pain.

I love OTF, and I've made huge fitness strides... frustrated that it's always something. Anyone experience the same? Any ideas?

Mid 30s guy here and it seems like I am constantly getting hurt to the point that I can't or don't want to train consistently. I see people in the gym that train 5x a week and it baffles me. I have avoided any serious injury that requires surgery, but I've definitely been snapping and popping things all over the place. Trying not to become the guy in his 50's who's in constant pain and can't move.

How do you deal with nagging injuries now?

I'm pushing 40 now. The last two years I've worked hard to get my shit together, physical and mental health-wise. I went at least a decade neglecting my fitness, and I have found now that when I get little dings they just. Don't. Heal. It takes forever. I pull a muscle in my back, and it's like a week at least, maybe more if I am unlucky. What do you do differently now compared to when you were younger to avoid and then address little dings like this?

I hurt my lower back a week ago squatting, and I can still barely move today :(

Desperate need of advice. Nagging injury that won't go away.

Each one was very stupid and easily preventable. It wasn't as obviously stupid as like, driving dangerously or something. But each thing I knew in my gut I shouldn't be doing. I did them anyways, thinking things would be okay. And then they weren't. I feel a deep sense of shame and self hate over this and I feel like I will never be able to live with myself for how I did this to myself.

With the original injury, what happened was my job is a dangerous job, and I didn't feel like they trained us well enough. I was gonna ask for another week of training because one of our trainers said we CAN ask for it, but when the time came that they had me sign off to release me

off of training it felt thrown on me suddenly and I wasn't expecting it. I started to freeze up and get self conscious about needed to ask for more training, as no one else on my crew asked for this. I felt inferior and stupid, so I just signed the papers. Within a few hours I got hurt by hitting my head on this metal in a place I forgot is there sometimes. That was my major brain injury that kept me out for year and forever changed how my brain works. This January, I had to sleep at the airport and stubbornly didn't want to sleep on the floor. I found a bench with metal arm rests that were designed to keep people from laying on it, but I figured out how to shove my way onto it. I thought to myself when I laid down, man the metal on these arm rests are hard. I could easily hit my head on this - should I just lay somewhere else? But I thought to myself no, i'm aware it's there. I'll be super careful. Then I got distracted by something as I was laying down and boom, hit my head. Wasn't that hard at all but because my brain is so fragile now it was enough to give me a new concussion and be fucked up for another month. And this most recent time, I'm finally back at work but on a different position. I have a hard hat insert to protect myself from hitting my head again. But my new position isn't dangerous. The most I could hit my head on is some plastic overhead bins. I wasn't sure if I needed it, so decided to wait it out and see. Then, I hit my head on these stairs our lead our cart under outside that apparently a lot of people hit their heads on.

All of these injuries were super preventable. Especially the first two. If I had just trusted my gut and gone with my instincts, none of this would've happened. I would have a good life now. But, I downplayed the severity of what could happen and my own anxiety got in the way of me speaking up for myself. I just don't know if I can keep living with myself after all of that.

Wait, are you NOT supposed to be in pain during/after exercise?

Just had a pretty shocking conversation with my partner; apparently it's fine if exercise leaves you sore in a warm, tired, burny muscle kind of way, even to the point where that's uncomfortable, but it **SHOULDN'T** result in actual pain? Like joint pain, limping, trouble moving around, bone pain, muscles that hurt too much to use afterwards even for days on end etc mean you've pushed yourself too far and have effectively injured yourself? Maybe I sound like an idiot but I'm mind blown.

I'm not somebody who exercises for fun, and every time I've tried to get into it I've stopped because, well, it hurts. I'm a real couch potato because pain is bad and so when I try to do even a full beginner routine it gets painful, and on the rare occasion it's not painful while finishing it it's definitely painful when I'm trying to crawl around the next day because moving sucks too much. I thought this was what everybody was doing, I thought exercise people were just ok feeling literally beaten up every day for the health benefits and that I just didn't want it enough to endure. But you're supposed to stop during the nice burny used muscle legs are tired and wobbly bit and not the ow I'm in too much pain to continue bit?!

I feel like an idiot. But workout culture is full of people saying no pain no gain, it's full of people pushing you to keep going and finish your reps even if you think you can't anymore - I really thought exercise was just supposed end with being unbearably painful. I've read a bunch about routines, I've even read most wiki pages here and lurk, but I've never seen anything address this.

Am I literally the only person who thought exercise had to be painful? Is my partner totally wrong, and exercise does just genuinely hurt a lot but everybody is pushing through? What are your experiences of discomfort, pain and injuries during and after working out as reference? How do you guys train all the time without constantly getting hurt?

[General Discussion](#)

Mid 30s guy here and it seems like I am constantly getting hurt to the point that I can't or don't want to train consistently. I see people in the gym that train 5x a week and it baffles me. I have avoided any serious injury that requires surgery, but I've definitely been snapping and popping things all over the place. Trying not to become the guy in his 50's who's in constant pain and can't move.

Always a nagging injury. 38 F

Anyone else seem to always have an injury? I workout at OrangeTheory and I consistently stretch, foam roll, and take epsom salt baths. Anyone else seem to always have an injury from their HIIT workout? Frustrated that it's always something. Been a member for a year and a half now. 3-4 workouts a week (I've had some injuries that have completely taken me out for a few weeks).

Let's see... tennis elbow, piriformis issues, upper back, lower back, shin splints, and now some weird clavicle/chest wall pain.

I love OTF, and I've made huge fitness strides... frustrated that it's always something. Anyone experience the same? Any ideas?

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How do you deal with nagging injuries now?

I'm pushing 40 now. The last two years I've worked hard to get my shit together, physical and mental health-wise. I went at least a decade neglecting my fitness, and I have found now that when I get little dings they just. Don't. Heal. It takes forever. I pull a muscle in my back, and it's like a week at least, maybe more if I am unlucky. What do you do differently now compared to when you were younger to avoid and then address little dings like this?

I hurt my lower back a week ago squatting, and I can still barely move today :(

Desperate need of advice. Nagging injury that won't go away.

[General Discussion](#)

Hi All,

I'm at a point of desperation with this nagging injury and curious if anyone has gone through something similar.

I'm 33 and have played competitive golf since I was a kid. I have had lots of coaching throughout the years from some the top instructors in North America, and feel my technique is pretty good but definitely put a lot of power behind it (maybe too much). Ball speed is around 185 mph with a driver and is slowing down more and more due this injury. Over the last 5 years my left hand (lead hand) has been getting pain on top of the hand by the base of the 5th metacarpal (pinky finger closer to the wrist). The pain first started after the round, and then

eventually half way, and now on the first swing warning up on the range. I have had various MRI's, X rays, CT, and nuclear bone scans to try and diagnose this injury. Results come back with an old fracture of the lunate that appears to be healed, tiny tear in the ECU, and mild tendinitis. After all this I had consulted with a couple surgeons who said nothing is really operable and just to rest it. I took off about a year from golf and wore a splint about 70% of the time even though I didn't have any pain when not golfing. Sure as shit, pain came back as soon as I started hitting balls again. I then started seeing a sports medicine doctor who started doing ultrasound guided needling to the tendon, including about a year and a half worth of platelet rich plasma injections. Again, no change. Only thing that seems to help and is definitely not good for these injuries is cortisone shots, which I've had about 4 over the course of a few seasons.

I feel like I've tried everything and I'm losing hope. I've slowed down my swing and have switched to super light weight X stiff shafts (steel fibre) which seem to have helped a bit. I'm also trying to change my swing to avoid the discomfort but it is really hard to change a swing when dealing with pain. I've considered switching to left handed but I still seem to have pain when hitting balls that way.

I really don't want to quit the game I love but I'm dealing with a lot of pain. I can't continue to drop a handful of pain killers every round as that is also creating another issue with my liver. I apologize about the long winded post but really looking for some advice or to see if anyone has gone through something similar.

Thanks for taking the time to read.

I'm mostly mad at myself for ignoring it and thinking that 2 weeks rest will be enough to go back to running long distance. Now I sit with an ice pack on my leg, not able to run or even stretch and probably sidelined for months. I'm so upset that I'm going to lose my fitness level that I have built and will essentially have to start over.

Any advice on how to deal with the setbacks of an injury mentally? I've been irritated and frustrated that I did this to myself and don't know how to get into a better mindset about it.

I've been in and out of injury for the past few months— I think it's mainly IT band issues that have led to lots of knee and hip pain, especially on my left side. I really aggravated it on a 50k in early Feb that has essentially killed my season. MRI revealed very flared IT band, slight tear in quad and some liquid where the quad connects to the knee. And possible runner's knee. I've had cortisol shots in the IT band and in the knee joint which helped.

This week, I managed to get 40 miles in with a 15 mile long run. It's the first week of decent mileage yet but I noticed my left glute was pretty sore during and after the long run, and today some hip and knee pain on the same side.

I've been doing lots of hip flexor and glute strengthening exercises but I'm pretty frustrated my injuries keep nagging me. I have an appt at UCSF's RunSafe clinic in June to get my biomechanics assessed (I know I have a crossover and need to get my cadence up).

My question— should I just hang up my laces for a few months and let the IT heal? Or is active recovery better and I'm just being impatient with the time it takes to recover?

I'd like to run some races in the fall, including possibly the Javelina Jundred — and I have some bigger goals for next year that I had to defer from this year (Tahoe 200, Antelope Canyon, etc).

Any advice or insights from folks who've been in similar situations are appreciated.

Physical Therapy Has Been A Waste Of Time for years

I've been in and out of physical therapy for over 25 years and can say with 100% confidence that it has been a waste of time and money and I hate the initial question of "What do you want to accomplish with Physical Therapy?" or some similar question and getting handed an exercise at home paper. (I really do the home exercises at least twice a day already). To answer their initial eval question, I started telling them "My Doctor forced me to come here and with my experience, I don't expect anything to change or improve but I really hope you prove me wrong". They haven't as of yet. The 5 minute Infrared red rub felt good, and the final heat or ice pad with the tens unit for 15 minutes felt good but other than that, all I did was go on exercise machines while the staff gabbed with each other or the customers. In the over 25 years, up to 7 different places it was all the same. Most of my time was spent alone after being told what exercises or machine to do by the assistants, then later, the actual PT would spend maybe 5 -10 minutes rubbing something, then put me on the ice or heat and tens unit, and then I'm done. It always felt like such a waste of my travel time plus time being there, and the copays while they got hundreds from my insurance for each visit, and it didn't help my curved spine, sciatica, radiculopathy, stenosis, fractured vertebrae, etc., in any way. I would leave being even more numb in my legs/feet and right fingers and I would be really sore. Have to go home, take a muscle relaxer use more ice to recuperate from what I just went through because I'm trying to do what the professionals tell me while they don't actually know what this feels like. I ended up getting my own stuff for home. Tens unit, foam roll, already had heat and ice pads and even ones that wrap my shoulder and knees. Dr gets upset with me when I tell him PT has always been a waste of time and I'm not going anymore unless its after a surgery and even then, only 1 to 3 times max. Mainly to get the proper exercises to do at home. That I can now just do a search for on the internet. I find doing exercises on my own, then seeing a Massage Therapist does way more for than any Physical Therapy place I've been to and feel the money was much better spent and not a waste of time. The Stretching out and Massage actually helps me, while PT does nothing for me and never has.

why are physiotherapists not putting in the work?

