RED FLAGS: WHEN TO STOP OR MODIFY

Kickbafe Guide for Preventing Injury While Training

kickonfitness.com

Running and strength training should make you feel strong - not injured! If you notice any of these red flags, it's time to slow down, modify, or stop before a small issue becomes a big setback.

Sharp or Sudden Pain

If pain hits fast, stops you mid-movement, or feels like a zap, stop immediately. This is not "working hard" — it's your body protecting you.

Pain That Gets Worse as You Continue

If discomfort builds with each rep, each mile, or each minute, that's a sign the tissue is not tolerating the load. Modify the movement or end the session.

Swelling, Puffiness or Heat

Any new swelling — especially around joints — is a red flag. This means the area is irritated and needs rest, not more load.

Limping or Altered Mechanics

If your stride changes, your knee caves in, your hip drops, or you start "protecting" one side, stop. Running or lifting with altered mechanics creates new problems fast.

Numbness, Tingling or Loss of Strength

These are neurological red flags. Stop immediately and avoid loading the area until symptoms settle

Pain That Shows Up at Night or the Next Morning

If pain wakes you up, or you wake up with sharp pain in a specific spot, your body didn't recover from yesterday's load

Deep, Localized "Bone Pain"

Avoid loading the area and monitor closely.

What To Do Instead

- Switch to low-impact movement
- Add mobility or stability work
- Rest the irritated area
- Choose a safer variation
- Reduce load or intensity
- Shorten the session

If symptoms don't improve or keep returning, consult a qualified healthcare professional. Persistent or worsening symptoms deserve proper evaluation.

Safe Training = Consistent Training!!