



## **Tendons, Muscles, Pain & Soreness**

Article from [Wise123.com](http://Wise123.com)

Please print this article and show it to your doctor before taking this advice.

One excellent way to reduce stress is through physical exercise. Whether it is yoga, exercise at the gym, Pilates, or running, the next day, you may be in pain. Pain is your body's way of saying, "Ouch, don't do that, or something is wrong."

There is a difference between muscle pain and soreness; you should know the difference (you should know your body). If your muscles are a little sore, your workout was probably fine. If you are in so much pain that you find it difficult to move, or if you say, "Ouch," every time you move, you have overdone it. Your next workout must be less (time and intensity).

If someone tells you, "No pain, No gain," do not take their advice; they are stupid and could do you more harm than good.

Avoiding pain is a good thing. It will help you stay physically fit.

### **Muscles & Tendons**

If you injure a muscle, it will start to feel better in about three days for most people significantly. If the pain lasts for more than a week, you probably have injured a tendon. Injured (pulled) tendons are not a good thing and should be looked at by a doctor.

If you feel pain during your workout, stop immediately, ice the injury, you are done for the day, and avoid working out that part of the body (you were working on at the time of injury) for a week.

## **What to Do**

Ice the injury if you are sore or in pain after a workout. Ice should not be applied to the skin for more than 20 minutes. If you leave ice on your skin for longer, cell damage will start (frostbite). Then, apply the ice pack again for another twenty minutes. This can go on for up to three days. The cold keeps damaged cells from expanding and damaging good cells next to them.

After three to four days of icing, you may apply heat packs. Heat will dilate the blood vessels and help blood flow to the injured areas, aiding in muscle and tissue repair.

If someone tells you, "Alternate between Hot and Cold packs," it was probably the same person who told you, "No Pain, No Gain," remember, they are stupid; stay away from them.

You need to listen to your body; if it says stop, STOP; if it says go, keep going (i.e., workout good, injury terrible).

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