



REHAB  
CHIROPRACTIC

# FROM PAIN TO GAIN

5 proven tips to go from painful workouts  
to feeling like a million bucks all day long



## Meet the Author, Dr. Mike Bruno

Dr. Bruno is a licensed Chiropractor, Athletic Trainer and the Owner of NAV Rehab Chiropractic in Brielle, NJ.

He is an expert in helping busy, active adults overcome pain so they can crush their fitness goals.

Dr. Bruno will work with your lifestyle to make a plan that is simple, effective and enjoyable.

He has over a decade of experience helping athletes of all levels from high school, college, and professional.

Mike grew up moving all over NJ and California as a kid before landing here at the Jersey Shore.

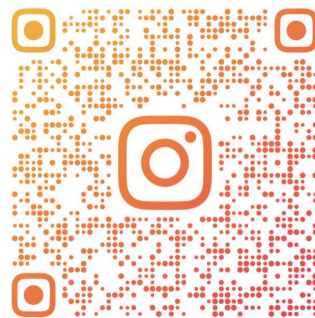
His goal in opening NAV is to create an environment where clients can learn the skills and habits they need to move the way they want with a clear mind.

Mike is a NY Giants fan and likes to snowboard, drum, cook, and jam to Blink182.

### **Sports Medicine Experience:**



Follow him on Instagram  
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@NAVREHABCHIROPRACTIC

# Introduction

Are you injured?

Does that injury make your workouts, job, family life, or hobbies harder and more painful?

If you are reading this, you are aware of 2 things:

1. Being active is an important part of your lifestyle and positively impacts your life
2. Pain and injury can change, reduce or remove exercise from your life and can derail you from your fitness goals.

I recently sat down with my friend who owns multiple gyms and was very frustrated because he has the same issue in all of his locations. He said,

“Mike, my members are so excited to join our gym community and work towards their fitness goals. So many of them avoid certain exercises, use weight that's too light, or don't come in as often as they need to achieve their goals because they are in pain or scared of getting injured again! What can I do to help them?”

...and that's exactly why I wrote this

My name is Dr. Mike Bruno and I have 2 passions:

1. Fitness training
2. Solving movement based problems with movement based solutions so clients can get out of pain...and stay that way.

Over the years, we have been asked countless questions by our clients surrounding their ability to workout with pain. We have consolidated their most frequently asked questions and made this ebook to provide to you with **5 proven tips to go from painful workouts to feeling like a million bucks all day long.**

This ebook will clearly answer...

Is it safe to workout with pain?

What kind of pain is ok to work out with?

How do I know when it's safe to “push through” pain?

I have pain with exercise, what's my next step?

We put in the hard work and long hours of research to bring you the answers to these questions and much more, absolutely free.

Our goal in writing this is to be able to provide high quality, usable information that helps you move better for longer. If one day, the time comes when you have more questions and want specific help, we hope to have earned your trust to ask us what your next best step could be.

## **5 proven tips to go from painful workouts to feeling like a million bucks all day long**

### **1. Make the exercise fit your body, don't make your body fit the exercise**

Many people have that one exercise they hate because it hurts or feels weird...take a second and think of yours. We do not recommend simply ignoring the problem by avoiding it. We prefer to make the exercise fit the client so it works for their body and goals.

Take Sally for example, she had back pain with squats and has been avoiding them for years. She was able to do this for a while, until her pain got so bad she couldn't work out or even stand for a long time without back pain. This made her upset and frustrated because she loved being at the gym with her friends. After an assessment, we determined her back pain was being caused by a lack of hip mobility, something she didn't know was a problem.

Avoiding squats was not the answer, so we decided to customize the squat for Sally. We raised her heels on a ramp, had her hold the weight in front of her, and taught her how to stack her trunk. These tweaks allowed her to get back to squatting pain free quickly. On top of that, customizing the squat helped her GAIN hip mobility and solve the root cause of the problem! Squatting was never Sally's issue, it was the type of squat that was not a good fit for her.

### **2. Have a trusted decision making process**

Everyone's pain is different. Clients often tell us "when it hurts, I just push through the pain". We tell them this is short term thinking. You get the workout finished, but at what cost? We have seen countless people push through pain and get stuck in a vicious cycle of nagging pain which leaves them feeling frustrated and "broken". We are here to tell you it doesn't have to be this way! Here are a few of the questions we use to decide which pain is ok to work with or when to pause and change things up.

- i. Is it a 3/10 or higher?
- ii. Is it sharp, stabbing, shooting or burning pain?
- iii. Is it one sided or both sides?
- iv. Does it get worse with movement?
- v. How long does it last after you stop moving?

Want more information on this? Check out the end of this ebook for a full copy of our "Can I workout with pain?!" guidelines.

