



Avoid These Workout Routine Pitfalls

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When it comes to working out, most of us generally fall into two categories. Either it is like pulling teeth to get into a regular routine (or keep up that routine), or you are a fitness nut that has to work out come rain or shine no matter how good or bad your body is feeling. Here are some tips of what to avoid when working out along with recommendations to keep your workouts running smoothly and injury-free.

Workout Don't #1: Exercising with pain is the fastest way to develop serious or persistent injury. Minor soreness after activity can be normal. However, if you start to hurt during exercise or the pain progressively worsens from workout to workout, your body is trying to tell you something.

Do give your body rest and consult your doctor or physical therapist if you develop persistent pain that does not resolve with an extended rest period.

Workout Don't #2: Ignoring a medical condition can be very dangerous. If you have joint disease/arthritis, running a marathon is probably not in the picture for you. Heart conditions and strenuous exercise mix like oil and water.

Do consult a medical professional (doctor, PT, personal trainer) if you have medical issues that may affect your ability to exercise to help you determine the best and safest exercises for you.

Workout Don't #3: Repeating the same workout routine day in and day often leads to boredom. Weakness in muscles that get neglected by the routine often lead to muscle imbalance and injury.

Do vary your routine (e.g. run/walk one day, bike/stairmaster one day, lift weights- upper body one day and lower body another day) for better overall strength and conditioning and to avoid getting too bored.

Workout Don't #4: Never taking a day off to rest is a guaranteed way to cause injury. As your body becomes fatigued, it becomes more susceptible to injury. The belief that needing to workout daily to keep getting stronger is a myth. Actually, working out nonstop without giving your body adequate rest will actually lead to decline in overall fitness.

Do give your body a day of rest at least one out of every 3-5 days depending on your fitness/fatigue level.

Workout Don't #5: Ignoring proper technique during exercise defeats the purpose of the exercise. For example, loading up on too much weight with your bicep curls so that your elbows are barely moving and you have to thrust your back into extension does nothing to strengthen your biceps and is just asking for a back injury.

Do consult a fitness expert if you are unsure about the proper way to do exercises and to determine the appropriate weight for you.