

Mayo Clinic Minute: Managing muscle soreness

VIDEO	AUDIO
	If it's been awhile since you jumped on the court or went for a long run, Mayo Clinic sports medicine experts say to avoid muscle soreness, take it slow.
GRAPHIC: Maggie Bryant Physical Therapy Mayo Clinic Sports Medicine Center	"I think a lot of the times people get sore if they ramp into it too soon."
	Physical therapist Maggie Bryant says that might mean playing for 10 minutes instead of two hours at first, or walking 1 mile instead of running five.
	She says other reasons for soreness can be lack of a proper warmup or using incorrect equipment.
	And if you are sore the next day, she says the best medicine often is remaining active.
Maggie Bryant	"Your muscles are sore the next day. Actually, going for a walk, doing some light stretching — that can be really beneficial to reduce some soreness."
	Bryant says ice should be used for acute pain that might include swelling or inflammation. And heat treatment, which improves blood flow to the area, is best for muscle strains.
	And, if you have joint pain or soreness ...
Maggie Bryant	"... and it gets worse with activity, then I would take a few days' rest."
	For the Mayo Clinic News Network, I'm Jason Howland.