



DOMS:



▶ **Delayed Onset Muscle Soreness**

What it is:

Delayed Onset Muscle Soreness is the phenomenon people frequently experience 12-48 hours after an intense workout. After increasing the intensity or changing the type of exercise, muscles can develop microscopic tears and inflammation. In turn, people can experience soreness that can last a few days.

Treatment:

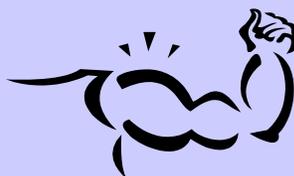
Unfortunately there is not much you can do to treat DOMS. The effects generally subside in a few days, but light activity is recommended, as long as vigorous activity is avoided. Stretching can alleviate some stiffness. Paying particular attention to proper warm-up and cool-down can ensure that muscle are warm so that blood flow is sufficient to muscles and oxygen is being transported to the site.



Prevention:

Warming up thoroughly, along with sufficient cool-down and stretching, can prevent or shorten the duration of DOMS. Also, consider the ten percent rule. This means not increasing the time or intensity of your workouts more than 10% per week. The good news is you are not alone- even elite athletes experience DOMS. You can use the time to work other muscles and remember that your soreness means you are, in fact, working your muscles and will gain strength.

Stay encouraged by this fact.



Source: WebMD