

5 TIPS

TO KEEP YOU WORKING OUT

...EVEN When You Are In
Pain

CHIRO HAUS

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Move Well. Train Smart. Live Better.

FROM THE DOCTORS AT

CHIRO HAUS

Are you dealing with pain that keeps getting in the way of your training?

Whether you're a CrossFitter, HYROX competitor, runner, or someone who simply refuses to let pain sideline them — this guide was written for you.

At CHIRO HAUS we work exclusively with active adults and athletes. Week after week we see the same story: someone comes in with an injury, stops training entirely, loses momentum, and falls further behind their goals. It doesn't have to be that way.

These 5 tips are the exact strategies we use with our athletes every day — helping them stay in the gym, stay consistent, and keep progressing even when something hurts.

"Staying active through an injury — done the right way — is almost always better than rest alone."

*Dr. Jonathan Chapa & Dr. Anna Hoang
Co-Founders, CHIRO HAUS — Katy, Texas*

THE 5 TIPS

Keep Working Out — Even In Pain

01

Modify Your Positions

Most people have pain with certain movements, not all of them. The key is identifying which positions are loading the problem area.

For example: if your back flares up on the rower and during sit-ups, both put you in a loaded flexion pattern. That's the signal — not that you can't train, but that you need to shift toward standing or upright-based work: running, split stance exercises, landmine presses, sled pushes.

At CHIRO HAUS, we run a full movement screen (SFMA) to map exactly which patterns are painful and which are not — so we can build a training plan around what your body can do today.

02

Understand WHEN You're Having Pain

One of the most common things we hear: "I can't work out — it makes my pain worse." But when we dig deeper, something interesting shows up.

Many athletes actually feel fine during the workout. The pain hits an hour later — sitting at a desk, driving home, or winding down for the night. That's a big clue that the workout itself may not be the problem. The issue is often the abrupt drop from high-intensity activity to prolonged, compressed sitting without a proper cool-down.

Don't skip the cool-down. A 5-minute transition — gentle movement, breath work, positional unloading — can make a significant difference in how your body recovers post-session.

03

Communicate With Your Coach

There's a common fear in group fitness: if you can't do the workout exactly as programmed, you've failed. That pressure leads people to push through pain — which is how minor issues become major injuries.

Talk to your coach. Ask if an exercise can be scaled or substituted. Most good coaches want to keep you training. If a barbell Romanian deadlift is loading your back, a trap bar or a unilateral variation might be the move. You're not opting out — you're training smarter.

Modification is not weakness. It's intelligent load management.

04

Play the Long Game

This one is counterintuitive: the most important thing for your long-term progress isn't how hard you go each session. It's how consistent you are over months.

We'd rather you leave a little in the tank every day and train 4 times per week than crush one session and be down for 5 days.

Four moderately challenging sessions beats one all-out effort every time — especially when you're managing pain or recovering from injury. Consistency is the compound interest of training.

05

Find a Provider Who Gets Athletes

The standard advice when you're injured? "Rest, take some anti-inflammatories, and come back in two weeks." For someone trying to maintain fitness and momentum, that's not a solution.

What you need is a provider who understands both the injury and the demands of your sport or training style. Someone who can tell you not just what's wrong — but what you can do right now, and how to progress back to full capacity.

That's exactly what CHIRO HAUS was built for. We combine advanced movement assessment (SFMA/FMS/DNS), manual therapy, and individualized rehab programming. Every session is 1-on-1. No cookie-cutter protocols. No 15 minutes and out the door.

Our patients don't put their training on hold. They train through it — correctly.

Book a Free Discovery Visit at CHIRO HAUS and let's build a plan around your body.

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Health Disclaimer: The information in this guide is educational and does not constitute medical advice. Every person's body and injury presentation is unique. A thorough in-person examination is required for accurate diagnosis and individualized treatment planning. No specific results are guaranteed.