

A Road Map to Effective Muscle Recovery

As a physically active individual, recovery is key to preventing injuries and allowing the body to rebuild itself after the stress of exercise. Our muscles, tendons, ligaments and energy stores require recovery, repair and replenishment to perform at our best during the next exercise bout. For new or more intense exercise our muscles can often become sore within 24 to 48 hours after exercise, but soreness is not vital for an adequate recovery routine. Muscle soreness can occur when cellular waste products accumulate in muscle cells leading to inflammation or by micro-tears that occur in the muscle fibers. There are many different strategies to maximize recovery and minimize the amount of muscle soreness experienced after exercise. From good nutrition, sleep, regular days off, to different methods and tools, use this exercise recovery road map to find the best strategy to recover quickly and effectively.

Dynamic Warm-up: A dynamic warm-up is a great way to prime the body for activity. Lingering soreness can be alleviated by a dynamic warm-up by encouraging blood flow and movement through a large range of motion¹. A dynamic warm-up consists of a few minutes of an activity that will elevate heart rate (such as jogging, jumping jacks, or cycling) followed by dynamic movements (such as lunges, leg swings, or arm circles). These movements should move joints through a large range of motion, coming in and out of the movement without stopping for too long.

Active Cooldown: By performing a few minutes of low-intensity aerobic exercise after a workout, the body is able to gradually decrease blood pressure and heart rate, while preventing blood pooling in the limbs. During intense exercise, the body breaks down chemicals that can cause fatigue and muscle soreness. Incorporating an active cooldown is a great way to circulate the cellular waste



products so that they do not accumulate in the muscles. It is important to note that even if you don't feel sore after your workout, the waste products that build up in the muscle can cause fatigue during your next workout, ultimately affecting performance.

A great way to accomplish an active cooldown is by walking on a treadmill or pedaling a stationary bike at an easy pace for 5 to 10 minutes at the end of your workout².

Stretching and Mobility: After your heart rate has returned to resting levels, the next step is to begin focusing on the muscles that you worked out. Muscles can become tight and fatigued from exercise and stretching can alleviate sensations of tightness and restriction. In our daily lives, our posture can also become altered due to our day-to-day working positions.

In order to keep the tendons and muscles mobile, it is recommended to stretch each muscle group for at least 60 seconds. This can be accumulated into sets of 10-30 seconds at a time or all at once³. While stretching, a mild discomfort may occur, but sharp or intense pain should be avoided.

The idea is to let the muscle relax into the stretch, where forcing a position can cause the muscle to tighten up or even cause injury. All stretching and mobility exercises should be completed in a slow and controlled manner, while breathing throughout each exercise.

Myofascial Release: Myofascia is the connective tissue that surrounds the entire body. Normally, the myofascial system moves seamlessly as the body moves. However, restrictions in the fascia can lead to pain, stiffness, and loss of function. Myofascial release techniques aim to restore mobility, improve blood circulation, and decrease areas of pain and tenderness⁴. There are several tools on the market. See the [ACSM brochure on self-myofascial release tools!](#)

Foam Rolling: Gently roll the affected body part over the foam roller, about one inch per second for about 30 to 60 seconds total. For specific areas that feel tight, you can isolate 10 to 15 seconds on that area⁵, but then make sure to move on. As with stretching, a mild discomfort is acceptable, but pain should not be excessive. Slowly increase the pressure as tolerated and work on the areas that feel tight or sore. Avoid rolling directly on bones and joints or spending too much time on one area. It is also important to work around the muscle area that might be sore or painful, rather than directly on the area itself. There are many different types of foam rollers available with varying firmness and textures. A soft, smooth foam roller will result in less pressure, which may be more suitable for beginners.

Massage: Post-workout massage therapy can also be a recovery strategy. Current research indicates that it is effective in reducing muscle soreness and perceived fatigue after exercise⁶. Massage can increase blood flow to the area and has been shown to decrease pain and inflammation caused by metabolic products that have built up during exercise. Massage therapy should be performed after exercise and include sessions of at least 20 to 30 minutes to produce best recovery results.

Hydration: Hydrating prior to exercise, during, and post-exercise plays an important role in how you recover. While it is common to remember to hydrate during exercise, many times we forget the importance of starting exercise well hydrated. It's important to ensure proper hydration prior to exercise because it will adversely affect how you perform during your exercise session, especially if you are exercising in a hot, humid environment. As a general recommendation prior to exercise, you should drink about 5 to 10 ml/kg of your body weight (~2 to 4 ml/lb) in fluid in the 2-4 hours before exercise⁷. For example, a 150 lb person should drink between 300 and 600 milliliters (~0.5-2.5 cups) of fluid prior to exercise. During exercise, it is important to drink enough water to replenish fluid lost through sweating. It is recommended to drink small amounts of fluid throughout the duration of exercise. This ranges from 0.3 to 2.4 liters per hour of activity depending on the intensity, duration, fitness level, and other environmental factors. This will not only

help you exercise longer, harder, faster, but will support your body into recovery. Lastly, post-exercise hydration is critical to accelerate recovery. To get a more accurate idea of how much fluid should be replenished, you should weigh yourself before and after your workout and make sure that you at least drink enough fluids to restore bodyweight to pre-workout weight. As a rule of thumb, try to limit a decrease in your body weight of greater than two percent⁷. Here's an example! You're getting ready to exercise and record a pre-workout weight at 200 pounds. Your post-workout weight was 198 pounds. This means you lost two pounds during your session. This is approximately a one percent of body weight loss. In this example you should target a little over one liter to ensure proper hydration recovery.

