

Muscle Pain

This condition is often referred to as a strain and occurs very commonly. As your technique and stamina improve, you may experience this type of discomfort. For muscles to increase in strength, they are first injured on a microscopic level and the healing process that your body undergoes causes the muscle to enlarge.

A lot of the pain that musicians experience is not exactly from muscle damage, but from the connective tissue that surrounds the muscle. This is known as **delayed onset muscle soreness** or *DOMS* and usually occurs 48 hours after a strenuous activity. For this type of injury, we usually recommend modifying your practice schedule, consulting your professor about your technique and application of ice after practice. We usually recommend some type of warm-up before you start your practice. Patients may find that taking a warm shower in the morning will help alleviate some of these symptoms.

Again, these symptoms should be self-limited. If they persist, see a healthcare provider at the Student Health Center or your own healthcare provider at home.