I have noticed a trend lately. More and more physiotherapists are hardly spending any time treating their patients.

Despite going to the best of the best physiotherapists, you know, with their bachelor degrees and their double masters, I just feel like they are not providing anything of value. They either give you very easy stretches to do that you can google yourself or they put that useless therapeutic ultrasound that has no evidence for decreasing pain.

For example, I saw this physiotherapist for pain in my leg and thigh that has been bothering me for three months. After 50 minutes of the guy asking every question in the book, simply concludes 'oh it could be having tensed nerves' then tells me to do this stretching exercise and send me home. I could not help but snap back with 'so thats it's then?'

He's like ' what do you mean? ". I go ' I mean...the reason I came to you for was to understand what is causing my pain and for you to effectively treat it. You are still not sure the source of the pain is. 'Could be' is not conclusive. You are the freakin physiotherapist. How can you not figure out what's going despite doing a 50 minute examination. Why are you calling yourself a physiotherapist if you cannot figure out the source of the pain. You have not done any treatment

on me. Your website mentions laser, shockwave, manual, dry needling etc. etc. You have done none of that'

He goes ' well this was your first session and we determine the treatment based on what can best treat your issue. For your nerve pain, I do think the stretch I have given you will help relax it'.

I am clearly frustrated. I go whatever and leave.

It's quite clear that physiotherapists are just trying to cut corners and dont want to actually treat because its more time and money for them. For example, if my physio already knows that best way to treat nerve pain is acupuncture, he is thinking, well I first I have to buy the brand new needles, insert it into this guy and he will be already well on his way. Why not milk as much as I can from him and then give him the more advanced treatment? now that's real business.

It's not like you people are cheap. \$100 per session is a lot. It would be great if physios can actually look after the patients self interest. This mean more long term returning customers. More positive word of mouth. Why do you guys not think of building relationships instead of just trying to make money over people's pain?

Yeah been doing his basic stretch for a week now with no improvement. In fact, my pain has gotten worse. I will be demanding a refund.

If you guys do not have the treatment for nerve pain, stop saying you have it and signing up patients to waste their time and money.

Physio isn't working... I don't know what to do

[Seeking Support](#)

My mother likely has EDS as well (we haven't been diagnosed inspite of doctors suggesting we seek diagnosis) and so she thinks my symptoms are fixable with physio because hers were minimised by it. I've been doing physio for two years, I do my exercises (with great difficulty), to no avail. I can feel myself getting worse, I can't do as much as I used and that scares me. But if physio doesn't work then I have no clue what will. Physio was supposed to make me stronger. It just makes me exhausted and in horrible pain

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Physiotherapists won't ever fully help me - how do I change that?

(26 Female) I have had several different injuries and I still have some now for a couple of years that never disappeared. I apologise if I sound a bit t angry in my post - but it's simply because I'm so tired.

Dull, changing knee pain and weakness and hip/leg pain. Wrist pain. shoulder blade pain. Ever persistent rib pain. Back pains that gives me headaches etc.

I have met several different physiotherapists who have tried or most of the time - not tried to help me.

At the start they are relatively helpful and do all their tests and then they give me some exercises but not really clear. And most of the time these tests doesn't show anything and they just comment on that I'm more flexible than average.

The worst ive been to just give me the same exercises to do over and over again for a long period of time with no change at all - or they ask me what I want them to do - I do not know I'm not educated in this - I want the pains and weaknesses to go away and so that I can finally just live pain free and be able to do something else than only walking.

Some have tried to help me and it has started to get a bit better but then I get injured again or get a new injury from their rehab program or their exercises make my body all worn out and tired. And then they sort of just let me go one last time and say - now you're good to go but it is still exactly the same as before.

I tell them but they don't seem to listen and it seems they only care about really young elite athletes or slightly older elite athletes.

I don't understand what I'm doing wrong or if all of them have been bad - but I've been to at least 12 throughout the years and none are good. Well there was one okay but they moved to another country.

Like, one told me that I had huge bunions but I only have a slightly larger fifth metatarsal "knob" on my left foot because I broke it once and ever since it healed it became much thicker. I don't have bunions or walk on my outer foot - if anything its the opposite.

I don't know what to do about my problems though and I have just been avoiding going to any kind of sports medicine person or similar just because all of my previous experiences were so similar and unhelpful.

What am I doing wrong, where should I go? Should I go to another health specialist? Should I talk to them differently?

That experience was from Sweden. I live in Melbourne Australia right now.

EDIT: (more info) Thanks a lot for your responses! I know I came off a bit stressed/chaotic yesterday, but it was simply a bit of a rant and I apologise. I was in pain and tired and couldn't sleep.

I would LOVE to visit a physiotherapist/other sports/physical professional as I have been doing entirely my own thing the last year. I'm eating healthy, sleeping etc (I've always been eating healthy). I'm watching videos, reading, developed my own strength routine at the gym etc. But there is a limit (at least for me) how much energy and motivation I have to do all this for myself - I have recently moved to another country, working my first full time job ever after graduation. It's hard to find the right information and make the right decisions with limited amount of time and energy. That is why I want to know how I can change/what I could do differently/who else I should meet - because I would LOVE to pay a physiotherapist/any other professional that know what to do/takes me seriously and would want to help me. So I don't have to think about this all the time...

Am I just going to rubbish Physio's?

I'll preface this with the fact that I am from Australia, and that I am not looking for medical advice.

I have had some upper back problems for around 3 to 4 years now, and am losing all hope of ever returning to normal.

For some backstory, my injury came seemingly out of nowhere. I hadn't been working for maybe 6 months, and was doing no hard physical activity at the time. I woke up in the morning, and bam, it was there. Obviously I slept on it wrong.

In the last 3-4 years, I have been to so many different physio's, also sport therapists, myotherapy and just about any other type of therapy I could think of. Mainly physio's though, as I am of the understanding that physio is evidence and science based.

It seems every physio I go to, they do the exact same thing which doesn't seem to be doing anything. They have all tried to associate my injury to my current job, which I inform them that I wasn't doing before the injury, and I wasn't doing when the injury occurred. It always starts with "ok, now cross your arms on your chest and put your hands on your shoulders. and now roll forward. ok, now bend back. Now, hands on shoulders and elbows out, and bend to the side. Now the other side." These exercises (or examinations) rarely engage or stretch the muscles that I feel that have been cramped up for the last 3-4 years (if they do, it's only a tiny bit). "now how does that feel?" to which I usually reply "yeah, not too bad" Or "yeah I can feel it a bit in that sore spot I told you about"

They will then get me on the bed thing on my stomach, do some massage (sorry I don't know the proper term) or pressing around my spine to loosen up the muscles around my spine, then give me some exercises to do at home.

Always after the physical manipulation on the bed thing, they run me through the same stretching examination as at the start and say "oh the movement is so much better!" in my head I'm thinking 'bullshit, it's exactly the same and my back is still sore'.

They then rebook me for a week, explain that we will do weekly sessions until I see improvement at which time we will start to do fortnightly or monthly maintenance appointments. I then do the exercises, come back weekly until THEY decide I have improved and we can start to do fortnightly or monthly sessions. Meanwhile, my back is still exactly the same, and they have not even touched the muscles that are causing me so much grief.

Why do they seemingly refuse to touch the muscles that are causing me pain? I am absolutely dying for someone to just get their thumbs or elbow into the offending muscles. When I do it myself with a squash ball, it actually does help, but I feel like someone that has studied human anatomy should be able to do a better job than a rubber ball. Are these physio's just rubbish? Anyway, this turned into a long post, and I'm sorry for any physio's in here that might think "oh, he's one of those clients". I'm not sure, maybe I'm doing something wrong, but I just don't know why they all do the exact same thing, and call me fixed when nothing changes. To me it seems like it should be simple, just get in there and loosen up the part that hurts, but I'm not a physio so I could only assume I'm wrong. Also I'm sorry if this comes off as a rant, but I'm at my whits end because of this pain, and I feel like I don't even know what to do any more.

Why is almost every trip to the physio worthless? What am I doing wrong? (slight rant)

I have had injuries in the past that I will see if it's serious or if it will go away until I get so frustrated with the pain during an activity that I will book to see a physio. They will inevitably be booked for the next week or two, so by then I've stopped doing the activity that aggravates the pain. I'm pretty descriptive and will give in detail what I was doing, where the pain is, what kind of pain it is. They will give me a once over and go, huh you're really not that bad I'm not sure

how I can help? Like, duh, I haven't moved in any way that would hurt me for a week, of course the pain has subsided, but I cannot move and do normal activities without it building up into serious pain (as I had explained to them earlier). Should I go to the gym and knowingly do the exercise that aggravates the injury, then hobble into see the physio? Did I just go to the wrong physio? Almost every experience with a physio I feel like they're just not taking my injury seriously. Are these not the sort of injuries that we take to physio? Are we supposed to just walk them off over 2-3 months?

Physical Therapy Not Helping

I (27m) have suffered with lower back pain for over 10 years. Runs in the family. In May of this year, it went out way worse than usual for a couple different reasons that I've fixed. In hospital for 3 days but after a few weeks it was feeling normal again, but had to wait 2 months to see doctor and it went out again about 2 weeks before finally seeing her. She recommended PT and I started the next day.

It's been about a month of PT twice a week and my strength has definitely improved as well as flexibility, but after standing for 15ish minutes or more, I get terrible inflammation right on the disc that just gets worse until I get off my feet. This has been happening for about 3 weeks and no matter how much I bring it up to the PT's, they don't really give me an answer and just kinda shrug it off.

The PT's are nice, but there is almost no communication from them even when trying to get them to give me some answers on why this is happening. They are training 2-3 other people while training me so I get very little time to talk to them. It's also not the same PT each time. I just show up, they give me exercises to do, I do traction, and then leave. Even though I've brought this up, they've made the exercises more and more challenging each session and it hasn't gotten better at all.

I do all exercises they prescribe me at home, and have really tried to trust the process but it does not seem to be working. Has anyone experienced something similar or felt worse after starting PT?

I feel like at this point I can't do half of the movements and can't make any progress due to the continuous injury, so what is the point... **Coaches have been scaling exercises for me but every time I say I can't do something I feel like I'm being a baby, like I'm not part of the same class that is banging out multiple rounds of heavy reps. Sure I can take some more time off until I feel 100% but I feel like the past year is going to waste, and then if the pain comes back I'm in the same boat. I know I need to go to a dr about my shoulder but after the sub-par experience I had with my hand injury, I'm not expecting much.**

At this point, I really don't know what to do. I love the crossfit atmosphere and actually look forward to working out. I know if I quit going to the gym will turn into a chore again and probably won't stick with it. I guess I just need some motivation or advice from someone who has gone through a similar situation.

Injuries suck

I'm just venting, forgive the rant. I know what follows is egotistical and shortsighted. For the last three years I've had a tough string of injury. Hip. Back. Knee. Wrist. None of which happened during workouts. All doing normal, everyday stuff. Like today. Getting out of the car an hour ago and my knee explodes with pain. Can't bend it now, throbbing. Makes me so frustrated. Angry. The seemingly constant cycle of pain management, modifying workouts, and not being able to feel free has left me wanting to give this all up

Coping with being sidelined after working very hard to improve, how do you manage?

