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## How to Relieve Achy Muscles

Starting a new workout routine can be a wonderful thing, but there's always the chance of muscle soreness. This unfortunate side effect, also referred to as delayed onset muscle soreness, can show up a few hours after a workout and generally peaks two to three days later.

What is muscle soreness exactly? Scientists believe soreness is the result of [microscopic tears](#) that occur in your muscles, as well as the accompanying inflammation. The minor aches and pains can happen to anyone, whether you're new to working out or a long-time athlete.

How can you relieve sore muscles? Here are four ways:

- **Ibuprofen** -- While it won't cure the soreness or get you back to full strength, this over-the-counter option can ease pain and inflammation
- **Omega-3, turmeric and tart cherry juice** -- These natural ingredients provide [anti-inflammatory benefits](#) and are easy additions to your diet. Look to fish or fish oil for omega-3s and sprinkle turmeric (traditionally used in Indian cuisine) on roasted vegetables or in soups.
- **Stretching** -- Slow, gentle stretching can help work out the muscle group that's sore and tight.
- **Sleep** -- Your body does a lot of repair work while you're sleeping, and your muscles are no exception. Aim for at least [seven hours](#) of uninterrupted sleep each night.

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When you're feeling sore, you may be tempted to stop working out altogether. While it is a sign that your body needs some rest, going for a walk or doing some light exercise can help too! If soreness doesn't dissipate after three or four days, consult your doctor.

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