Muscle Soreness *how to recover faster*

***"Everything in your body is interrelated and isolation is a myth.” ~Pavel Tsatsouline***

# Muscle Soreness Types

* **Immediate Muscle Soreness (IMS)**
  + This happens immediately during and after exercise. Hydration, rest, and nutrition can expedite recovery.
* **Delayed-Onset Muscle Soreness (DOMS)**
  + This happens a day or so after an intense session, typically signifying the body is repairing micro-tears in tissue. Hydration, adequate protein intake and massage can expedite recovery.
* **Post Exercise Stiffness (PES)**
  + Stiffness is often the result of the buildup of metabolic wastes from exercise and activity, such as lactic acid. Poor diet choices and lack of stretching can also lead to chronic stiffness. Hydration, electrolyte replenishment, massage, stretching, and low-intensity cardio can expedite recovery.

# Recovery Methods

* **Recovery Workouts**
  + When sore after a HIIT or METCON (High Intensity Interval Training or Metabolic Conditioning) session, a great way to recover is a low-intensity cardio session.
    - 45-minute low intensity walk, hike or jog outdoors or on a treadmill.
    - 45-minute low intensity bike ride or elliptical session.
* **Foam Rolling and Massage**
  + Using a foam roller on affected areas can release tension and increase circulation to allow the tissues to clear metabolic waste and repair themselves faster.
  + A massage from a practicing masseuse will make a world of difference in recovery; the investment is for yourself so set some money aside and just do it.
* **Anti-inflammatory foods**
  + Professional athletes and martial artists experiment and find ways of supplementation to reduce their recovery time, allowing them to train more often. A famous big wave surfer uses coffees with ingredients such as turmeric, coconut cream, mushrooms, and more. As always, check with your physician and dietician. Find what works for you.
* **Heat and Cold Therapy**
  + Many professional athletes employ ice baths and saunas.
    - Ice baths can reduce inflammation and increase hormone levels that can help expedite recovery.
    - Saunas increase circulation and help the body heal itself faster, also by stimulating hormones and natural processes in the body.