
Pulled quadwhat now?????

Posted by chochamu - 2008/06/02 07:28

just looking for some advice here. I've just started phase 2 day 5 so its time for some legs and back / ab ripper x . I skipped yoga lastnight due to the pain in my quad i don't want to entirely stop and rest for a week or 2 and heal up. Should i continue working by back and upper body until my quad heals up? Is this ok? No plyo and of course no legs for today just maybe do the back excersise, i'll try kenpo x but as soon as i feel something i'll probably hit the floor and do ab ripper x instead or give cardio x a try and see if that is a substitute for plyo as well.

I'll wrap it up and do my best, i'm loving this program and the results.....

Re:Pulled quadwhat now?????

Posted by Les - 2008/06/02 09:13

I thing you're going about this the right way, stay off the leg give it as much rest without compromising the healing.

Re:Pulled quadwhat now?????

Posted by FISH - 2008/06/02 20:53

Rest it. Im not practicing what I preach though, I recently tore a tendon in my elbow (had surgery on the other one a few months back)Im just wrapping it tight and pushing through. Figure it's already torn can't do much more harm to it. Probobly dumb, but I can't stop.

Re:Pulled quadwhat now?????

Posted by chochamu - 2008/06/03 00:32

Yeah i'm not good at resting through injuries either LOL. I have rhuematoid arthritis so my pain threshold is pretty high not always a good thing LOL, Anyways i wrapped it up really good and pushed through legs and back then ab ripper, diddn't go all out as some moves jsut hurt too damn much LOL

Re:Pulled quadwhat now?????

Posted by chub*rock - 2008/06/03 01:43

Just my two cents...but I would STOP doing all your leg stuff, plyo for sure, and let it heal. I wouldn't do cardio x or any of the leg dvds...especially not the kicking in Kenpo. Be careful with Yoga too. Strains are usually broken into three grades...it sounds like you have a grade 1, which is the least severe (pain, minimum swelling, tenderness). It should take about 2-3 weeks and I would wait to you were pain free to pick those exercises back up. If you push it you could end up much worse and move into a grade 2 or 3 strain. Which will just set you back even more. Be smart and just take some time off. REST. I'm sure you could do the upper body. As a physical therapist, I see people who "push" through it all the time and their rehab would have been 10x faster if they just listened to their body in the first place. I know it's hard and you don't want to stop. I feel ya'...I love this prg too...it's better to take 2 or 3 wks off than risk it and end up being out way longer. Just my thoughts.

Hope you feel better!

Re:Pulled quadwhat now?????

Posted by Les - 2008/06/03 05:26

chub*rock wrote:

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Hope you feel better!

btw she (Chub rock) is a Physical Therapist

by pushing ain't afraid to build one leg stronger? how would you plan to make the weak leg catch? by giving it individual time?

the Leg workout has all these squats and lunges it does not look healthy for a weak quad the sooner you get off it the earlier you'll get back on it.

btw just so you know, I'd probably do the same as you i.e. keep pushing it.

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Re:Pulled quadwhat now?????

Posted by Storm - 2008/06/03 16:23

It's funny - right now I'd probably push through it (and probably hurt myself in the process).

Back when I was doing some serious weightlifting (years ago) though, I was the exact opposite. I had to be in the gym every day and I worked hard. The fear of possibly getting a serious injury and would keep out of the gym for an extended period made really cautious. As soon as something felt tweaked, I would rest it. I was much happier sacrificing a week over the potential of long term time of.

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Re:Pulled quadwhat now?????

Posted by chochamu - 2008/06/03 17:22

p90x is like a drug!!! if i didn't see results so quickly or felt so "pumped" after each workout i would probably rest LOL but i know myself, the week after i stop will be hard to get back into it. The pain has lessened as i have it wrapped and taking ibuprofen that my rhuematologists gives me for my arthritis LOL . Today is my rest day but i was gonna catch up today but i thik i will rest and pick everything up again tomorrow as usual , plyo is still a big IF but we'll see.....

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Re:Pulled quadwhat now?????

Posted by Iskarp - 2008/06/03 19:29

You can sub Cardio for Plyo. It has a small plyo section in it, but is it pretty low impact compared to Plyo.

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Re:Pulled quadwhat now?????

Posted by chochamu - 2008/06/05 19:37

OOPS!!! I did plyo today, i love this damn workout!! i've played soccer for most of my life and i've always been one of those guys that likes to run around at practise and pretty much any sport i play be it for fun or competitively so i couldn't pass today up. My quad is much better then what it was last week, the 2 days of rest were great and so is Arnica gel and antinflammatorys LOL

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Re:Pulled quadwhat now?????

Posted by Les - 2008/06/06 06:14

good to hear
it looks like you're on your way

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