

Prevention Tips for Sore Muscles or Cramps

Soreness and cramps are signs that your muscles are adjusting to a new activity.



Here are some tips to help fight muscle soreness and cramps:

- **Gradually** increase how often, how hard, and how long you are active.
- Wear socks and shoes that are comfortable and made for physical activity.
- Drink plenty of water before, during, and after activity.
- Warm up before, and cool down after each activity. Pain-relief creams, ice, or a heating pad may offer some relief.
- Do some gentle activity to keep sore muscles moving. Doing no activity will make your soreness worse.
- If you're concerned, talk with your primary care team.



If you do get a muscle cramp:

- Gently stretch the muscle and hold it until the cramp subsides.
- Massage the cramp area.
- If it continues to hurt, put ice on the cramped muscle for a few minutes.
- Sometimes changing what you eat and drink can help. Make sure you are getting enough water. Ask your MOVE![®] Dietitian or primary care team for guidance.



If you have an injury that is affecting your ability to exercise, talk with your MOVE![®] team for guidance.