I am a 33 year old male who has been doing crossfit for a little over two years, has been training 6 days a week and sometimes twice a day, and can Rx most workouts. During that time, while I've had nagging tendinitis in my knees, I never had any major injuries until now.

For the past two weeks I have been dealing with left shoulder pain, and yesterday I saw a sports medicine doctor who suspects that I have a rotator cuff tear. I had an MRI the same day, and will get the results soon, but I'm preparing myself for the worst.

I normally struggle with depression and see a therapist regularly and take medication for it, but fitness was a huge outlet for managing it. I was also in the best shape of my life, and I was pushing myself hard at the gym because I had a goal to eventually get to competitors level (locally competitive.) I think I was pushing too hard and it may have been a reason I'm where I'm at now, and looking back I am angry at myself and my body for not being able to cope with the training I was doing. I'm bummed out and straight depressed that I'm going to lose what I've worked so hard to gain. Plus, my girlfriend is also heavily into crossfit, and we would frequently do workouts together, and now that bond that we have is going to be disrupted.

For anyone who has dealt with a major injury, how did you cope with not being able to basically do the thing that you love? The reality of all this is now starting to sink in, and it's weighing down hard.

I just want to run! Running boosts my mood! I look forward to my long run all week! I'm supposed to do 9 miles this Saturday, which I almost for certain will not be doing. That makes me so sad and frustrated

It's really tough because the past seven days have been a lot. I work in mental health and all of my clients are suffering just as much as I am, if not more. And I'm getting restless and bored. I would love nothing more than to take my dog on a little 5k, but I can barely walk, and it's icy out. I miss having two functioning ankles.

Any hopeful and encouraging stories about recovering from an injury would be welcome, especially from those over 35 like myself. Also any tips for not going crazy would be helpful also. I've just been weight training but it's getting kind of boring. I don't feel like myself and I'm needing some support.

So tired of constant injuries and dropping out of races

I have basically spent my entire running career running through injuries, mainly shin splints. I tried every remedy I could find, and the pain always came back. In February, the pain got so bad that I thought I had a stress fracture. MRI confirmed it was "just" shin splints, so I took eight weeks off running, completed a run/walk plan to get back to running, and started physical therapy. I also had significant calf tightness, so I worked on that in PT, too. After 3 months of physical therapy, I was still having some issues but feeling better, and my PT was fine with me continuing to run and increase my mileage because the pain wasn't increasing. I signed up for a Halloween 5K on October 26, and I completed 7 weeks of a training plan for it.

Around week 5 or so of my training plan, I started having pain in the outside of my foot and ankle. I brought it up to my PT, but he didn't seem concerned and said it was fine to keep running. The pain got worse, so I decided to take two weeks off, then scale back my mileage for the last few weeks of my training plan so that I'd be able to complete my race. Today was my first run after the two-week break, and now the pain is even worse than it was two weeks ago.

I plan to switch to biking for the remainder of my training plan, but I am really worried now that I'll have to skip this race. I already missed another race back in April due to my shin splints, and there were multiple other races I chose not to sign up for this year while I was recovering from injury. This was supposed to be my happy return from injury and a chance to celebrate my progress, but now I might not be able to do it. I live in a cold climate, so this is basically my last chance to race until it warms up again in April.

I am just so frustrated that I've spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again. I am also very frustrated with my PT for not taking this more seriously when the pain first started, and I have already made an appointment with a different PT, but that isn't until October 25.

I've spent my whole morning at work trying not to cry over possibly missing my race, and feeling silly for wanting to cry over a 5K that I still technically have a (small) chance of being able to complete. I really just needed to complain to a community that gets it. Please send me all your mental coping strategies and success stories of recovery! I had dreams of running a half marathon next year if I could stay injury-free, so please reassure me it's still possible.

Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run?

Running is the only sport I practice that causes me to feel this way.

Any DOMS or soreness I experience from other exercises (lifting, climbing, spinning, plyo HIIT, etc) just feel like regular muscle aches. But there's something about the soreness after a run that feels

different and makes me worry I've strained/torn/fractured something.... Lower back soreness after deadlifts? Just muscle soreness. Lower back soreness after a run? What did I pull?! It's bizarre. My mileage isn't even high enough to cause stress fractures, but I'm irrationally worried about them.

Not running my half due to an injury

So, like the title says, I won't be running my half due to an injury. I got injured four weeks out, after my longest training run, and was initially told by my physio that I could run again after 2 weeks. It's been four weeks, my half is in 2 days, and I am definitely not anywhere near ready (injury-wise) to run, let alone race, a half marathon.

I made the decision not to run the race before my 2-week rest (turned 4-week rest) was up, and so I've had time to process it a bit— but it honestly only really hit me today as I attempted my first run back post-injury (and let's just say it didn't go well and I will be taking some more time off). All I could think about throughout my run was how what should've been a shakeout run, when I should've been feeling fresh, strong and ready to race, was really a 30-minute run that I slogged through.

No one in my life runs, so no one really gets it, they're just trying to rationalize it. And I have done plenty of that myself so I definitely don't need help in that department lol. But I just wanted to use this space, with many people who might understand, to say that I am feeling quite sad today about not running my half. I spent lots of time preparing— running, strength training, eating, reading— and this would've been my first race, so I really was looking forward to it.

It's not the end of the world, of course, and there will be other races to run, and my training did not go to waste— all that I know, I just want to wallow in self pity today lol. So yeah!

If you trained for weeks for a race you can't run— you're not alone. It sucks. Big time. And I know how you feel

I've done about 10 half marathons so missing one shouldn't be a big deal, but I've still been crying all day about it. I've put in so much work, this is my favorite local race, and all my friends are doing it and I'm feeling left out already. I didn't do a spring half because I felt burned out, but was fine with it because I had this one to look forward to, and now I don't. I'm also terrified of having to start running from scratch again, even though I'm going to try to keep my fitness up as much as I can with cycling and swimming. Calling PT first thing tomorrow and also trying to get in to see sports medicine, but still just feeling very defeated and sad about everything.

Is there some reason I'm like, suddenly so fragile? I'm only 27 and I am not even coming close to working out too much or too hard.

How do you lift yourself back up when you have a terrible run? I'm returning from injury and what used to be easy is now so much more difficult for me. I went out too fast on my 5k today and ended up having to walk a while. I think I was too ambitious in the first few miles, plus really dehydrated (we're having a few hot and humid days randomly mixed in with autumn temps). I know bad runs happen, but it still feels kind of humiliating and frustrating! - MISERABLE RUN

What is your injury prevention secret?

I've put in so much work, this is my favorite local race, and all my friends are doing it and I'm feeling left out already. I didn't do a spring half because I felt burned out, but was fine with it because I had this one to look forward to, and now I don't. I'm also terrified of having to start running from scratch again, even though I'm going to try to keep my fitness up as much as I can with cycling and swimming. Calling PT first thing tomorrow and also trying to get in to see sports medicine, but still just feeling very defeated and sad about everything.

Is there some reason I'm like, suddenly so fragile? I'm only 27 and I am not even coming close to working out too much or too hard.

I am just so frustrated that I've spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again. I am also very frustrated with my PT for not taking this more seriously when the pain first started, and I have already made an appointment with a different PT, but that isn't until October 25.

I've spent my whole morning at work trying not to cry over possibly missing my race, and feeling silly for wanting to cry over a 5K that I still technically have a (small) chance of being able to complete. I really just needed to complain to a community that gets it. Please send me all your mental coping strategies and success stories of recovery! I had dreams of running a half marathon next year if I could stay injury-free, so please reassure me it's still possible.

Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run?

I was also in the best shape of my life, and I was pushing myself hard at the gym because I had a goal to eventually get to competitors level (locally competitive.) I think I was pushing too hard and it may have been a reason I'm where I'm at now, and looking back I am angry at myself and my body for not being able to cope with the training I was doing. I'm bummed out and straight depressed that I'm going to lose what I've worked so hard to gain. Plus, my girlfriend is also heavily into crossfit, and we would frequently do workouts together, and now that bond that we have is going to be disrupted.

Makes me so frustrated. Angry. The seemingly constant cycle of pain management, modifying workouts, and not being able to feel free has left me wanting to give this all up

For anyone who has dealt with a major injury, how did you cope with not being able to basically do the thing that you love? The reality of all this is now starting to sink in, and it's weighing down hard.

I just want to run! Running boosts my mood! I look forward to my long run all week! I'm supposed to do 9 miles this Saturday, which I almost for certain will not be doing. That makes me so sad and frustrated

It's really tough because the past seven days have been a lot. I work in mental health and all of my clients are suffering just as much as I am, if not more. And I'm getting restless and bored. I would love nothing more than to take my dog on a little 5k, but I can barely walk, and it's icy out. I miss having two functioning ankles.

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Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run?

It seems every physio I go to, they do the exact same thing which doesn't seem to be doing anything. They have all tried to associate my injury to my current job, which I inform them that I wasn't doing before the injury, and I wasn't doing when the injury occurred. It always starts with "ok, now cross your arms on your chest and put your hands on your shoulders. and now roll forward. ok, now bend back. Now, hands on shoulders and elbows out, and bend to the side. Now the other side." These exercises (or examinations) rarely engage or stretch the muscles that I feel that have been cramped up for the last 3-4 years (if they do, it's only a tiny bit). "now how does that feel?" to which I usually reply "yeah, not too bad" Or "yeah I can feel it a bit in that sore spot I told you about"

They will then get me on the bed thing on my stomach, do some massage (sorry I don't know the proper term) or pressing around my spine to loosen up the muscles around my spine, then give me some exercises to do at home.

Always after the physical manipulation on the bed thing, they run me through the same stretching examination as at the start and say "oh the movement is so much better!" in my head I'm thinking 'bullshit, it's exactly the same and my back is still sore'.

They then rebook me for a week, explain that we will do weekly sessions until I see improvement at which time we will start to do fortnightly or monthly maintenance appointments. I then do the exercises, come back weekly until THEY decide I have improved and we can start to do fortnightly or monthly sessions. Meanwhile, my back is still exactly the same, and they have not even touched the muscles that are causing me so much grief.

Why do they seemingly refuse to touch the muscles that are causing me pain? I am absolutely dying for someone to just get their thumbs or elbow into the offending muscles. When I do it

myself with a squash ball, it actually does help, but I feel like someone that has studied human anatomy should be able to do a better job than a rubber ball. Are these physio's just rubbish? Anyway, this turned into a long post, and I'm sorry for any physio's in here that might think "oh, he's one of those clients". I'm not sure, maybe I'm doing something wrong, but I just don't know why they all do the exact same thing, and call me fixed when nothing changes. To me it seems like it should be simple, just get in there and loosen up the part that hurts, but I'm not a physio so I could only assume I'm wrong. Also I'm sorry if this comes off as a rant, but I'm at my whits end because of this pain, and I feel like I don't even know what to do any more.

