

Injuries

DOMS

This is the aches and pains we feel after exercise. Delayed Onset Muscle Soreness.

Usually occurs 1-3 days after exercise and lasts between 2-4 days.

Researchers have been unable to determine exactly what causes DOMS but there is speculation that lactic acid build up causes the pain or microscopic tears in the muscle tissues or alternation in the cell's mechanism for calcium regulation.

What can we do when we suffer from DOMS? Not much, you can ease the pain by gently stretching the affected area after 5-10 minutes warm up. If it is inflamed – take a dose of ibuprofen or by applying an ice pack to the affected area.

After an injury such as a sprain or a strain there are four things you can do to help speed recovery ad/or prevention.

R est
I ce
C ompression
E levation

This needs to be done within the first 24 to 48 hours of injury.

Rest – do not use the injured area after injury. The length of time needed to rest depends on the severity of the injury.

Ice – It is important to place ice on the injured area. This may be in the form of crushed ice in a wrapped plastic bag or a commercial ice pack. Never place ice directly on the skin. Keep on for 20 minutes and remove. Repeat every 2 hours.

Compression – apply pressure to the area with a elastic bandage. Do not wrap tightly enough to restrict circulation.

Elevation – keep body part propped up above the heart level as much as possible.