

Signs of overload

To get stronger, we must abide by the rule of **progressive** overload. In a structured and controlled way, we want to overload the tissue so it can repair and recover, stronger and better than before.

Unfortunately we can sometimes push it too quickly, and not give our body enough time to adapt and recover.

The general signs and symptoms of overload injuries can include:

Signs

- **Restricted ranges of motion**
- **Reduced strength upon testing**
- **Quick and successive increases in exercise loads within 4-6 weeks**
- **Reduced sleep and recovery strategies**
- **Symptoms aggravated and eased with changes in loads**

Symptoms

- **Feeling fatigued when exercising**
- **Feeling restricted through ranges of motion**
- **Feeling weak in otherwise normal movements**
- **Waking up with muscle/joint stiffness consistently**
- **Overall increase in general aches and pains**
- **Increased irritability and fatigue due to poor sleep**

The best thing we can do is address our training management. If we have changed our loads recently, reduce them. If we've cut back on sleep or recovery strategies, improve it in the best way you can. The best way to treat overload injuries is to better manage your training and recovery!