

Information Sheet

Delayed Onset Muscle Soreness (DOMS)

DOMS begins the morning after the day before! When you change or increase your exercise routine in any way there is a phenomenon known as DOMS that sets in as the soft tissues adjust to the increase in muscle tone. DOMS usually appears 24-48 hours after exercise, or can be the result of a fall or trauma pushing the tissues out of their normal range. It leaves us feeling sore and stiff and often with reduced mobility in the short term but will usually subside after a few days. There are things you can do to minimise or help avoid it to continue enjoying your exercise safely.



NB. This information does not replace a medical diagnosis but is intended as a guide. Always seek professional advice before beginning a program of self-help.

Please note, this is intended as a guide to how you can help improve the symptoms of DOMS at home. Should you require any further or more specific advice, please do not hesitate to contact me.

Self-help

- Build rest and recovery days into your training – these are just as important as the training days
- Vary your training to make it less repetitive and engage different muscle groups
- Ice baths post training can be helpful to reduce inflammation
- **Rest, Ice, Compression, Elevation** for 24 hours if an injury is acute
- Regular gentle stretching helps to lengthen the muscle fibres
- Avoid vigorous exercise until DOMS subsides
- Always warm up prior to exercise
- Always cool down and stretch post exercise
- Only increase training by 10% or less each week as this is seen as the optimum way to increase safely and get results; too much too soon will be detrimental to your progress
- Regular sports massage will help ease muscle tension and keep fibres in their optimum working state. It can also highlight areas of potential injury or tension.
- If pain continues more than the usual few days, consult your GP