



# DOMS - What are they?

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## What are DOMS?

Delayed Onset of Muscle Soreness (DOMS) is a dull aching feeling in muscles, often making muscles feel tender and stiff. DOMS is typically experienced 24-48 hours after exercise which tend to be caused when muscles are asked to perform a new movement, workout routine or new range of motion.



## How to prevent DOMS?

- Massage the tissue affected - flush out the toxins
- Keep yourself hydrated
- Rest - plenty of sleep
- Using heat and ice
- Keep moving - Light cardio tends to help!
- Stretch

