

## **Physical effort and muscle pain (II)**

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Two main forms of muscle pain caused by physical effort can be identified, namely: instant pain and postexercise pain. Instant pain occurs during the physical effort and immediately following exercise and it is mainly caused by oxidative stress. Late pain occurs after effort and it is caused by muscle lesions and by the subsequent enzyme effusion. Late pain occurs during exercise performed at high temperatures and followed by hydroelectrical changes.

*Keywords:* pain, physical effort, oxygen-reactive species, creatinekinase, electrolytes.