

[IMAGE]

## **High-Intensity Training For Pain**

There are many ways to address painful muscles. The correct choice depends on what is specifically causing the pain.

While drugs are often considered first, high-intensity strength training can be more effective at addressing the pain and increasing strength. One recent study published in the U.S. National Library of Medicine noted that "demonstrated that high-intensity strength training effectively improves strength capacity during repetitive contractions of the painful trapezius muscle attaining functional levels." If you have muscle pain, see your doctor of chiropractic first to see what the cause is. Ask him/her if strength training is a potential non-drug solution.

If it is, make sure to begin a strength training program that is safe and effective for you.

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