



### Delayed Onset Muscle Soreness (DOMS)

Hi Pre-Swim Crosstrainers, Hopefully you have all felt the DOMS also sometimes called muscle fever, which is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise which is what we have been doing for the past few weeks.

I have gathered and tried to simplify the following information and hopefully this will help if you are concerned about the soreness. From what I can gather no one really knows why the body feels this soreness so much. Soreness might conceivably serve as a warning to reduce muscle activity so as to prevent further injury. However, further activity temporarily alleviates the soreness, even though it causes more pain initially. Continued use of the sore muscle also has no adverse effect on recovery from soreness and does not exacerbate muscle damage. It is therefore unlikely that soreness is in fact a warning sign not to use the affected muscle.

The soreness is felt most strongly 24 to 72 hours after the exercise which I'm sure you all know - It is caused by eccentric (lengthening) exercise, which causes microtrauma to the muscle fibres. After such exercise, the muscle adapts rapidly to prevent muscle damage and thereby soreness if the exercise is repeated. So the good news is, if you continue with this type of intense training soreness will reduce, in fact you very rarely get sore unless you really push with a new or varied exercise. I have been doing this thing for a while now and actually consider DOMS when I get it as a good sign

DOMS disappears in about 72 hours after appearing. If treatment is desired, any measure that increases blood flow to the muscle, such as low-intensity work, massage or a hot bath and surprisingly, continued exercise may also temporarily suppress the soreness. Exercise increases pain thresholds and pain tolerance. This effect, called exercise induced analgesia and is known to occur in endurance training such as running, cycling and swimming. There are claims that exercising sore muscles appears to be the best way to reduce or eliminate the soreness.

Jeff