Why is almost every trip to the physio worthless? What am I doing wrong? (slight rant)

I have had injuries in the past that I will see if it's serious or if it will go away until I get so frustrated with the pain during an activity that I will book to see a physio. They will inevitably be booked for the next week or two, so by then I've stopped doing the activity that aggravates the pain. I'm pretty descriptive and will give in detail what I was doing, where the pain is, what kind of pain it is. They will give me a once over and go, huh you're really not that bad I'm not sure how I can help? The worst I've been to just give me the same exercises to do over and over again for a long period of time with no change at all - or they ask me what I want them to do - I do not know I'm not educated in this - I want the pains and weaknesses to go away and so that I can finally just live pain free and be able to do something else than only walking. Some have tried to help me and it has started to get a bit better but t

I can feel myself getting worse, I can't do as much as I used and that scares me. But if physio doesn't work then I have no clue what will. Physio was supposed to make me stronger. It just makes me exhausted and in horrible pain

I've been in and out of physical therapy for over 25 years and can say with 100% confidence that it has been a waste of time and money and I hate the initial question of "What do you want to accomplish with Physical Therapy?" or some similar question and getting handed an exercise at home paper. (I really do the home exercises at least twice a day already). To answer their initial eval question, I started telling them "My Doctor forced me to come here and with my experience, I don't expect anything to change or improve but I really hope you prove me wrong". They haven't as of yet. The 5 minute Infrared red rub felt good, and the final heat or ice pad with the tens unit for 15 minutes felt good but other than that, all I did was go on exercise machines while the staff gabbed with each other or the customers. In the over 25 years, up to 7 different places it was all the same. Most of my time was spent alone after being told what exercises or machine to do by the assistants, then later, the actual PT would spend maybe 5 -10 minutes rubbing something, then put me on the ice or heat and tens unit, and then I'm done. It always felt like such a waste of my travel time plus time being there, and the copays while they got hundreds from my insurance for each visit, and it didn't help my curved spine, sciatica, radiculopathy, stenosis, fractured vertebrae, etc., in any way. I would leave being even more numb in my legs/feet and right fingers and I would be really sore. Have to go home, take a muscle relaxer use more ice to recuperate from what I just went through because I'm trying to do what the professionals tell me while they don't actually know what this feels like. I ended up

getting my own stuff for home. Tens unit, foam roll, already had heat and ice pads and even ones that wrap my shoulder and knees. Dr gets upset with me when I tell him PT has always been a waste of time and I'm not going anymore unless its after a surgery and even then, only 1 to 3 times max. Mainly to get the proper exercises to do at home. That I can now just do a search for on the internet. I find doing exercises on my own, then seeing a Massage Therapist does way more for than any Physical Therapy place I've been to and feel the money was much better spent and not a waste of time. The Stretching out and Massage actually helps me, while PT does nothing for me and never has.

why are physiotherapists not putting in the work?

I have noticed a trend lately. More and more physiotherapists are hardly spending any time treating their patients.

Despite going to the best of the best physiotherapists, you know, with their bachelor degrees and their double masters, I just feel like they are not providing anything of value. They either give you very easy stretches to do that you can google yourself or they put that useless therapeutic ultrasound that has no evidence for decreasing pain.

For example, I saw this physiotherapist for pain in my leg and thigh that has been bothering me for three months. After 50 minutes of the guy asking every question in the book, simply concludes 'oh it could be having tensed nerves' then tells me to do this stretching exercise and send me home. I could not help but snap back with 'so thats it's then?'

He's like 'what do you mean?'. I go 'I mean...the reason I came to you for was to understand what is causing my pain and for you to effectively treat it. You are still not sure the source of the pain is. 'Could be' is not conclusive. You are the freakin physiotherapist. How can you not figure out what's going despite doing a 50 minute examination. Why are you calling yourself a physiotherapist if you cannot figure out the source of the pain. You have not done any treatment on me. Your website mentions laser, shockwave, manual, dry needling etc. etc. You have done none of that'

He goes 'well this was your first session and we determine the treatment based on what can best treat your issue. For your nerve pain, I do think the stretch I have given you will help relax it'.

I am clearly frustrated. I go whatever and leave.

It's quite clear that physiotherapists are just trying to cut corners and dont want to actually treat because its more time and money for them. For example, if my physio already knows that best way to treat nerve pain is acupuncture, he is thinking, well I first I have to buy the brand new needles, insert it into this guy and he will be already well on his way. Why not milk as much as I can from him and then give him the more advanced treatment? now that's real business.

It's not like you people are cheap. \$100 per session is a lot. It would be great if physios can actually look after the patients self interest. This mean more long term returning customers. More positive word of mouth. Why do you guys not think of building relationships instead of just trying to make money over people's pain?

Yeah been doing his basic stretch for a week now with no improvement. In fact, my pain has gotten worse. I will be demanding a refund.

If you guys do not have the treatment for nerve pain, stop saying you have it and signing up patients to waste their time and money

I'm also just very bored and feel kinda empty without football. I've always had some form of athletic pursuit, and not playing a sport leaves a void. It's why I've always worked so hard at whatever sport I play, because I want to go as far as I can.

How do you guys deal with the mental aspect of being out injured?

Hello. I've been dealing with a wrist injury for over 3 years and a knee injury for 9 months now. It seems that nothing works, and this is affecting my mood, goals, and general outlook at life. I've been to multiple doctors and specialized professionals, and the only thing I believe can help me is rehabilitation and physiotherapy. I've done it with professionals for my wrist multiple times throughout the years, also using the ATG principles and exercises. For my knee I did kinesiology and I used the atg exercises, the ones I've been using before injuring myself but regressed.

But I can't make it work. I can't progress. It seems when I've got an injury I can't heal it, and I am feeling so fucking sad for that. Time and weeks pass, I can do some work and try regressions for the exercises but I do that for 2-3 times a week because I want to rest between sessions and the next day seems to be the same or worse, or maybe even better (I don't remember the last time this was the case), but advancing is not possible. From the time I injured my knee to now, my ability diminished. I had a time back in April that I couldn't walk without a serious limp, and now I have to walk slowly and for 20 blocks max at a time.

I even had to stop going on a lot of social media pages because seeing all the gym stuff was just making me sad.

haven't been able to fucking run since last summer due to a nagging hip injury which gets aggravated every time that I try to run again. Prior to that I had to sit out for almost three months due to another minor injury which also kept relapsing every time I tried to run. I wish my injury were just a break or something so that I would at least know when I'm able to run again. This guessing game that I'm playing is so frustrating. Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can't get any fresh air. Six fucking months without being able to run normally. Seeing my body change while looking in the mirror is awful.

I've been seeing a PT for the past four weeks and I feel like it's not helping much. Ugh This is my first time seeing a doctor for a sports injury. Was going to a PT the right decision? Should I have seen another type of doctor? They assigned me an intern/trainee whose lack of experience isn't very consoling.

Background: 17 year old player (18 in 2 months) a year into a return to football after not playing since I was 12. I'm a talented player but raw since I missed so much time, I've been getting better really fast and I'm hoping I can one day play professionally. For now, concentrating on playing somewhere I can get game film.

So I've pulled my groin/hamstring because I'm stupid and played on it for 2 months, making a small tweak a bigger problem. I'm seeing a doctor tomorrow, expecting them to confirm that I have pulled it, no idea what the recovery time will be like.

The injury caused me to be at only 75% or so for a college scouting session. I didn't take people 1v1 because I was too scared to actually sprint, and it hurt. So I didn't get selected for further evaluation, coaches said I was good but I was in a similar range to a few other guys where we didn't really stand out. Stung because my speed always stands out when I'm healthy. It's really really fucking with me because I honestly believe at 100%, I was the best or second best player there, out of about 20 guys who could all play.

I've now been just sitting at home, trying to avoid using the muscle as much as possible. I can only do upper body work at the gym, as legs and even core work hurts, and anything other than juggling I can't do at a worthwhile pace. It's really causing me to feel kinda down, I feel like I'm slacking even though I physically can't train. I'm also just very bored and feel kinda empty without football. I've always had some form of athletic pursuit, and not playing a sport leaves a void. It's why I've always worked so hard at whatever sport I play, because I want to go as far as I can.

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But I can't make it work. I can't progress. It seems when I've got an injury I can't heal it, and I am feeling so fucking sad for that. Time and weeks pass, I can do some work and try regressions for the exercises but I do that for 2-3 times a week because I want to rest between sessions and the next day seems to be the same or worse, or maybe even better (I don't remember the last time this was the case), but advancing is not possible. From the time I injured my knee to now, my ability diminished. I had a time back in April that I couldn't walk without a serious limp, and now I have to walk slowly and for 20 blocks max at a time.

The video is from the past month. The injuries I had, both in my wrist and knee, was a bone edema, and I have no rheumatic condition or autoimmune disorder.

I hope someone were through my experience.

Frustration with injury setbacks

[General Discussion](#)

I'm mostly mad at myself for ignoring it and thinking that 2 weeks rest will be enough to go back to running long distance. Now I sit with an ice pack on my leg, not able to run or even stretch and probably sidelined for months. I'm so upset that I'm going to lose my fitness level that I have built and will essentially have to start over

Any advice on how to deal with the setbacks of an injury mentally? I've been irritated and frustrated that I did this to myself and don't know how to get into a better mindset about it.

Anyone else seem to always have an injury from their HIIT workout? Frustrated that it's always something. Been a member for a year and a half now. 3-4 workouts a week (I've had some injuries that have completely taken me out for a few weeks).

Let's see... tennis elbow, piriformis issues, upper back, lower back, shin splints, and now some weird clavicle/chest wall pain.

I love OTF, and I've made huge fitness strides... frustrated that it's always something. Anyone experience the same? Any ideas?

Mid 30s guy here and it seems like I am constantly getting hurt to the point that I can't or don't want to train consistently. I see people in the gym that train 5x a week and it baffles me. I have avoided any serious injury that requires surgery, but I've definitely been snapping and popping things all over the place. Trying not to become the guy in his 50's who's in constant pain and can't move.

How do you deal with nagging injuries now?

I'm pushing 40 now. The last two years I've worked hard to get my shit together, physical and mental health-wise. I went at least a decade neglecting my fitness, and I have found now that when I get little dings they just. Don't. Heal. It takes forever. I pull a muscle in my back, and it's like a week at least, maybe more if I am unlucky. What do you do differently now compared to when you were younger to avoid and then address little dings like this?

I hurt my lower back a week ago squatting, and I can still barely move today :(

Desperate need of advice. Nagging injury that won't go away.

Running really helped me blow off the steam, stay focused, get in some "me time", feel like a fucking super hero.

But now it's gone. It's gone and I don't know what to do. I don't lift weights, I've tried the elliptical but it made it worse. I don't swim, and frankly I don't have time to be getting wet and then dry (seriously). I've been coping by EATING, eating, eating... hating myself for it.. fearing weight gain, seeing weight gain, and then underperforming in my life. I need a coping strategy, a release, an endorphin high.....sigh

Has anyone been through this? How do you deal with injury and mental health? Watching your progress spin around and down the drain.... it's just heart breaking

It's like I can't go 6 months without a huge injury. It's driving me nuts seeing everyone around me improve and grow and get stronger and I've been stuck at the same place for 4 F**** years bc I can't even train consistently. I love PL so much I love proving I love pushing myself when it's healthy every chance I can get. I'm very much of a do person and will go to any lengths to try and accomplish a goal. I don't even lift heavy anymore and I still get injured. These are all from basketball and other random accidents -- only one was from incorrect form during lifting. I'm made out of GLASS

I really can't take it anymore I hate being sidelined I hate watching my younger brother lap me in life in general and this was the only thing I had to be proud of myself and helped my self-esteem/depression/anxiety immensely AND I CAN'T CATCH A BREAK. I know these are first world problems, I am from the third world so I very much know this. This whole situation

makes me feel so depressed and I always think about all the progress I could have made if I just stopped playing basketball and just did PL I may have made something out of it. It makes me feel bad for myself which I know isn't helpful.

