

Exercise and pain management



Post-exercise muscle soreness

- Normal and expected discomfort occurs between 24 and 48 hours after activity (especially if you are new to the activity).
- Usually resolves on its own.
- If it is (1) excessive in intensity or (2) persists longer than 2-3 days, consider reducing the duration or intensity of your exercise.

Injury management (for minor sprains and strains)

- Rest: Do so for 48-72 hours; avoid excessive movement to the injured area.
- Ice: Apply for 10-15 mins to the affected area. Precautions: (1) use a towel – do not apply directly against your skin; (2) do not apply onto open wounds; (3) check your skin integrity and condition after applying ice.
- Elevate: If possible, keep the injured area elevated to reduce swelling.
- Seek medical attention if the injury does not improve.