

VOL. 2 | JULY 2026

STAY IN THE GAME



Newsletter for all our Form & Function Family



5 Signs That Nagging Pain Is About to Become a Much Bigger Problem

There's a certain kind of athlete who doesn't quit. You show up when others sleep in. You train through the heat, the fatigue, and the soreness. You've built your season on discipline and grit, and that's something to be proud of. But here's the thing nobody talks about enough: that same drive that makes you great can also be the thing that costs you your season.

Right now, mid-summer, deep in training, with fall competition on the horizon, your body is sending signals. Most athletes are too focused on the finish line to hear them and some push all the way through until they can't anymore.

This isn't about scaring you. It's about making sure you actually make it to the season you've been working toward.

Here are five signs your body is asking for help, and why listening now is the smartest decision you can make.

OVERVIEW:

- 5 Signs That Nagging Pain Is About to Become a Much Bigger Problem
- Products We Love
- Monthly Offers
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Sign #1: Pain That Keeps

Coming Back After Training
Soreness after a hard workout? That's normal. That's your body adapting. But pain that shows up every time you train, especially in the same spot, is a different story.

If you've noticed discomfort that flares up during activity, fades with rest, then comes right back the moment you push again, that's a pattern. And patterns don't fix themselves. They get more entrenched.

Recurring pain is your body's way of flagging something that hasn't been properly addressed. It could be a tissue that isn't healing, a movement problem that keeps loading the same structure, or compensation that's building up over time. The good news? Caught early, this is one of the most straightforward things a physical therapist can help you resolve. Don't wait for it to become the thing that sidelines

you completely.

Sign #2: You're Changing the Way You Move to Avoid Discomfort

This one is sneaky. It doesn't always feel like a problem. It feels like smart management. You adjust your stride. You favor one side. You modify your swing, your jump, your landing. You tell yourself you're being careful. What's actually happening is compensation, and it's one of the most common pathways to a second, more serious injury.

When your body shifts movement patterns to protect a painful area, it transfers load to structures that weren't designed to carry it. Your knee protects your hip. Your lower back picks up for your hamstring. Over time, that chain breaks down somewhere new. Athletes who see a physical therapist for sports injuries often discover that their main

njury isn't the real problem. It's a downstream effect of compensation that started weeks or months earlier.

Sign #3: Your Performance Is Dropping Without a Clear Reason

You're training consistently. Nothing has dramatically changed. But your times are slower, your lifts feel heavier, your output feels off. This is the sign most athletes miss entirely, because they blame it on fatigue, stress, or a bad week.

Sometimes it is just a bad week. But if performance dips that don't resolve with rest have become a trend, your body may be telling you that something physical is quietly holding you back.

Pain doesn't have to be severe to impact performance. Even low-grade discomfort changes how your nervous system recruits muscle, how confidently you move, and how much you can push. If your

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

body is protecting something, it's also limiting you, whether you realize it or not. Fall season is weeks away. Now is the time to find out what's actually going on. **Sign #4: Rest Isn't Fixing It Anymore**

At some point, every athlete tries the same solution: take a few days off, back off the intensity, wait it out. And sometimes that works. For true fatigue or mild soreness, rest is exactly what's needed. But if you've rested and come back only to feel the same pain within a session or two, rest was never the answer. It was just a pause.

Rest reduces stress on tissue. It doesn't fix the underlying cause. It doesn't retrain movement. It doesn't address muscle imbalance, joint mechanics, or tissue quality. Physical therapy does. A skilled physical therapist will identify why the pain keeps returning, not just quiet it down temporarily, and give your body what it actually needs to heal. Resting

through an injury that needs treatment isn't recovering.

It's delaying the problem.

Sign #5: It's Starting to Affect Your Everyday Life

This is the one that matters most. When the discomfort from training starts creeping into the rest of your day, when you're stiff getting out of bed, uncomfortable sitting through work, hesitant on the stairs, or waking up at night, that's the line.

Sport is one thing. Life is another. When pain crosses that threshold, it's no longer just a performance issue. It's affecting your quality of life, your mood, your sleep, and your ability to show up fully in the things that matter beyond the game.

We've seen athletes tolerate a lot in the name of staying competitive. But nobody should be managing pain as a way of life. That's not resilience. That's a problem that deserves to be solved.

What Happens If You Ignore These Signs?

Let's be honest with you for a

moment, because you deserve straight talk.

Small problems ignored have a way of becoming big ones. A recurring strain becomes a tear. A compensation pattern becomes a new injury. We're trying to reach you before it gets to that point. Because the athletes who address things early almost always come back faster, stronger, and more confident than those who wait until they're forced to stop. If anything in this post resonated with you, if you found yourself nodding along to one of these signs, please don't wait. We'd love to be in your corner before your season gets harder than it needs to be.

You've already shown you're the kind of person who shows up. Let us help make sure you can keep doing that.

If you're interested in booking a discovery visit with us. Call us at (888) 619-2885 for more information!

Product We Love

Pulsed Electromagnetic Field Therapy (PEMF)



PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health. PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

Promos of the Month



July Promo

Get \$10 OFF any Pillowise pillow –
or \$20 OFF when you buy 2 or more!



pillowise®

**25% Off Joint
NutraCare For First
Time Buyers On the
Website**



The Difference Between Soreness and Pain: What Every Athlete Needs to Know

By: Trevor Field

Every athlete knows what soreness feels like. That satisfying ache in your legs the day after a hard session. The tightness in your shoulders that tells you you actually showed up and put in the work. It's uncomfortable, sure. But it feels earned.

