

How to Reduce Muscle Soreness | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/637684>

Summary

Methods to alleviate acute soreness include compression, massage, and thermal strategies like cold water immersion. Factors to consider when choosing a method include budget, preferences, availability, and timing. Cold water immersion has been shown to effectively reduce muscle soreness, with recommended temperature and duration of moderately cold water (40-50 degrees) for 15 minutes or sub 40 degrees for at least 5 minutes. Contrast therapy, which involves alternating between hot and cold, is another option to consider.

Silo sample questions

- What are some methods to alleviate acute soreness?
- What are the factors to consider when choosing a method?
- Is cold water immersion effective for reducing muscle soreness?
- What temperature and duration are recommended for cold water immersion?
- Are there other options besides cold water immersion?

Topics

Alleviating soreness

Compression

Massage

Thermal (cold water immersion)

Contrast therapy

Key Takeaways

- Compression, massage, and thermal (cold water immersion) are effective strategies.
- Budget, preferences, availability, and timing should be considered.
- Yes, there is good evidence showing that cold water immersion is effective at reducing muscle soreness.
- Moderately cold water (40-50 degrees) for 15 minutes or sub 40 degrees for at least 5 minutes.
- Contrast therapy (alternating between hot and cold) can also be considered.

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