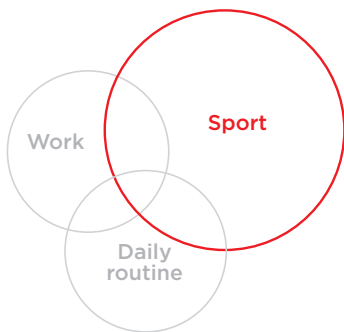


QUANTIFYING MECHANICAL STRESS

THE BODY WILL ADAPT

As long as the applied stress is not greater than its capacity to adapt.
Quantifying mechanical stress on a daily basis is the best way to avoid injury.

STRESSORS



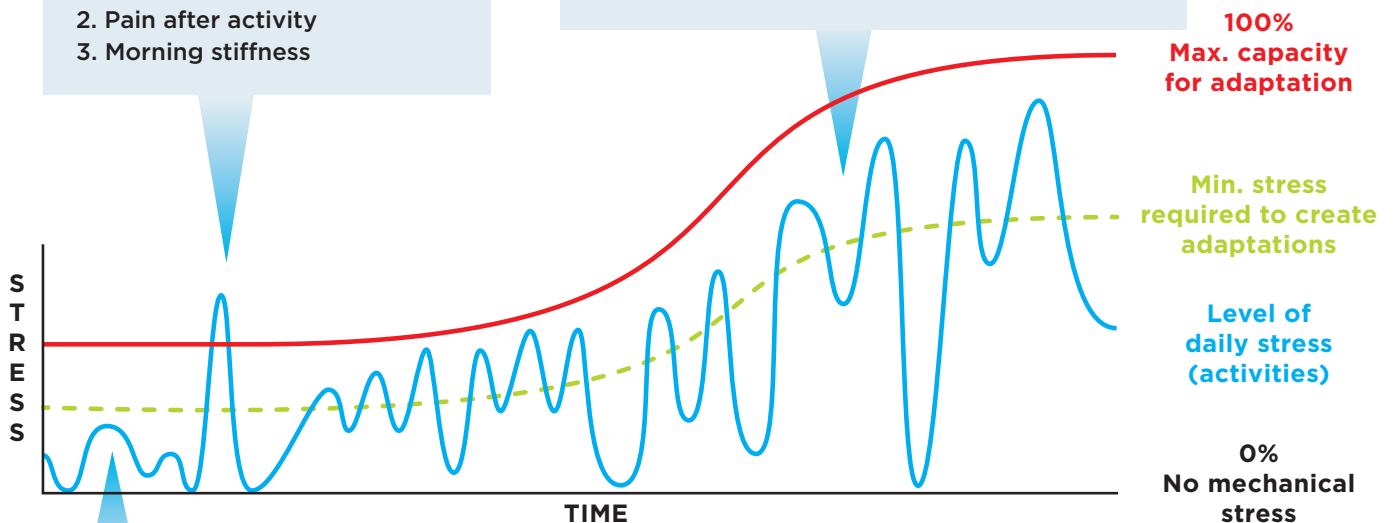
STRESS LEVEL



Going beyond your maximum capacity to adapt will result in:

1. Pain during activity
2. Pain after activity
3. Morning stiffness

ADAPTATION
Appropriate stimulation will increase the body's capacity to sustain mechanical stress



UNDER-STIMULATION
Low stress = No adaptation!