Sports are really my therapy and I hate falling behind and I always feel like I'm falling behind and losing and everyone else is doing better and winning. I deleted all social media besides reddit bc I can't stand to see friends and colleagues anymore.

Pains and Frustrations (Exact Quotes)

1. Constant Injury Cycle:

- "It's like I can't go 6 months without a huge injury."
- "It's driving me nuts seeing everyone around me improve and grow and get stronger, and I've been stuck at the same place for 4 F**** years because I can't even train consistently."
- "I'm so frustrated that I've spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again."
-

2. Impact on Self-Worth and Mental Health:

- "This was the only thing I had to be proud of myself, and it helped my self-esteem, depression, and anxiety immensely."
- "Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can't get any fresh air."
- "I can barely walk, and it's icy out. I miss having two functioning ankles."

3. Frustration with Physical Therapy and Lack of Progress:

- "I feel like I don't even know what to do anymore."
- "Why is almost every trip to the physio worthless? What am I doing wrong?"
- "I hate the initial question of 'What do you want to accomplish with Physical Therapy?' when they just hand me an exercise at home paper... To answer, I started telling them, 'My Doctor forced me to come here, and with my experience, I don't expect anything to change or improve, but I really hope you prove me wrong.' They haven't, as of yet."
-

4. Feelings of Isolation and Falling Behind:

- "Everyone else is doing better and winning... I deleted all social media because I can't stand to see friends and colleagues anymore."
 - "It makes me so mad and guilty, thinking if I could have done something different to prevent it."
 - "I'm so upset that I'm going to lose my fitness level that I've built and will essentially have to start over."
 - **Shame, Guilt, and Self-Blame:**
 - i. "I feel a deep sense of shame and self-hate... if I had just trusted my gut, none of this would've happened."
 - ii. "I'm mostly mad at myself for ignoring it and thinking that two weeks of rest will be enough to go back to running long distance."
5. **Exhaustion with the Physical and Emotional Toll of Injury:**
- "Each injury feels like I'm starting over, and it's so mentally exhausting."
 - "The seemingly constant cycle of pain management, modifying workouts, and not being able to feel free has left me wanting to give this all up."
 - "I feel like I'm slacking even though I physically can't train."
6. **Shame, Guilt, and Self-Blame:**
- "I feel a deep sense of shame and self-hate... if I had just trusted my gut, none of this would've happened."
 - "I'm mostly mad at myself for ignoring it and thinking that two weeks of rest will be enough to go back to running long distance."
-

Desires and Hopes (Exact Quotes)

1. **To Return to Their Passion and Regain Fitness:**
- "All I want is to feel like myself again... I want to go back to what I love without constant setbacks."
 - "I just want to run! Running boosts my mood! I look forward to my long run all week!"
 - "I was in the best shape of my life, and I was pushing myself hard... and now I'm terrified of having to start running from scratch again."
2. **Relief from Pain and a Path to Stay Injury-Free:**
- "Is there a way to stop constantly getting hurt? I don't want to be in pain anymore."
 - "I want to find a solution that helps me stay active without being so fragile and injury-prone."
- "I need someone who can actually listen to what I'm saying and give me real answers, not just exercises I can find on YouTube."
3. **Sense of Progress and Control Over Setbacks:**
- "I want to feel like I'm improving... I'm so tired of standing still or going backward with every injury."

- "I just want to be consistent again without worrying that every workout will be my last for a while."
- 4. I'm so upset that I'm going to lose my fitness level that I've built and will essentially have to start over."
- 5. **Emotional and Mental Support:**
 - "Please send me all your mental coping strategies and success stories of recovery!"
 - "For anyone who has dealt with a major injury, how did you cope with not being able to basically do the thing that you love?"
- 6. **Effective, Personalized Treatment and Understanding from Professionals:**
 - "A plan that I can trust to work with my body and address the actual problem would be life-changing."
 - "I'm absolutely dying for someone to just get their thumbs or elbow into the offending muscles... when I do it myself with a squash ball, it actually does help."
 - "It would be great if physios could actually look after the patient's self-interest... why do you guys not think of building relationships instead of just trying to make money over people's pain?"
- 7. **Freedom to Engage Fully in Life and Sports Without Constant Limitations:**
 - "I just want to run the race I've been training for and be part of my local running community."
 - "I miss my long runs, that feeling of being out there... just to be free and do what I love without restriction."

train harder, move better

Running-Specific Pains and Frustrations

- **Cycle of Injury and Setbacks:**
 - "Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can't get any fresh air."
 - "I wish my injury were just a break or something so that I would at least know when I'm able to run again. This guessing game is so frustrating."
 - "It's like I can't go 6 months without a huge injury... Watching my progress spin around and down the drain... it's just heartbreaking."
- **Fear and Anxiety Around Re-Injury:**
 - "Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run? Lower back soreness after deadlifts feels normal, but after a run, I worry I pulled something."
 - "Every time I feel a twinge after a run, I think, 'What did I pull?!' I'm irrationally worried about stress fractures even though my mileage isn't high."
- **Mental and Emotional Toll of Missing Races and Training:**
 - "I've put in so much work, this is my favorite local race, and all my friends are doing it, and I'm feeling left out already."

- “I spent all day trying not to cry over missing my race, feeling silly for wanting to cry over a 5K. I had dreams of running a half marathon if I could stay injury-free.”
 - “I’ve spent my whole morning at work trying not to cry over possibly missing my race, and I feel silly for wanting to cry over a 5K I still technically have a (small) chance of completing.”
 - **Frustration with the Loss of Fitness and Starting Over:**
 - “I’m so upset that I’m going to lose my fitness level that I’ve built and will essentially have to start over.”
 - “I’m terrified of having to start running from scratch again... I’m trying to keep my fitness up with cycling and swimming, but it’s just not the same.”
 - “I didn’t do a spring half because I was burned out, but was fine because I had this one to look forward to. Now, I don’t.”
-

Injuries are hard.

Especially when progress feels like hitting a brick wall.

Or when you’ve put in so much work competing in your local-sports event only to be side-lined while seeing all your friends take part and reach their goals.

Desires and Hopes Specific to Running

- **Return to Running Pain-Free and Sustainably:**
 - “I just want to run! Running boosts my mood! I look forward to my long run all week!”
 - “I was in the best shape of my life, pushing myself, and now all I want is to feel like myself again without constant setbacks.”
 - “Please reassure me it’s still possible to stay injury-free long enough to reach my running goals.”
- **A Sense of Belonging in the Running Community:**
 - “I miss being part of my local running community... just want to run the race I’ve been training for with friends.”
 - “Running is my therapy, my time to feel free and grounded, and it hurts to feel like I’m falling behind.”
- **Relief from Fear of Injury and Confidence to Train:**
 - “Is there a way to stop constantly getting hurt while running? I don’t want to be paranoid with every step.”
 - “I need someone who understands what it’s like to feel scared to run because of the risk of setback. I just want a plan that lets me run without fear.”

Each running step and swim s

Variation 1

How Mark an Iron-man oknows what it's like to dedicate everything to Ironman training, only to be held back by relentless pain.

For years, neck and Achilles pain would flare up, forcing him to scale back when he wanted to push forward. The mental strain of 'managing' the pain, modifying workouts, and missing races took its toll—he'd put in the work, only to be sidelined at every turn.

But after working with our osteopath, Mark's no longer stuck in a cycle of setbacks. By addressing the root cause of his pain and building resilience exactly where he needed it, Mark's now training pain-free, focused, and pushing himself like never before. 💪

Ready to leave behind constant pain management and unlock your true potential? DM us to start your journey to training without limits. 🙌🏻_"

Variation 2

Meet Mark.

A 50 year old athlete who, was caught in an endless cycle of injuries and pain that held him back from Ironman training.

From neck flare ups during swimming and strain in his achilles, each session was a reminder of how fragile his body felt.

h

The problem?

It wasn't because he wasn't

'Stretching enough'

s

But because he

When he turned to our osteopath, the goal was no longer just relief but real, lasting change. By focusing on Mark's unique needs and balancing the strain on his body, we've helped him rediscover pain-free training. Now? Mark is ready to compete without limits,

fueled by the strength and resilience he worked so hard to build. 💪

Want an osteopa

If you're tired of losing fitness and motivation to injury, reach out. Let's work together to break free from the cycle of pain and help you perform at your best. 🚀 _"

Variation 3

_ "For years, every Ironman race became a painful guessing game for Mark, 50. A nagging Achilles issue held him back on the run, and relentless neck pain slowed him down on the swim and bike. The frustration of missing races and watching his progress slip away became an all-too-familiar reality, making him question if he'd ever be able to compete without fear.

After working with our osteopath, Mark discovered that addressing the underlying causes of his pain. The answer wasn't relying on quick fixes or band aids, but . Now, he's back to training without limits and performing at a level he once thought was out of reach.

Ready to move beyond injury management and finally train pain-free? Send us a DM, and let's build a plan that takes you where you've always wanted to go. 🙌 _"

From neck flare-ups during swimming to persistent Achilles strain on the run, each session reminded him of how fragile his body was

The problem?

It wasn't his age or the fact he wasn't stretching enough.

The real issue was a buildup of imbalances and weak links that had accumulated over years of intense training.

So, what did we do?

We crafted a customized treatment plan to target his specific pains, focusing on not only his body but other factors like lifestyle habits, training , and his unique sports needs.

From there, Mark's goal shifted from temporary relief to achieving real, lasting change.

Now?

He's training pain-free, feeling fitter and healthier than he did in his 20s and 30s.

Breaking personal records, going the distance, and fully enjoying the sport he loves.

Want the same too?.

Let's break the cycle of pain and help you perform at your best. 🚀

Whether you have a dream of completing

Worried That Every Workout Could Be Your Last? You're Not Alone.

Meet Matt, a powerlifter who faced persistent back pain. Each session took a toll on his mood, but the worst thing wasn't the pain.

It was the fear of being sidelined for good, losing all the strength he'd worked so hard to build.

That's when Matt came to us.

We took a deeper look, assessing his body function, and discovered that his back wasn't the only issue. His pain was caused by multiple factors, including:

- **Imbalances in movement and training form**
- **Weaknesses impacting his back that he hadn't realized**
- **A lack of structured progression**

With these in mind, we came up with a personalized treatment plan to fix his injury once and for all.

Fast forward today, Matt can:

- **Train pain-free**
- **Stay active**
- **Lift heavier**
- **Break PRs**
- **Enjoy lifting again**
- **Stay in shape**

All without the constant worry of pain or injury halting his progress.

No more masking-pills, excess warm ups or guessing about what exercises to do.

If you want to avoid the day, try workout and want a sustainable approach to training.

One that allows you to reach peak-performance and longevity, let's create a plan that helps you recover fully. 💪

Comment

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Meet Matt, a dedicated powerlifter who faced persistent back pain. Each session wasn't just physically tough; it took a toll on his mood and wellbeing. But the worst part wasn't even the pain itself—it was the fear of being sidelined for good and losing all the strength he'd worked so hard to build.

That's when Matt came to us.