### **3. The only person you should compete with is yourself**

There is a misconception we see in the gym all the time - If you can't do the workout EXACTLY like the rest of the class, then you have "failed". We would argue that always doing exactly what everyone else is doing could do more harm than good. You have unique goals, fitness level, strengths and weaknesses; and your workouts should reflect that... if you want to maximize your results.

While participating in group fitness has amazing benefits, one of the drawbacks is the unspoken pressure that you always have to compete or keep up. A little healthy competition is great, but there is only person you can truly compete with, and that is you. In our opinion, if your focus is dialed in on what you can control; and everything you choose to do is in support of your goals, what the person next to you is doing becomes irrelevant.

### **4. Do the basics...really, really, really well**

In a world full of "the next great" everything, it is easy to forget about the basics. It is incredible to see how being consistent with sleep, diet, hydration, exercise and stress management can work wonders on pain and recovery. What if you started each day with positive momentum instead of having to struggle to get back to baseline? I have personally seen clients go from plateaus and frustrating results to huge improvements in overall pain after making small changes to get the basics in check. Your body doesn't like to feel like a pile of hot garbage. If you give it the right tools, there is a much better chance at fixing the problem.

This is a mindset shift for a lifestyle change, if you want it to work, you need to be in it for the long game.

The bad news → it's not easy.

The good news → it's simple.

The great news → it can be life changing; if you are consistent.

This is exactly why we focus on teaching you strong fundamentals so that you can effectively use the skills and habits you learn in our clinic to live a pain free and fulfilled lifestyle. Our goal is for the outcomes we get to last for decades!

## **5. Ask for help**

Personally I ask for help all the time; from people I trust and respect. It has made such a huge impact on my life. I have saved so much time, effort and energy asking somebody instead of trying to figure it out myself. I used to avoid it because I didn't want to sound dumb and get embarrassed. Then I remembered, nobody has all the answers. Asking for help has been such a valuable skill I have learned over the years. I have conversations with coaches and clinicians all the time who wish more people spoke up when they are struggling to just ask for help! They cannot help you find a solution if they don't know there is a problem.

Next time you are considering trying to figure it out yourself, think about the last time you had car trouble, and first ask this question...

While you might be able to figure out how to fix your car engine, wouldn't it be easier, smarter, faster and better to get professional help from a trusted expert?

Use this same logic with your pain; If the answer is yes, go ask for help!

If you don't know who to ask or where to start, we are happy to chat and figure it out with you. Just click this link to connect with Dr. Bruno.

<https://www.navrehabchiropractic.com/connect>

## Conclusion

So there you have it, **5 proven tips to go from painful workouts to feeling like a million bucks all day long** that you can implement TODAY. These tips only scratch the surface, we know there is so much more to your unique story, and that is very important to us. For now, use this information to make small changes that can create a huge difference in how you move and feel.

If this ebook got you thinking, I have great news.

In the weeks ahead, I will send you even more tips and advice on how to help you NAVigate your pain, injury, and share just how someone like myself can help...if you are open to it.

All you need to do is send me an email with the subject line "From Pain to Gain" at the address below.

Thank you for taking the time to read this ebook. I hope this is the beginning of a great, long term relationship where myself and my colleagues can be your source of the most useful and impactful health advice to make a real difference in your life.

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## *Health Advice Disclaimer*

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our clinics. The information given is not intended as representations of every individual's potential injury as with any injury each person's symptoms can vary widely in each person's recovery from injury can also vary depending upon background genetics, previous medical history, application of exercise, posture, motivation to follow medical advice and various other factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from Doctor Mike Bruno or any other doctors of NAV Rehab Chiropractic.

We're able to offer you the service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.



NAV REHAB CHIROPRACTIC PRESENTS

# CAN I WORKOUT WITH PAIN?!

## ARE YOU WORRIED WORKING OUT WILL MAKE YOUR PAIN WORSE OR MAKE AN OLD PAIN COME BACK?

CONSIDER THESE TIPS TO HELP YOU BETTER UNDERSTAND YOUR PAIN

### GREEN LIGHT: Likely safe to proceed

- On a scale of 1-10 (10 being the worst) it is a **3 or lower**
- “**General** soreness” that is **even** on both sides and feels **better** when you move.
- Changing the position or exercise **lowers the pain**
- Symptoms go away in **minutes or hours**, up to 2 days

### RED LIGHT: Consult your trusted healthcare provider

- On a scale of 1-10 (10 being the worst) it falls **above a 3**
- “**Sharp, intense, pin point or deep**” **one sided** pain that has no change or **gets worse with movement**
- Changing the position or exercise **does not change pain**
- Symptoms stay the same or get worse **over 4 weeks** or more



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HAVE A SPECIFIC QUESTION?  
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