Nutrition: Nutrition is another key step to recovering quickly and adequately. According to the joint position paper released from the Academy of Nutrition and Dietetics and ACSM in 2016, the nutritional principles for recovery include adequate energy (caloric) intake and macronutrient distribution (carbohydrates, proteins and fats)⁷. Although energy and macronutrient requirements are different based on activity type and individual differences, the basics for including adequate energy, carbohydrates, fats and protein is to help facilitate performance and recovery. Sufficient energy intake supports overall body functions, body composition and how we use our fuel (carbohydrates, fats, protein sources) during exercise. Adequate energy is key before moving on to specific macronutrients. Post-exercise carbohydrates are important to replenish the fast-acting energy stores (glycogen) while protein is required for muscle repair (muscle protein synthesis). Although not often in the spotlight of exercise nutrition, fat is a necessary macronutrient for a healthy diet and can support your body's ability to provide energy, maintain cell membrane integrity, and enable fat-soluble vitamin absorption— all important factors in recovery.

Cold Therapy: Cryotherapy chambers and cold-water immersion are two common forms of cold therapy that have been shown to aid in muscle recovery and decrease muscle soreness. This is especially beneficial for those with injuries, swelling, or those engaging in contact sports⁸.

Ice baths are relatively easy to set up and effective; however, most people find them very uncomfortable. Even so, spending 15 minutes in an ice bath or submerging the affected area has been shown to aid in muscle recovery by reducing inflammation.

Cryotherapy involves a chamber filled with liquid nitrogen that gets extremely cold and usually people spend only two to three minutes inside of it. While it is very cold, most people do not mind the sensation and it is over very quickly. Although cryotherapy is often expensive (at least in comparison to a homemade ice bath), it can be effective and is a great tool to aid in the recovery process.

Compression: In recent years, compression garments have gained popularity in the fitness and exercise community. Wearing compression sleeves during or after a workout can help decrease muscle soreness post-exercise⁹ and aid in the recovery process for your next workout. These might include calf sleeves when running or arm sleeves when lifting weights. If you have a specific area of focus you may want to consult a professional to find the right fit and ensure there isn't an underlying injury present.

Sleep and Rest: Rest is an important part of the recovery process. While you are sleeping, your body works to rebuild itself. It is recommended to get at least 8 hours of sleep every night¹⁰.

Additionally, at least 48 hours should be allowed between higher intensity exercise of the same muscle groups. This allows your muscles the opportunity to rebuild themselves and reduces the risk of overtraining. Rest can also include doing recreational or less intense activities during recovery days. Light yoga, foam rolling, massage, or joint mobility exercises can be a great

active recovery that can be incorporated into a rest day.

On the Road to Recovery

Depending on the intensity, type, and duration of a workout, recovery techniques should be tailored to every individual. It's important to remember, even if you aren't feeling soreness after a workout, recovery is still important to prevent injuries and replenish what is lost after an exercise session.

Out of all of the strategies presented, the key components for muscle recovery and the first strategies to start with are: proper pre/post active and lengthening exercises, nutrition, hydration, and rest/sleep. After the basics, try choosing one of the other muscle recovery strategies and implementing them into your regular workout routine.

Resources

1. Reisman S, Walsh L, Proske U. Warm-up stretches reduce sensations of stiffness and soreness after eccentric exercise. *Med Sci Sports Exerc.* 2005;37(6):929-36.
2. Ahmadi S, Granier P, Taoutaou Z, Mercier J, Dubouchaud H, Prefaut C. Effects of active recovery on plasma lactate and anaerobic power following repeated intensive exercise. *Med Sci Sports Exerc.* 1996; 28(4): 450-456.

3. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 10th ed. Philadelphia: Lippincott Williams & Wilkins; 2018.
4. Romero-Moraleda B, Touche RL, Lerma-Lara S, et al. Neurodynamic mobilization and foam rolling improved delayed-onset muscle soreness in a healthy adult population: a randomized controlled clinical trial. *PeerJ.* 2017; 5.
5. Su H, Chang N, Wu W, Guo L, Chu I. (2017). Acute effects of foam rolling, static stretching, and dynamic stretching during warm-ups on muscular flexibility and strength in young adults. *J Sport Rehabil.* 2017;26(6):469-477. doi:10.1123/jsr.2016-0102
6. Dupuy O, Douzi W, Theurot D, Bosquet L, Dugué B. An evidence-based approach for choosing post-exercise recovery techniques to reduce markers of muscle damage, soreness, fatigue, and inflammation: a systematic review with meta-analysis. *Frontiers in Physiol.* 2018; 9. doi: 10.3389/fphys.2018.00403
7. Thomas DT, Erdman KA, Burke LM. American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance. *Med Sci Sports Exerc.* 2016;48(3):543-68.
8. Lindsay A, Carr S, Cross S, Petersen C, Lewis JG, Gieseg SP. The physiological response to cold-water immersion following a mixed martial arts training session. *Appl Physiol Nutr Metab.* 2017;42(5):529-536. doi:10.1139/apnm-2016-0582
9. Jakeman, J. R., Byrne, C., & Eston, R. G. (2010). Lower limb compression garment improves recovery from exercise-induced muscle damage in young, active females. *European Journal of Applied Physiology*, 109(6), 1137-1144. doi: 10.1007/s00421-010-1464-0
10. Grønli J, Soulé J, Bramham CR. Sleep and protein synthesis-dependent synaptic plasticity: impacts of sleep loss and stress. *Front Behav Neurosci.* 2014; 7.

Staying Active Pays Off!

Those who are physically active tend to live longer, healthier lives. Research shows that moderate physical activity—such as 30 minutes a day of brisk walking—significantly contributes to a longer life. Even a person with health risk factors like high blood pressure, depression, diabetes or a smoking habit can gain real benefits from incorporating regular physical activity into their daily life.

As many dieters have found, exercise can also help you achieve weight loss goals. What's more, regular exercise can help lower blood pressure, control blood sugar, improve cholesterol levels and build stronger, denser bones. Exercise helps improve your mental well-being too.

A Complete Physical Activity Program

Regular physical activity provides many health benefits. While it's not required, working with an exercise professional can help you reach your fitness goals, tailor exercises to your abilities and most importantly, minimize your risk of injury. You should expect the exercise professional to ask you to fill out an exercise pre-participation health screening. This form will ask if you exercise regularly and if you have any health concerns that should prompt you to see your healthcare provider before getting started. The following precautions will help you safely participate in exercise programs:

If you DO NOT exercise regularly:

[If you have not been diagnosed by a doctor with, AND do not have signs or symptoms of cardiovascular, metabolic or kidney disease,](#) THEN you can start right away with light to moderate intensity exercise. You can gradually build up to vigorous exercise if you stay free of any symptoms of health problems.

If you have ever been diagnosed by a doctor, with OR have signs/symptoms of cardiovascular, metabolic or kidney disease, THEN it is recommended to seek medical clearance before beginning an exercise program. Once you get medical clearance, you should start with light to moderate intensity. You can gradually build up to vigorous exercise if you stay free of any symptoms of health problems.

If you DO exercise regularly:

If you have not been diagnosed with, AND do not have signs or symptoms of cardiovascular, metabolic, or kidney disease, you can continue with moderate exercise or gradually build to vigorous exercise intensity.

If you have been diagnosed with cardiovascular, metabolic, or kidney disease AND do not have any sign/symptoms of health problems, then you can continue exercising at a moderate intensity. If you received medical clearance within the last 12 months AND your symptoms have not changed, then you can continue with moderate exercise or gradually build to vigorous exercise intensity.

If at any time you develop a sign or symptom of cardiovascular, metabolic or kidney disease, discontinue exercise and seek a doctor's clearance right away. Then, after getting medical clearance, you may continue your moderate intensity exercise program and gradually progress your effort.

Getting Started with an Exercise Program

A well-rounded exercise program includes aerobic, strength training exercises, but not necessarily in the same session. This blend helps maintain or improve overall health and function. So, it is important to choose exercises you enjoy and can fit into your schedule.

Not all exercise programs are suitable for everyone. Activities should be carried out at an effort level that is comfortable for you. You should stop participation in any exercise activity that causes pain. In such event, you should consult with your health care professional immediately.

ACSM recommends you accumulate at least 30 minutes of moderate-intensity physical activity (working hard enough to break a sweat, but still able to carry on a conversation) most days per week, or 20 minutes of more vigorous activity three days per week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation.

Examples of typical aerobic exercises are: walking, running, stair climbing, cycling, rowing, cross country skiing and swimming. Examples of common strength training exercises are: weight machines, free weights and resistance bands. Flexibility exercises can include: stretches of muscles around different joints and yoga.

Rights and Permissions

ACSM grants permission to reproduce this brochure if it is reproduced in its entirety without alteration. The text may be reproduced in another publication if it is used in its entirety without alteration and the following statement is added: Reprinted with permission of the American College of Sports Medicine.

Copyright © 2019 American College of Sports Medicine. This brochure was created by Michelle Alencar, Ph.D., ACSM-EP, and Jordan Valle, and is a product of ACSM's Consumer Outreach Committee. Visit ACSM online at www.acsm.org.