



# IMG PHYSICAL THERAPY

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## Delayed Onset Muscle Soreness (DOMS)

### DOMS vs INJURY

 Burning, aching sensations when muscles are engaged	 Sharp, unbearable pains at all time
Soreness 24-48 hours after exercise	Soreness at beginning & end of exercise
Lasts from 1 day - 1 week	Lasts months until treated
Improves with stretching & exercise	Worsens with stretching & exercise

### Is DOMS Bad?

NO!...usually

- DOMS is usually a (+) sign
  - Can show that a muscle is healing stronger and that an exercise was effective!
- DOMS is a problem when it is actually an injury, so know the difference!

### What is it?

Soreness or aching we feel in our muscles after exercise associated with small tears in the muscle after exercise

### Causes

- Eccentric exercise
  - Weightlifting negatives
  - Lengthening our muscles
- New exercises
- Adding weight or increasing repetitions for an exercise

### Signs and Symptoms

- Aching, soreness, pain
- Decreased joint mobility
- Decreased strength or power output
- Maybe some swelling

### How can we reduce it?

- Massage/Foam Rolling
- Keep moving!
  - Examples:
    - Walking
    - Use the muscle that's sore
- Anti-inflammatory foods
  - Turmeric
  - Ginger
  - Tart cherry juice

### What not to do:

Try not to use anti-inflammatories such as ibuprofen, Aleve, or Motrin

- These reduce inflammation which reduced tissues healing overall, causing the exercise to be potentially less beneficial