We took a thorough look at his body mechanics and training habits.

What we found was that his back pain wasn't just about his back. It was a result of:

- **Imbalances in movement and form,**
- **Weaknesses in areas he hadn't realized were affecting his back,**
- **The need for a structured progression plan that truly supported his goals.**

With these insights, we crafted a personalized plan to address his pain at the root, not just mask it.

Fast forward today?

Matt is training pain-free, lifting heavier, hitting new PRs, and, most importantly, enjoying his workouts again—all without the fear of setbacks or injury derailing his progress.

He's no longer dependent on long warm-ups or masking pills.

Instead, he's equipped with a plan that lets him push his limits safely and consistently.

If you're tired of worrying that every workout might be your last, reach out. Let's work together to create a plan that keeps you training strong, pain-free, and with confidence.



Looking to escape the cycle of pain, injury and setbacks?

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"Age is just a number"

In this case, it's true,

"For years, every Ironman race became a painful guessing game for Mark, 50.

From agonising achilles pain and relentless neck pain slowed him down on the swim and bike. The frustration of missing races and watching his progress slip away became an all-too-familiar reality, making him question if he'd ever be able to compete in years to come.

After working with us, Mark discovered that addressing the underlying causes of his pain. The answer wasn't relying on quick fixes or band aids, but . Now, he's back to training without limits and performing at a level he once thought was out of reach.

Ready to move beyond injury management and finally train pain-free? Send us a DM, and let's build a plan that takes you where you've always wanted to go. 🙌🏻"

- "I want to feel like I'm improving... I'm so tired of standing still or going backward with every injury."
 - "I just want to be consistent again without worrying that every workout will be my last for a while."
8. I'm so upset that I'm going to lose the fitness level that I've built and will essentially have to start over."

He was worried because he would lose all the training progress that he worked so hard for.

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Whether you have a dream of completing

Looking to Fix Your Pain? STOP Stretching.

You've been lied to!

The reason you're in pain isn't because your muscles are 'tight' and that you need to stretch more.

But because there are other areas that need your attention.

Ask yourself this:

How many times have you stretched, only for symptoms to come right back? Or worse, for the pain to flare up even more?

It's time to stop looking at quick fixes and start addressing the REAL factors behind your pain:

- **Your mobility:** Are your joints and movements unrestricted and balanced?
- **Weaknesses:** Are there areas of your body that lack the strength to support your movements?
- **Training load:** Are you overloading your body without the right progression?

Stop wasting time on quick fixes and band-aid solutions.

Get to the root of your pain and follow a plan that builds lasting strength and resilience.

As This is the ONLY way to build lasting longevity and performance in your sport.

- "It's like I can't go 6 months without a huge injury."
- "It's driving me nuts seeing everyone around me improve and grow and get stronger, and I've been stuck at the same place for 4 F**** years because I can't even train consistently."
- "I'm so frustrated that I've spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again."
- **Frustration with Physical Therapy and Lack of Progress:**
 - i. "I feel like I don't even know what to do anymore."
 - ii. "Why is almost every trip to the physio worthless? What am I doing wrong?"
 - iii. "I hate the initial question of 'What do you want to accomplish with Physical Therapy?' when they just hand me an exercise at home paper... To answer, I started telling them, 'My Doctor forced me to come here, and with my experience, I don't expect anything to change or improve, but I really hope you prove me wrong.' They haven't, as of yet."
 - iv. **Feelings of Isolation and Falling Behind:**
 - 1. "Everyone else is doing better and winning... I deleted all social media because I can't stand to see friends and colleagues anymore."
 - 2. "It makes me so mad and guilty, thinking if I could have done something different to prevent it."
 - 3. "I'm so upset that I'm going to lose my fitness level that I've built and will essentially have to start over."
 - 4. **Shame, Guilt, and Self-Blame:**
 - a. "I feel a deep sense of shame and self-hate... if I had just trusted my gut, none of this would've happened."

- b. "I'm mostly mad at myself for ignoring it and thinking that two weeks of rest will be enough to go back to running long distance."

Pain Isn't the Enemy.

When you're dealing with nagging pain, it's natural to feel frustrated. Whether it's impacting your work, training, or daily life. But what if we could change the way we think about pain?

Instead of seeing pain as something to battle, why not approach it differently?

Like with curiosity.

Pain is your body's way of signaling that something needs attention. By becoming curious, you can uncover underlying weaknesses that may need care or strengthening.

Instead of blaming yourself for past-choices or feeling guilty about things you should have done, why not turn it around and flip it?

Why not focus on the *now* to address the pain and rebuild strength and resilience.

See (name), Pain isn't the real issue; it's a guide pointing you toward areas that need flexibility, care, or strengthening. With this mindset, you'll find that pain is actually a guide, not the enemy.

So let go of the blame, get curious, and embrace the "why." This approach will not only help you heal, but give you more control over your body and life..

P.S We got some awesome resources to help you manage your pain injuries and help you feel your best.

Check out some of our blog posts here

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Right progressions, right intensity

Subject: Is Overtraining Holding Back Your Progress? Here are the signs.

Subject: Is Overtraining Holding Back Your Progress? Here Are the Signs.

“More is better.”

“Push yourself to the limit.”

“There’s no such thing as overtraining.”

Heard of these sayings?

Let’s get something straight: **Overtraining is REAL.**

And if you’re had these signs, then it’ might be time to scale back:

- You’ve hit a plateau in your training and performance.
- Every workout feels like a chore you dread.
- Persistent soreness and aches just won’t go away.
- Random new pains that weren’t originally there
- Trouble sleeping.
- Rising anxiety levels.

Here are some simple (and overlooked) way to maximize recovery (not matter your sport)

- **Rest:** Simple, but overlooked. Performance gains happen during recovery. Aim for **7-8 hours of sleep every night**.
- **Listen to Your Body:** Balance high-intensity sessions with rest days and make adjustments based on how you feel.
- **Fuel Right:** Proper nutrition is essential for repair and recovery. Certain foods can inflame. Feed your body the nutrients it needs.

The main lesson is always to strike a balance between training and recovery.

Otherwise you'll stay stuck in the same injury loop and back to square one.

In other words, train harder, not smarter.

One way to do that is to get help from an expert.

This is the best way to achieve peak, sustainable performance without pain creeping up.

P.S Don't enjoy training like you used to because of annoying pain and niggle? Need an expert to

✗ Modifying your workouts WON'T fix you ✗

Don't get us wrong.

Of course we want you to train at your prime

But have you considered the cost?

Like the cost to your long-term fitness, goals and health.

What's the point of changing your workouts all the time, if it's just going to lead you stagnate or worse?

InjWe are big advocates for reaching sustainable performance.

Not j

From neck flare-ups during swimming to persistent Achilles strain on the run, each session reminded him of how fragile his body was

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It wasn't his age or the fact he wasn't stretching enough.

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Let's break the cycle of pain and help you perform at your best. 🚀

Wether you have a dream of completing

How can osteopathy fix my daily aches and pains?

Here's your answer

From ex-

Whether you're recreational athlete

5 Myths About Osteopathy - DEBUNKED

(Think it's just back cracking or a fancy massage? Think again)

Caption

How Can Osteopathy Fix Your Daily Aches & Pain? Your Answer

Let us guess—you've tried other therapies, but relief didn't last.

Is this true?

If so, read on to discover how osteopathy can end your pain and misery for GOOD.

What's Osteopathy?

Osteopathy is a holistic therapy that focuses on YOU—not just your symptoms. It begins with a thorough assessment of your lifestyle, body function, and overall well-being.

Based on this, we create a personalized treatment plan that supports full healing and recovery.

Unlike other solutions that only make you feel good during treatment, we treat the root cause of your problem, enabling long-lasting relief and improved function.

💡 Why Choose Us?

✓ Expert Team: Our team includes NFL professionals, ex-athletes, and skilled osteopaths with unmatched expertise.

✓ Inclusive Care: From athletes to pregnant women to working professionals, we help people from all walks of life feel and move better in their bodies.

✓ Control through knowledge - We give the tools and knowledge you need to take control of your body, so you don't have to rely on us or anyone else.

Say goodbye to quick fixes and hello to long-term results. 🌿

✨ Ready to feel better, move better, and live pain-free?

Book your appointment today and take the first step toward lasting relief!

COMPETITORS

Osteopathy💥

.

Osteopathy is a form of manual therapy that is gentle and effective. Each session consists of a thorough full body assessment along with treatment.

.

This is done through gentle techniques which brings balance to the body by restoring proper body mechanics, decreasing overall tension, increasing range of motion, and encourages the body's capacity to self heal and self regulate.

.

Osteopathy can help with:

- ✓ Acute & Chronic Pain (anywhere in the body)
- ✓ Muscle & Joint Conditions
- ✓ Nervous, Circulatory, & Lymphatic Symptoms
- ✓ Nervous System Regulation
- ✓ Headaches & Migraines
- ✓ Breathing Restrictions
- ✓ Injury Prevention
- ✓ Digestive Issues
- ✓ Limited Motion
- ✓ Inflammation
- ✓ Dizziness
- ✓ Swelling
- ✓ Stiffness
- ✓ Fatigue
- ✓ Posture
- ✓ Arthritis
- ✓ Edema
- ✓ Sleep

✅ & Much More!

Treatment entails gentle mobilization of all joints and soft tissues throughout the body that aims to positively affect the body's nervous, endocrine, vascular, and lymphatic systems.

Treatment is different for each individual.

💎 Your health is an investment, not an expense!

🙌 Osteopathic treatment is covered by most insurance companies including Manulife & Sunlife

📄 Book Your Appointment Today!

🖥️ www.btosteopathy.com

📍 Toronto & Oakville

CAPTION 1

How Can Osteopathy Fix Your Daily Aches & Pain?

Your Answer 🙌

Let us guess.

You've tried other therapies, but the relief didn't last.

Feeling frustrated with quick fixes that only mask the problem?

Here's the good news:

Osteopathy can help you break free from the cycle of pain and discomfort.

For GOOD.

Unlike other therapies that focus only on temporary relief, we treat the root cause of your problem, ensuring lasting results and improved function.

At Bodysmiths, we start by assessing your body, lifestyle, and overall well-being.

From there, we create a **personalized treatment plan** designed to support full healing and recovery.

How Can Osteopathy Fix Your Daily Aches & Pain?

Your Answer 🙋

Let us guess—you've tried therapy, but the relief never lasts.

If you're frustrated with quick fixes that only mask the problem, keep reading.

Osteopathy offers more than just 'quick relief.'

It's a lasting solution that helps you break free from the cycle of pain and discomfort—for GOOD.

At **Bodysmiths**, we assess your body's needs, function, and lifestyle, addressing the **root cause** of your pain. From there, we craft a **personalized treatment plan** to support full healing and recovery.

The result?

Say goodbye to pain and hello to a life of freedom, movement, and ease.

Why Bodysmiths?

💡 **Why Bodysmiths?**

✓ **Expert Team:** Our team includes NFL professionals, ex-athletes, and skilled osteopaths with unmatched expertise.

✓ **Inclusive Care:** Whether you're an athlete, pregnant, or a busy professional, we help people from all walks of life move and feel better in their bodies.

✓ **Knowledge Empowerment:** We equip you with the tools and knowledge to take control of your health—so you don't have to rely on us or anyone else.

