

# GOOD THINGS TO KNOW

*A Decade of News You Can Use!*

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## R. I. C. E.

PROFESSIONAL ATHLETES, DANCERS, GYM RATS AND WEEKEND WARRIORS USE THE **RICE** PROTOCOL, NOT ONLY WHEN INJURED, BUT ALSO AFTER TRAINING SESSIONS, TO PREVENT PREVIOUS INJURIES FROM FLARING UP.

**REST** – STOP ALL MOVEMENT, EVEN STRETCHING.

**ICE** – THE AFFECTED AREA ON AND OFF FOR A MINIMUM OF 10-MIN (ALWAYS WITH A TOWEL BETWEEN YOU AND THE ICE) THROUGHOUT THE NEXT 24-HOURS FOLLOWING THE INJURY OR AFTER USE (E.G. STANDING, WALKING, ETC.)

**COMPRESS** – SOMETIMES AN ACE BANDAGE OR TAPING THE AFFECTED AREA WILL RELIEVE PAIN. FOR CIRCULATORY REASONS, IT'S BEST NOT TO SLEEP WITH THE ACE BANDAGE IN PLACE.

**ELEVATE** – SUPPORT THE AFFECTED AREA, USUALLY HIGHER THAN YOUR HEART, FOR PERIODS OF TIME; THE PERFECT TIME TO ICE!

## GOOD PAIN, BAD PAIN

**THE GOOD** - I'll never forget taking my first muscle toning class (30+ years ago) and thinking it was a breeze until mid-afternoon the next day. I was only comfortable when I wasn't moving. I felt a symmetrical, general, "heaviness" in my muscles that took another day to dissipate. This was a classic case of delayed onset muscle soreness (DOMS) and is normal and expected post resistive exercise. Learn more: [http://en.wikipedia.org/wiki/Delayed\\_onset\\_muscle\\_soreness](http://en.wikipedia.org/wiki/Delayed_onset_muscle_soreness)

**TREATING DOMS** – "There is not a whole lot of consensus as to what most effectively treats DOMS, despite the numerous studies done, according to the American Council on Exercise. No therapy that consistently increases the speed at which DOMS is relieved has been found, but some therapies may work if applied right after exercise. Non-steroidal anti-inflammatory drugs [NSAIDs], such as aspirin or ibuprofen, may help relieve pain. Gentle massage on the affected muscles can possibly offer relief. Using a hot pad or soaking in a hot tub can help soothe the muscles temporarily. Sitosterols -- plant sterols -- and protease enzymes can help reduce the inflammation associated with DOMS, according to Clayton South at BodyBuilder.com. Trypsin, bromelain, chymotrypsin and papain are examples of protease enzymes that can affect DOMS, according to South.

Be aware, NSAIDs can adversely affect the gastric system so should be used sparingly. Consult a doctor before taking any supplements such as the protease enzymes." Read full article:

<http://www.livestrong.com/article/449573-the-treatment-for-delayed-onset-muscle-soreness/>

**THE BAD** - A.K.A. injury can stem from an isolated, traumatic incident, overuse, or overstress. Most common categories according to *Athletic Forever*, *The Kerlan-Jobe Orthopaedic Clinic Plan For Lifetime Fitness* [http://books.google.com/books/about/Athletic\\_forever.html?id=UjYAAAAAAAJ](http://books.google.com/books/about/Athletic_forever.html?id=UjYAAAAAAAJ) are:

**"SPRAIN:** Injury to a ligament, the soft-tissue structure or 'strap' that attaches two bones together. The injury can range from a mild sprain, where the ligament is partially torn, to a complete dislocation (a rupture or complete tear) of the ligament.

**STRAIN:** Tearing of the fibers of a muscle-tendon complex. This type of injury can also range from a partial tear to complete rupture. Muscle strains always occur at the site where stress is most concentrated. Such sites are often the part of tissue where the muscle tapers and becomes tendon (the myotendinous junction) and where tendon inserts into bone." (1)

Other injuries include: **DISLOCATION** [http://en.wikipedia.org/wiki/Joint\\_dislocation](http://en.wikipedia.org/wiki/Joint_dislocation) **SUBLUXATION** <http://en.wikipedia.org/wiki/Subluxation>

## FRACTURE

<http://en.wikipedia.org/wiki/Fracture>

**STRESS FRACTURE** [http://en.wikipedia.org/wiki/Stress\\_fracture](http://en.wikipedia.org/wiki/Stress_fracture)

**"PREVENT INJURY** – Avoid increasing your exercise load too quickly, inadequate warm-ups and insufficient recovery time between hard workouts.

Yet, even if you do everything right, injuries happen. Kerlan-Jobe recommends managing minor pains and injuries as follows:

**CEASE ACTIVITY** – If something feels acutely or chronically painful as a result of your activity, stop doing what you're doing. Pain signals damage to the tissue in your body. Any pressure or movement is likely to compound the injury, even if it's only a minor one." (1)

**R.I.C.E.** – Note sidebar.

**"SEE A DOCTOR IF** – You suspect a fracture, experience a dislocation, hear or feel a sudden popping sound, experience numbness, extreme weakness in a limb, or a tingling that doesn't go away, experience chronic swelling, weakness or decreased range of motion around a joint or pain that doesn't diminish with rest." (1)

(1) *Athletic Forever, The Kerlan-Jobe Orthopaedic Clinic Plan For Lifetime Fitness* by Frank Jobe, M.D., Neal ElAttrache, M.D., & Karen Mohr, P.T., S.C.S. with T.G. Rand, Contemporary Books © 1998