

# Delayed Onset Muscle Soreness

DOMS is the official term for what is widely called muscle **tenderness**, soreness or stiffness. The theory that the soreness is caused by a build-up of **lactic acid** in the blood after exercise has largely been rejected.

**T**he most common cause is micro-trauma to the muscle **fibres**, which can be felt between 24 and 48 hours after exercising. It's good to know that not only exercise **newbies** can get DOMS, even professionals experience muscle soreness from time to time. It's also good to know that there is nothing serious about this stiff and sore feeling one or two days after the fact! Any type

of new, or **strenuous** exercise can cause DOMS and resting the affected muscle is not the answer. Most muscle stiffness is caused by **over-extension** of a muscle during jogging or while working out. Muscle pain is only serious if felt directly on completing a certain movement. A doctor should be consulted in such cases as the pain is an indicator for major **injury** to either muscles, **tendons** or **ligaments** in a **joint**.

**Pharmacy customer:** Hello, do you speak English?  
PTA: Hello. Yes, I do, a little.

**I'm afraid I overdid it yesterday while jogging. And now I'm paying the price: I'm as stiff as a board!**

Oh, I know the feeling, using the last fine days to get out and do some exercise in the fresh air. We get quite a lot of customers with the same problem at this time of year!

**You are right there! Although I am a member in the local gym, I love being able to get out and about if possible. So, what do you recommend? Painkillers?**  
No, I wouldn't really recommend painkillers. If you need painkillers,

then you have probably done more damage than just causing muscle tenderness. Could you please tell me exactly where and what type of pain it is?

**Yes, it's mostly around my calf muscles and it hurts when I walk down the stairs.**

Do you have tenderness anywhere else?

**Now that you say it, yes I do. My upper arm is really stiff as well. I have no idea why.**

Okay, I can recommend these two products. The first one is a warming **balm** that you can apply morning and evening to the affected calf muscles and we have this relatively new product here for your upper arm. It's a warming plaster that **emits warmth** for up to eight hours. This is a pack of four.

**A pack of four!**

You can also use them on other parts of the body such as the neck or lower back and also between the shoulders. I have used them myself and find them very effective.

**Anything else that you can recommend?**

Do you have a bathtub at home?

**Yes, I do.**

You might consider taking a nice long bath. We have this lovely bath additive that contains **comphrey**, arnica and rosemary oil.

**I'll do everything to get rid of this stiffness! Thank you for your help.**

You are welcome. You'll be feeling fine this time tomorrow! Goodbye!

**Bye, bye! ■**

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

Delayed onset muscle soreness	Muskelkater ( <i>Wörtlich</i> : verspätet einsetzender Muskelschmerz)
tenderness	Schmerzempfindlichkeit
lactic acid	Milchsäure
fibres	Fasern
newbies	Anfänger
strenuous	anstrengend, strapaziös
over-extension	Überstreckung
injury	Verletzung
tendons	Sehnen
ligaments	Bänder
joint	Gelenk
gym	Fitnessstudio
painkillers	Schmerzmittel
calf muscles	Wadenmuskeln
balm	Balsam, Salbe
emits warmth	gibt Wärme ab
comphrey	Beinwell



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**Infludoron®** Streukügelchen **Zusammensetzung:** In 10g Streukügelchen sind verarbeitet: Aconitum napellus Dil. D1 0,01 g / Bryonia Dil. D1 0,06 g / Eucalyptus Ø 0,05 g / Eupatorium perfoliatum Dil. D1 0,04 g / Ferrum phosphoricum Dil. D6 0,1 g / Sabadilla Ø 0,01 g. **Warnhinweis:** Enthält Sucrose (Zucker) – Packungsbeilage beachten. **Anwendungsgebiete** gemäß der anthroposophischen Menschen- und Naturerkenntnis. Dazu gehören: Grippale Infekte, fieberhafte Erkältungskrankheiten. **Gegenanzeigen:** Keine bekannt. **Nebenwirkungen:** Es können Überempfindlichkeitsreaktionen (z. B. Juckreiz, Hautausschlag, Nesselsucht) auftreten.

Weleda AG, Schwäbisch Gmünd