



## Muscle Soreness

It is common to feel sore after a workout. Contrary to what some beliefs it is not an indicator that you have had a good workout. Your muscles may feel sore after a workout because you did something that your muscles aren't used to; like starting a new exercise, going back to an old workout after a long time or indulging in a workout that is particularly intense or long. In other words if you regularly exercise you may not feel sore as your muscles have progressed and are better at dealing with the strain and recovery.

### How sore is too sore?

Soreness is considered normal if it occurs between 24-72 hours after a workout, and if it does not prevent you from completing normal daily activities like going down the stairs. You may have heard of "DOMS" Delayed Onset Muscle Soreness, and it's something anyone who exercises regularly has probably experienced at some point. Experts believe it occurs because damage takes place in the muscle or nerve that was stressed during the workout. If this soreness lasts longer than 72 hours or is so intense that it prevents you from functioning normally and/or wakes you up at night it could be a sign of significant damage.





## Tips to help you deal with muscle soreness after your workout

- Stretch: Gentle stretching after the workout helps reduce lactic acid build-up which is the main cause of soreness.
- Take it easy: Push yourself, but know your limits. Start with a beginner and a low impact routine like Pilates, walking, swimming and progress once you feel ready
- Massage
- Use heat or ice depending on the pain after consulting with your trainer
- Hydrate: before, during and after an exercise program to avoid cramps and spasms.
- Cool-down: Reserve at least 10 minutes at the end of every workout to do some light stretching or an easy cool-down walk. Hydrate: Drink plenty of water before, during and at the end of any workout.



Rest assured, mild soreness is common for exercisers and should not stop you from continuing your fitness journey

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**Sources & further reading:** [www.Health.com](http://www.Health.com); [www.my.clevelandclinic.org](http://www.my.clevelandclinic.org)

