

# What Causes Soreness? Get to the Bottom of Stiff Muscles with Compex®



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Whether you love or hate it, soreness is an inevitable result of pushing yourself in the gym. While a little stiffness and discomfort is just a reminder your hard work is starting to pay off, extreme soreness can negatively affect your activity level.



Fortunately, sports medicine equipment from Compex® can help you keep your soreness manageable and your training routine on track. Curious about what causes soreness and how to manage it? Here's how the right Compex® tools can help you manage the two primary types of soreness.

## What Causes Soreness?

While waking up to stiff muscles can sometimes feel like a badge of honor the day after a particularly strenuous workout, excessive soreness can hinder your fitness routine. There are two primary types of muscle soreness:

- **Acute Soreness:** This type of discomfort, caused by a buildup of lactic acid in the body, is usually felt directly after a workout. Cooling down after a workout with Compex® personal [massage machines](#) designed to mobilize these fluids can help you manage your immediate soreness.

- **Delayed Onset Muscle Soreness:** This type of soreness, generally felt several hours after a strenuous workout, is caused by routine micro-tears in your muscles. If that sounds scary—don't worry—the goal of lifting and exercise is to encourage your muscles to rebuild stronger by creating these tiny tears. Increased blood flow may help speed up your muscles' repair process, making Compex® pneumatic [compression boots](#) a great addition to your recovery routine.

### How Can Compex® Devices Help?

As a leader in the physiotherapy industry, Compex® is known for unparalleled, innovative, and portable orthopedic devices. By developing cutting-edge sports medicine equipment that promotes circulation and aids in pain management, Compex® makes managing and bouncing back from soreness easy for two main reasons:

- **Convenience:** As the first company to offer wireless [E stim](#) devices, Compex® makes it easier than ever to bring training *and* recovery with you, so your busy schedule never has to get in the way of your fitness goals. A portable, wireless Compex® muscle stimulation device offers recovery programs that can help your body flush out lactic acid in as little as 6 minutes so soreness can be the last thing on your mind.
- **Versatility:** Professional athletes and casually active individuals alike turn to Compex® for versatile recovery equipment. From a portable deep tissue massage machine with five interchangeable tips to muscle stimulation devices that offer a variety of programs, Compex® devices can cater to athletes of any skill level.

Whether you love the feeling of soreness after a tough workout or dread waking up to stiff, achy limbs, managing soreness is essential to building strength and challenging yourself in the gym. Luckily, with a bit of help from convenient, versatile sports medicine equipment from Compex®, you can easily manage acute and delayed onset muscle soreness.

Stay on top of soreness with equipment from <https://www.compex.com/>

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