I'm Really Sore!
What Can I Do?

Soreness usually develops when you’ve done too much in a short period of time (1 tough practice/workout/game vs chronic injuries, which develop when you’ve done too much over weeks/months). This tightness can be uncomfortable, and can localize to a specific area, though that usually happens over a couple of days. There may be discomfort to touch, though there is rarely swelling.

What should I do?
If you’re on campus during a school day, practice, or game, see Aaron Gill, ATC in the Athletic Training Clinic. The Athletic Training Clinic is located in the Wellness Center, on the field level of the Science and Innovation Center. It’s important to have your discomfort evaluated by a healthcare provider, so that a plan specific can be addressed developed!

What can I do on my own in the first few days after this discomfort develops?
An evaluation by MA Athletic Trainer Aaron Gill can help identify the problem, and determine whether this is an injury or simply soreness/tightness. Once the problem has been identified, heat, controlled aerobic exercise (i.e. riding the stationary bike), and using a massage ball or foam roller will help.

It's been a few days, should my treatment change?
Make sure what you are doing is approved by Aaron! If soreness/tightness hasn’t started to improve after a couple of days, it should be re-evaluated by Aaron

Can I exercise while injured?
Yes! Aerobic exercise on a machine like the stationary bike, elliptical, or StairMaster is a good way to get some exercise using a controlled motion. Often, these machines can be used whether the injury is to the upper body or lower body.

Unsure which machine you should use? Talk to Aaron!

How do I know when I can return to my normal activities?
Return to activity should be guided by a healthcare provider: MA Athletic Trainer Aaron Gill can help with this guidance! Make sure to check in with him on a regular basis, especially as you begin to feel better!

These recommendations are to be used as general information! Is your discomfort new? Did you suffer an injury, but not sure what happened?

Talk to MA Athletic Trainer Aaron Gill, ATC, for an injury evaluation and development of a treatment plan!