



Saying Bye to the Snap, Crackle, Pop

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It's almost inevitable. You will, at any given point in your life, encounter some type of physical pain. This could be something mild like a small tweak in your low back that clears up in a day or two, or it could be something much more serious like a chronic shoulder pain that just won't quit. Regardless, both are pretty annoying, and can no doubt hinder your quality of life. Often times people will just accept the fact that they have a "bad shoulder," or "creaky knees," and never try to figure out the why behind the discomfort. Or they'll take the opposite approach with cortisone shots and unnecessary surgeries.

Don't get me wrong, sometimes you need surgery. However, more times than not a simple movement pattern change, and mobility work can fix the problem instead. I strongly encourage you to get multiple opinions if you visit a doctor or specialist and surgery is the first solution out of their mouths. You do not have to live in a constant state of pain. Own your body and do your best to figure out how you can remain pain-free.

Keep Moving:

When you're in pain, usually the last thing you want to do is move. However, it can actually be super beneficial. Obviously, it will depend on the type and severity of the pain BUT intelligent movement can be life-changing. Your body may just need to learn how to move in a different way. Your joints, tendons and muscles get stiff sitting during the day and the increased blood flow from moving more is a huge plus. It doesn't have to be anything crazy either. Low impact exercises such as swimming, walking or riding the elliptical can be a great way to add more movement into your day.

Roll, Activate and Move

Step 1

Grab a foam roller and target your glutes, quads, hamstrings, calves and shoulders. Or pick a couple of body parts that are feeling a little tighter that day. Don't spend more than ten minutes rolling, there's no need.

Step 2

Go through a warmup and work on firing up those muscles. Glute bridges, wall slides, high knees, etc. Choose exercises that engage the muscles and allow you to move dynamically.

Step 3

Even more movement! You can add in reverse or lateral lunges, bodyweight squats, planks and other bodyweight exercises. Focus on your form and moving well!



Be sure to watch my Snap, Crackle, Pop videos for more tips.