Pain is different. The problem is, the line between the two can get blurry fast, especially when you're mid-season, motivated, and not exactly looking for a reason to slow down.

Most athletes don't ignore pain because they're careless. They ignore it because they genuinely aren't sure if what they're feeling is something to worry about or just the normal cost of training hard. That uncertainty, combined with the pressure of a season on the line, makes it very easy to convince yourself that you're fine and keep going. That's exactly why understanding the difference matters so much.

Here's a Simple Way to Think About It

Soreness is general. Pain is specific. Muscle soreness tends to be spread across a broad area and peaks around 24 to 48 hours after training. It usually eases up as you move around and warm up. It doesn't get dramatically worse when you push through a session, and it resolves on its own within a few days without changing the way you move or perform.

Pain, on the other hand, tends to live in one specific spot. It might show up during activity, not just after. It can be sharp, pinching, or burning rather than the dull heaviness of soreness. And most importantly, it keeps coming back in the same place, session after session, no matter how much you stretch or warm up beforehand.

Soreness is your body adapting. Pain is your body communicating. The distinction matters because the response to each one is completely different. Soreness responds well to movement, hydration, sleep, and time. Pain needs to be assessed. It needs someone to look at what's actually going on underneath the surface, identify the root cause, and build a plan around fixing it properly.

The Problem With Playing the Guessing Game

Here's where a lot of athletes get into trouble. They spend weeks, sometimes months, trying to self-diagnose. They foam roll, they ice, they back off for a few days, and when it feels slightly better they jump right back in. Then it flares up again. And the cycle repeats.

This isn't a discipline problem. It's an information problem. Without a proper assessment, you're guessing. And guessing with an injury, especially mid-season, is a gamble that rarely pays off. Getting assessed early doesn't mean you're being dramatic. It means you're being smart.

What to Do If You're Not Sure

Pushing through soreness? That's part of training. Pushing through pain? That's how small problems become serious injuries.

If you've been noticing discomfort that keeps returning in the same spot, that flares during certain movements, or that's starting to affect the way you move or perform, that's not soreness. That's a signal worth paying attention to.

A physical therapist can help you tell the difference, and more importantly, help you do something about it before it costs you more than just a few uncomfortable training sessions. A proper assessment gives you clarity. It tells you what you're dealing with, what's safe to train through, and what actually needs to be addressed so you can stop guessing and start moving forward with confidence.

You don't have to choose between staying competitive and taking care of your body. With the right support, you can do both.

Chili Crisp Udon Noodles with Pork Meatballs



Ingredients

- 1 pound ground pork
- 2 small green onions, thinly sliced
- 1 tablespoon minced garlic
- 1 tablespoon ginger paste
- 1 teaspoon salt and freshly ground black pepper
- 1/8 teaspoon coriander
- 2 teaspoons low sodium soy sauce
- 1 tablespoon sesame oil
- 1/3 cup low-sodium soy sauce
- 1/4 cup honey
- 3 tablespoons hoisin sauce
- 2 tablespoons rice wine vinegar
- 1/2 tablespoon red chili flakes, or less to taste
- 1 (10 ounce) package udon noodles
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon white sugar
- 1 teaspoon sesame seeds
- 3 tablespoons chili crisp paste or chili garlic sauce (depending on spice level desired)
- 2 green onions, thinly sliced
- 1 teaspoon finely minced garlic
- sliced green onion and sesame seeds for garnish

How to Make Chili Crisp Udon Noodles with Pork Meatballs

- Line a sheet pan with parchment.
- For meatballs, combine pork, onions, garlic, ginger, coriander, and soy sauce in a bowl; mix until just combined. Pinch off about 1 tablespoon of the mixture and roll into meatballs, placing each on the parchment paper lined sheet pan. Place tray of meatballs in the refrigerator while preparing the glaze.
- Preheat the oven to 400 degrees F (200 degrees C).
- For glaze, add sesame seed oil, soy sauce, honey, hoisin sauce, rice wine vinegar, and chili flakes to a small saucepan over medium heat. Bring to a simmer, then lower the heat. Stir frequently as glaze thickens. Set aside about 1/4 cup for dipping. Keep warm.
- Bake meatballs in the preheated oven for about 12 minutes. Remove from the oven and turn meatballs over; return to the oven for 3 minutes. Remove from the oven. Gently pour sauce from the saucepan over meatballs, turning to coat thoroughly in sauce, or use a pastry brush to ensure meatballs are fully coated. Return to the oven; bake until glaze is fully on the meatballs, about 5 minutes more. Remove from the oven and keep warm.
- For noodles, bring a pot of lightly salted water to a boil and cook udon according to package directions. Rinse under cold water, then set aside. Stir soy sauce, rice wine vinegar, sugar, and sesame seeds together in a small bowl. Set aside.
- Set a skillet over medium-low heat. Add chili paste and stir until fragrant, about 30 seconds. Add green onion and stir just to combine. Add noodles and mix to coat noodles with chili paste. Pour in noodle sauce and toss again to combine.
- To serve, place some noodles on a plate and then top with meatballs. Serve with rest of the sauce on the side and garnish with green onion and sesame seeds.