✨ **Ready to take control of your body and enjoy life pain-free?**

👉 **Book your appointment today** and start your journey to lasting relief.

Subject Line: Sick Of Chronic Headaches That Ruin Your Day?

Sick of Chronic Headaches That Ruin Your Day?

You've tried all the "fixes"—the pills, plenty of water, sleeping it off.

But no matter what you do, the banging pain never goes away.

And when you tell others how bad you're suffering?

It doesn't help.

"It's not that bad."

"It's just a headache."

"Just power through it."

But only if they knew what impact it had on your daily life.

Like...

- The constant pounding that makes holding a conversation impossible.
- The toll it takes on your work, relationships, and happiness.
- The frustration of waking up with the same headache you went to bed with.

They don't get it. But we do.

We know what it's like to feel hopeless, even after trying everything.

While there's no magic pill for headaches, there are steps you can take to ease the frequency and intensity of them.

Here's where to start

5 Not-So-Obvious Ways to Reduce Persistent Headaches

1. Improve Posture

Take regular breaks, move around, and adjust your workstation with supportive pillows, proper chair height, and screens at eye level.

2. Improve Sleep Hygiene

Stick to a consistent bedtime routine and avoid screens an hour before bed.

3. Evaluate Your Diet

Eliminate potential triggers like caffeine, chocolate, alcohol, or processed foods.

4. Address Muscle Tension

Stretch daily to release tight muscles, or try osteopathy for targeted therapies like gentle massage.

5. Manage Stress Levels

Practice relaxation techniques like meditation, deep breathing, or yoga.

Still Struggling?

If you've tried these steps but the headaches persist, it's time to consult a professional.

Curious how osteopathy can help?

[We explain the full treatment process in our blog post.](#)

IGNORE

Running-Specific Pains and Frustrations

- **Cycle of Injury and Setbacks:**
 - “Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can’t get any fresh air.”
 - “I wish my injury were just a break or something so that I would at least know when I’m able to run again. This guessing game is so frustrating.”
 - “It’s like I can’t go 6 months without a huge injury... Watching my progress spin around and down the drain... it’s just heartbreaking.”
 - **Fear and Anxiety Around Re-Injury:**
 - “Anyone else get paranoid about having sustained an injury when there’s a twinge or niggle after a run? Lower back soreness after deadlifts feels normal, but after a run, I worry I pulled something.”
 - “Every time I feel a twinge after a run, I think, ‘What did I pull?!’ I’m irrationally worried about stress fractures even though my mileage isn’t high.”
 - **Mental and Emotional Toll of Missing Races and Training:**
 - “I’ve put in so much work, this is my favorite local race, and all my friends are doing it, and I’m feeling left out already.”
 - “I spent all day trying not to cry over missing my race, feeling silly for wanting to cry over a 5K. I had dreams of running a half marathon if I could stay injury-free.”
 - “I’ve spent my whole morning at work trying not to cry over possibly missing my race, and I feel silly for wanting to cry over a 5K I still technically have a (small) chance of completing.”
 - **Frustration with the Loss of Fitness and Starting Over:**
 - “I’m so upset that I’m going to lose my fitness level that I’ve built and will essentially have to start over.”
 - “I’m terrified of having to start running from scratch again... I’m trying to keep my fitness up with cycling and swimming, but it’s just not the same.”
 - “I didn’t do a spring half because I was burned out, but was fine because I had this one to look forward to. Now, I don’t.”
-

Desires and Hopes Specific to Running

- **Return to Running Pain-Free and Sustainably:**
 - “I just want to run! Running boosts my mood! I look forward to my long run all week!”
 - “I was in the best shape of my life, pushing myself, and now all I want is to feel like myself again without constant setbacks.”
 - “Please reassure me it’s still possible to stay injury-free long enough to reach my running goals.”

- “I’m so upset that I’m going to lose my fitness level that I’ve built and will essentially have to start over.”
- “I’m terrified of having to start running from scratch again... I’m trying to keep my fitness up with cycling and swimming, but it’s just not the same.”
- **A Sense of Belonging in the Running Community:**
 - “I miss being part of my local running community... just want to run the race I’ve been training for with friends.”
 - “Running is my therapy, my time to feel free and grounded, and it hurts to feel like I’m falling behind.”
- **Relief from Fear of Injury and Confidence to Train:**
 - “Is there a way to stop constantly getting hurt while running? I don’t want to be paranoid with every step.”
 - “I need someone who understands what it’s like to feel scared to run because of the risk of setback. I just want a plan that lets me run without fear.”

I am just so frustrated that I’ve spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again. I am also very frustrated with my PT for not taking this more seriously when the pain first started, and I have already made an appointment with a different PT, but that isn’t until October 25.

I’ve spent my whole morning at work trying not to cry over possibly missing my race, and feeling silly for wanting to cry over a 5K that I still technically have a (small) chance of being able to complete. I really just needed to complain to a community that gets it. Please send me all your mental coping strategies and success stories of recovery! I had dreams of running a half marathon next year if I could stay injury-free, so please reassure me it’s still possible.

Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run?

I was also in the best shape of my life, and I was pushing myself hard at the gym because I had a goal to eventually get to competitors level (locally competitive.) I think I was pushing too hard and it may have been a reason I’m where I’m at now, and looking back I am angry at myself and my body for not being able to cope with the training I was doing. I’m bummed out and straight depressed that I’m going to lose what I’ve worked so hard to gain. Plus, my girlfriend is also heavily into crossfit, and we would frequently do workouts together, and now that bond that we have is going to be disrupted.

Makes me so frustrated. Angry. The seemingly constant cycle of pain management, modifying workouts, and not being able to feel free has left me wanting to give this all up

For anyone who has dealt with a major injury, how did you cope with not being able to basically do the thing that you love? The reality of all this is now starting to sink in, and it's weighing down hard.

I just want to run! Running boosts my mood! I look forward to my long run all week! I'm supposed to do 9 miles this Saturday, which I almost for certain will not be doing. That makes me so sad and frustrated

It's really tough because the past seven days have been a lot. I work in mental health and all of my clients are suffering just as much as I am, if not more. And I'm getting restless and bored. I would love nothing more than to take my dog on a little 5k, but I can barely walk, and it's icy out. I miss having two functioning ankles.

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I just want to run! Running boosts my mood! I look forward to my long run all week! I'm supposed to do 9 miles this Saturday, which I almost for certain will not be doing. That makes me so sad and frustrated

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Makes me so frustrated. Angry. The seemingly constant cycle of pain management, modifying workouts, and not being able to feel free has left me wanting to give this all up

I am just so frustrated that I've spent almost this entire year injured, finally got back on track, and then developed a new injury setting me back again. I am also very frustrated with my PT for not taking this more seriously when the pain first started, and I have already made an appointment with a different PT, but that isn't until October 25.

I've spent my whole morning at work trying not to cry over possibly missing my race, and feeling silly for wanting to cry over a 5K that I still technically have a (small) chance of being able to complete. I really just needed to complain to a community that gets it. Please send me all your mental coping strategies and success stories of recovery! I had dreams of running a half marathon next year if I could stay injury-free, so please reassure me it's still possible.

Anyone else get paranoid about having sustained an injury when there's a twinge or niggle after a run?

It seems every physio I go to, they do the exact same thing which doesn't seem to be doing anything. They have all tried to associate my injury to my current job, which I inform them that I wasn't doing before the injury, and I wasn't doing when the injury occurred. It always starts with "ok, now cross your arms on your chest and put your hands on your shoulders. and now roll forward. ok, now bend back. Now, hands on shoulders and elbows out, and bend to the side. Now the other side." These exercises (or examinations) rarely engage or stretch the muscles that I feel that have been cramped up for the last 3-4 years (if they do, it's only a tiny bit). "now how does that feel?" to which I usually reply "yeah, not too bad" Or "yeah I can feel it a bit in that sore spot I told you about"

They will then get me on the bed thing on my stomach, do some massage (sorry I don't know the proper term) or pressing around my spine to loosen up the muscles around my spine, then give me some exercises to do at home.

Always after the physical manipulation on the bed thing, they run me through the same stretching examination as at the start and say "oh the movement is so much better!" in my head I'm thinking 'bullshit, it's exactly the same and my back is still sore'.

They then rebook me for a week, explain that we will do weekly sessions until I see improvement at which time we will start to do fortnightly or monthly maintenance appointments. I then do the exercises, come back weekly until THEY decide I have improved and we can start to do fortnightly or monthly sessions. Meanwhile, my back is still exactly the same, and they have not even touched the muscles that are causing me so much grief.

Why do they seemingly refuse to touch the muscles that are causing me pain? I am absolutely dying for someone to just get their thumbs or elbow into the offending muscles. When I do it myself with a squash ball, it actually does help, but I feel like someone that has studied human anatomy should be able to do a better job than a rubber ball. Are these physio's just rubbish? Anyway, this turned into a long post, and I'm sorry for any physio's in here that might think "oh, he's one of those clients". I'm not sure, maybe I'm doing something wrong, but I just don't know why they all do the exact same thing, and call me fixed when nothing changes. To me it seems

like it should be simple, just get in there and loosen up the part that hurts, but I'm not a physio so I could only assume I'm wrong. Also I'm sorry if this comes off as a rant, but I'm at my whits end because of this pain, and I feel like I don't even know what to do any more.

Why is almost every trip to the physio worthless? What am I doing wrong? (slight rant)

I have had injuries in the past that I will see if it's serious or if it will go away until I get so frustrated with the pain during an activity that I will book to see a physio. They will inevitably be booked for the next week or two, so by then I've stopped doing the activity that aggravates the pain. I'm pretty descriptive and will give in detail what I was doing, where the pain is, what kind of pain it is. They will give me a once over and go, huh you're really not that bad I'm not sure how I can help? The worst ive been to just give me the same exercises to do over and over again for a long period of time with no change at all - or they ask me what I want them to do - I do not know I'm not educated in this - I want the pains and weaknesses to go away and so that I can finally just live pain free and be able to do something else than only walking. Some have tried to help me and it has started to get a bit better but t

I can feel myself getting worse, I can't do as much as I used and that scares me. But if physio doesn't work then I have no clue what will. Physio was supposed to make me stronger. It just makes me exhausted and in horrible pain

I've been in and out of physical therapy for over 25 years and can say with 100% confidence that it has been a waste of time and money and I hate the initial question of "What do you want to accomplish with Physical Therapy?" or some similar question and getting handed an exercise at home paper. (I really do the home exercises at least twice a day already). To answer their initial eval question, I started telling them "My Doctor forced me to come here and with my experience, I don't expect anything to change or improve but I really hope you prove me wrong". They haven't as of yet. The 5 minute Infrared red rub felt good, and the final heat or ice pad with the tens unit for 15 minutes felt good but other than that, all I did was go on exercise machines while the staff gabbed with each other or the customers. In the over 25 years, up to 7 different places it was all the same. Most of my time was spent alone after being told what exercises or machine to do by the assistants, then later, the actual PT would spend maybe 5 -10 minutes rubbing something, then put me on the ice or heat and tens unit, and then I'm done. It always felt like such a waste of my travel time plus time being there, and the copays while they got hundreds from my insurance for each visit, and it didn't help my curved spine, sciatica, radiculopathy, stenosis, fractured vertebrae, etc., in any way. I would leave being even more numb in my legs/feet and right fingers and I would be really sore. Have to go home, take a muscle relaxer use more ice to recuperate from what I just went through because I'm trying to do what the professionals tell me while they don't actually know what this feels like. I ended up getting my own stuff for home. Tens unit, foam roll, already had heat and ice pads and even ones that wrap my shoulder and knees. Dr gets upset with me when I tell him PT has always been a waste of time and I'm not going anymore unless its after a surgery and even then, only 1 to 3 times max. Mainly to get the proper exercises to do at home. That I can now just do a search for on the internet. I find doing exercises on my own, then seeing a Massage Therapist

does way more for than any Physical Therapy place I've been to and feel the money was much better spent and not a waste of time. The Stretching out and Massage actually helps me, while PT does nothing for me and never has.

why are physiotherapists not putting in the work?

