

WHAT HAPPENS WHEN YOU PULL A MUSCLE?

→ Yep, we know it hurts, but what else is going on in your leg?



Stretch regularly to keep muscles healthy and happy

Muscle tears are either sudden (acute) or long term (chronic). Acute muscle tears happen suddenly and cause severe pain and immediate loss of function and swell in a few hours. They can be caused by imbalances between opposing muscles (such as quadriceps and hamstrings), inflexibility, inadequate warm up and muscle fatigue. The best treatment for acute muscle tears is immediate ice, rest, elevation and compression. The major factor is to try and prevent recurrence, so make sure that the tear has fully healed before you attempt any strenuous exercise.

Chronic muscle tears are common in long distance cyclists, and the first

warning sign to look out for is a pain that starts gradually after exercise

It's possible to start a ride with injury but after only a short amount of time, the pain gets worse until it's impossible to go any further. The damaged muscle may go into protective spasm and it will never improve unless it's treated properly

To check if you have a chronic muscle tear, push into the affected area with two fingers and you should find that it will be very painful.

Strengthening and stretching may prevent recurrences of these chronic injuries - 5-10 physio sessions doing cross-frictions can help. As with all muscle tears, early treatment can save yourself a lot of pain later on.