

## **PHYSICAL EFFORT AND MUSCLE PAIN (I)**

### **Abstract**

The physiological muscle pain caused by physical effort - myalgia due to effort - is a deep somatic pain. It can have two forms: the muscle cramp and the muscle extension. The morphologic-functional basis of muscle pain is the muscle algesic system. Decrease in pain perception is ensured by the endogenous opioid system. The physiological muscle pain can occur during effort and post-effort (immediate, late and belated). The pharmacological treatment and prophylactic methods, as well as the direct treatment, through slow elongations and massage are the means that can be used against pain.

**Keywords: skeletal muscle, acute muscle pain, exercise, pain producing substance, endogenous pain control.**