I have noticed a trend lately. More and more physiotherapists are hardly spending any time treating their patients.

Despite going to the best of the best physiotherapists, you know, with their bachelor degrees and their double masters, I just feel like they are not providing anything of value. They either give you very easy stretches to do that you can google yourself or they put that useless therapeutic ultrasound that has no evidence for decreasing pain.

For example, I saw this physiotherapist for pain in my leg and thigh that has been bothering me for three months. After 50 minutes of the guy asking every question in the book, simply concludes 'oh it could be having tensed nerves' then tells me to do this stretching exercise and send me home. I could not help but snap back with 'so thats it's then?'

He's like 'what do you mean?'. I go 'I mean...the reason I came to you for was to understand what is causing my pain and for you to effectively treat it. You are still not sure the source of the pain is. 'Could be' is not conclusive. You are the freakin physiotherapist. How can you not figure out what's going despite doing a 50 minute examination. Why are you calling yourself a physiotherapist if you cannot figure out the source of the pain. You have not done any treatment on me. Your website mentions laser, shockwave, manual, dry needling etc. etc. You have done none of that'

He goes 'well this was your first session and we determine the treatment based on what can best treat your issue. For your nerve pain, I do think the stretch I have given you will help relax it'.

I am clearly frustrated. I go whatever and leave.

It's quite clear that physiotherapists are just trying to cut corners and dont want to actually treat because its more time and money for them. For example, if my physio already knows that best way to treat nerve pain is acupuncture, he is thinking, well I first I have to buy the brand new needles, insert it into this guy and he will be already well on his way. Why not milk as much as I can from him and then give him the more advanced treatment? now that's real business.

It's not like you people are cheap. \$100 per session is a lot. It would be great if physios can actually look after the patients self interest. This mean more long term returning customers. More positive word of mouth. Why do you guys not think of building relationships instead of just trying to make money over people's pain?

Yeah been doing his basic stretch for a week now with no improvement. In fact, my pain has gotten worse. I will be demanding a refund.

If you guys do not have the treatment for nerve pain, stop saying you have it and signing up patients to waste their time and money

I even had to stop going on a lot of social media pages because seeing all the gym stuff was just making me sad.

haven't been able to fucking run since last summer due to a nagging hip injury which gets aggravated every time that I try to run again. Prior to that I had to sit out for almost three months due to another minor injury which also kept relapsing every time I tried to run. I wish my injury were just a break or something so that I would at least know when I'm able to run again. This guessing game that I'm playing is so frustrating. Not being able to run makes me depressed; it makes me feel claustrophobic, as if I can't get any fresh air. Six fucking months without being able to run normally. Seeing my body change while looking in the mirror is awful. I've been seeing a PT for the past four weeks and I feel like it's not helping much. Ugh This is my first time seeing a doctor for a sports injury. Was going to a PT the right decision? Should I have seen another type of doctor? They assigned me an intern/trainee whose lack of experience isn't very consoling.

Background: 17 year old player (18 in 2 months) a year into a return to football after not playing since I was 12. I'm a talented player but raw since I missed so much time, I've been getting better really fast and I'm hoping I can one day play professionally. For now, concentrating on playing somewhere I can get game film.

So I've pulled my groin/hamstring because I'm stupid and played on it for 2 months, making a small tweak a bigger problem. I'm seeing a doctor tomorrow, expecting them to confirm that I have pulled it, no idea what the recovery time will be like.

The injury caused me to be at only 75% or so for a college scouting session. I didn't take people 1v1 because I was too scared to actually sprint, and it hurt. So I didn't get selected for further evaluation, coaches said I was good but I was in a similar range to a few other guys where we didn't really stand out. Stung because my speed always stands out when I'm healthy. It's really really fucking with me because I honestly believe at 100%, I was the best or second best player there, out of about 20 guys who could all play.

I've now been just sitting at home, trying to avoid using the muscle as much as possible. I can only do upper body work at the gym, as legs and even core work hurts, and anything other than juggling I can't do at a worthwhile pace. It's really causing me to feel kinda down, I feel like I'm slacking even though I physically can't train. I'm also just very bored and feel kinda empty without football. I've always had some form of athletic pursuit, and not playing a sport leaves a void. It's why I've always worked so hard at whatever sport I play, because I want to go as far as I can.

How do you guys deal with the mental aspect of being out injured?

Hello. I've been dealing with a wrist injury for over 3 years and a knee injury for 9 months now. It seems that nothing works, and this is affecting my mood, goals, and general outlook at life. I've been to multiple doctors and specialized professionals, and the only thing I believe can help me is rehabilitation and physiotherapy. I've done it with professionals for my wrist multiple times throughout the years, also using the ATG principles and exercises. For my knee I did kinesiology and I used the atg exercises, the ones I've been using before injuring myself but regressed.

But I can't make it work. I can't progress. It seems when I've got an injury I can't heal it, and I am feeling so fucking sad for that. Time and weeks pass, I can do some work and try regressions for the exercises but I do that for 2-3 times a week because I want to rest between sessions and

the next day seems to be the same or worse, or maybe even better (I don't remember the last time this was the case), but advancing is not possible. From the time I injured my knee to now, my ability diminished. I had a time back in April that I couldn't walk without a serious limp, and now I have to walk slowly and for 20 blocks max at a time.

The video is from the past month. The injuries I had, both in my wrist and knee, was a bone edema, and I have no rheumatic condition or autoimmune disorder.

I hope someone were through my experience.

Frustration with injury setbacks

[General Discussion](#)

I'm mostly mad at myself for ignoring it and thinking that 2 weeks rest will be enough to go back to running long distance. Now I sit with an ice pack on my leg, not able to run or even stretch and probably sidelined for months. I'm so upset that I'm going to lose my fitness level that I have built and will essentially have to start over

Any advice on how to deal with the setbacks of an injury mentally? I've been irritated and frustrated that I did this to myself and don't know how to get into a better mindset about it.

Anyone else seem to always have an injury from their HIIT workout? Frustrated that it's always something. Been a member for a year and a half now. 3-4 workouts a week (I've had some injuries that have completely taken me out for a few weeks).

Let's see... tennis elbow, piriformis issues, upper back, lower back, shin splints, and now some weird clavicle/chest wall pain.

I love OTF, and I've made huge fitness strides... frustrated that it's always something. Anyone experience the same? Any ideas?

Mid 30s guy here and it seems like I am constantly getting hurt to the point that I can't or don't want to train consistently. I see people in the gym that train 5x a week and it baffles me. I have avoided any serious injury that requires surgery, but I've definitely been snapping and popping things all over the place. Trying not to become the guy in his 50's who's in constant pain and can't move.

How do you deal with nagging injuries now?

I'm pushing 40 now. The last two years I've worked hard to get my shit together, physical and mental health-wise. I went at least a decade neglecting my fitness, and I have found now that when I get little dings they just. Don't. Heal. It takes forever. I pull a muscle in my back, and it's like a week at least, maybe more if I am unlucky. What do you do differently now compared to when you were younger to avoid and then address little dings like this?

I hurt my lower back a week ago squatting, and I can still barely move today :(

Desperate need of advice. Nagging injury that won't go away.

Running really helped me blow off the steam, stay focused, get in some "me time", feel like a fucking super hero.

But now it's gone. It's gone and I don't know what to do. I don't lift weights, I've tried the elliptical but it made it worse. I don't swim, and frankly I don't have time to be getting wet and then dry (seriously). I've been coping by EATING, eating, eating... hating myself for it.. fearing weight

gain, seeing weight gain, and then underperforming in my life. I need a coping strategy, a release, an endorphin high.....sigh

Has anyone been through this? How do you deal with injury and mental health? Watching your progress spin around and down the drain.... it's just heart breaking

It's like I can't go 6 months without a huge injury. It's driving me nuts seeing everyone around me improve and grow and get stronger and I've been stuck at the same place for 4 F**** years bc I can't even train consistently. I love PL so much I love proving I love pushing myself when it's healthy every chance I can get. I'm very much of a do person and will go to any lengths to try and accomplish a goal. I don't even lift heavy anymore and I still get injured. These are all from basketball and other random accidents -- only one was from incorrect form during lifting. I'm made out of GLASS

I really can't take it anymore I hate being sidelined I hate watching my younger brother lap me in life in general and this was the only thing I had to be proud of myself and helped my self-esteem/depression/anxiety immensely AND I CAN'T CATCH A BREAK. I know these are first world problems, I am from the third world so I very much know this. This whole situation makes me feel so depressed and I always think about all the progress I could have made if I just stopped playing basketball and just did PL I may have made something out of it. It makes me feel bad for myself which I know isn't helpful.

Sports are really my therapy and I hate falling behind and I always feel like I'm falling behind and losing and everyone else is doing better and winning. I deleted all social media besides reddit bc I can't stand to see friends and colleagues anymore.

I was also in the best shape of my life, and I was pushing myself hard at the gym because I had a goal to eventually get to competitors level (locally competitive.) I think I was pushing too hard and it may have been a reason I'm where I'm at now, and looking back I am angry at myself and my body for not being able to cope with the training I was doing. I'm bummed out and straight depressed that I'm going to lose what I've worked so hard to gain. Plus, my girlfriend is also heavily into crossfit, and we would frequently do workouts together, and now that bond that we have is going to be disrupted

Mark tried everything to manage the pain—stretching, icing, physio—but nothing helped him break free from the endless cycle.

The frustrating cycle of modifying workouts and managing pain made him wonder if he'd ever be able to train freely..

That's when our osteopath stepped in.

Each running step and swimming stroke was paranoia.

***"Mark, 50, is an Ironman athlete who knows the discipline it takes to train hard. But for years, neck and Achilles pain made each stage of the race a constant battle. From neck flares up, to achilles neck pain flared up, he'd always be limited to how much he can push himself.

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The frustrating cycle of modifying workouts and managing pain made him wonder if he'd ever be able to train freely..

That's when our osteopath stepped in.

We didn't just look at his individual body parts like most do.

We took a holistic approach looking at his imbalances, life-style and shifting the focus from temporary relief to addressing the root cause.

By targeting imbalances and restoring full mobility, we built Mark's resilience exactly where he needed it most.

Now? Mark trains pain-free and is performing at a level he once thought impossible. His only limit now is how far he can push himself 💪.

Ready to leave behind the cycle of pain management and experience training without limits?
Tired of simply 'managing' pain instead of moving past it?

If you want a lasting solution that allows you to train freely and reach your full potential, send us a DM, and let's build a plan that works for you 🙌.***