

# SOUTHPORT PHYSIOTHERAPY CENTRE

**Winter 2021**

## **Why am I sore after exercise?**

Don't you hate that feeling of stiffness and muscle soreness a day or two after you've done more exercise than usual.

Following exercise there is a combination of metabolic and physiological changes to the muscles.

**DOMS-** 'delayed onset muscle soreness' occurs when there is extra load on muscles causing microscopic tears in the muscle tissue. These tiny tears occur when a muscle is stressed more than it is used to or in a new way. Also, when you exercise the muscles need 'energy', so they burn glycogen. A by-product of this metabolic process is production of lactic and carbonic acids. These acids are then converted back to glycogen and restored in preparation for the next bout of exercise, however soreness and muscle fatigue can persist until the acid levels in the muscles return to normal.

### **Benefits of regular exercise.**

When you perform regular exercise, your body adapts to meet the demand for more oxygen and nutrients. One improvement is an increase in blood vessels to the muscle. This circulation increase speeds the ability to eliminate the waste products and toxins that build up with exercise, however this capacity takes some time to develop (depending on how often you exercise). Until the blood supply increases you may have trouble with oxygen and nutrient supply. This may cause toxins to build up and you can experience soreness and stiffness.

*Some simple measures can be taken to assist with post-workout recovery.*

### **Keep Moving**

#### **Hydrate**

#### **Promote circulation to the muscle**

**Massage** can increase muscle recovery quicker than rest

Your physio is an expert in management of these conditions and can provide guidance to speed recovery. Aches and pains are not necessarily the inevitable price you pay when exercising. Your physiotherapist can develop a structured program with strategies for strength, endurance and conditioning.



**Steven Gordon**  
B.Phty (UQ), BHMS

***When you  
feel like  
quitting,  
think about  
why you  
started.***

**SOUTHPORT  
PHYSIOTHERAPY  
CENTRE**

3E/34 High Street  
Southport  
QLD 4215

P: (07) 5591 4333  
F: (07) 5591 4399

[southportphysio.com.au](http://southportphysio.com.au)