

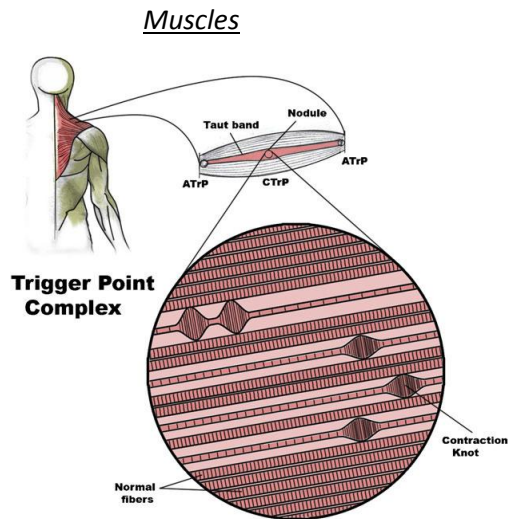
Delayed Onset Muscle Soreness (DOMS)

That stiff and sore feeling after a game of footy

High intensity exercise --> overload of the muscle fibres --> formation of trigger points

Knocks and bumps cause microtrauma --->possible lead to fascial adhesions (restrict muscles sliding)

---> bundling of collagen fibres



RECOVERY – aiming to loosen up the muscle and fascia

Active cool down – low intensity

Hot/Cold Therapy

Trigger points – direct pressure to tender area

Myofascial release - foam rollers/spiky balls

- Release of adhesion
- Straightening out of collagen fibres

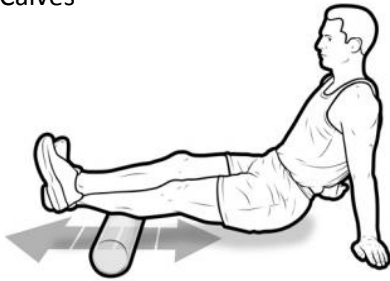
Stretch Belts – sustained stretches

- Increase muscle length
- Increase flexibility/range of motion

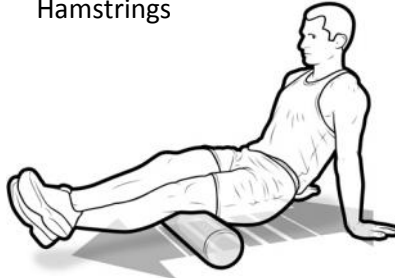


Some Ideas:

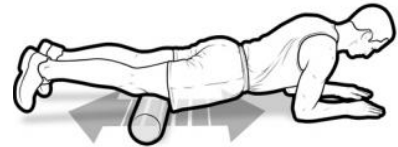
Calves



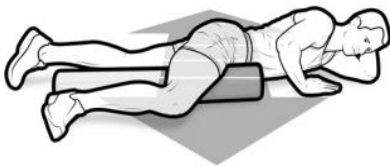
Hamstrings



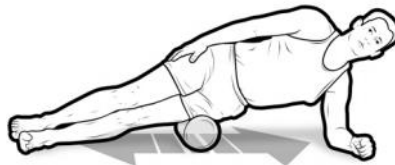
Quadriceps



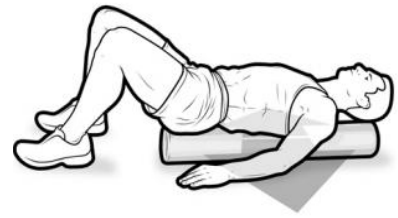
Adductors/Groins



Iliotibial Band (ITB)



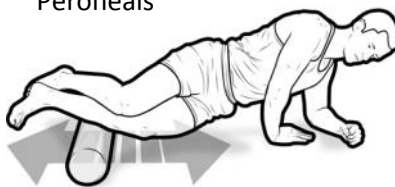
Back Extensors



Glutes



Peroneals



Shins



Thoracic Spine

