



**Why Soreness Doesn't Mean You Had a Good Workout**  
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When you “feel the burn” to the point that it hurts to get up from your desk chair the next day, you may be thinking “man, I had a great workout yesterday.” However, this is not necessarily the case. Exercise scientists used to believe that delayed onset muscle soreness was caused from buildup of lactic acid from lifting weights. However, new research shows that this is not the case. The pain or “soreness” that you feel after a hard workout is actually from connective tissues being torn. These connective tissues are what hold your muscles to your tendons and bones.

Stressing your connective tissues to the point where they tear and hurt for a few days afterward is harmful to the body, not beneficial. These tears can actually lead to injuries if you push your body too hard while trying to recover.

A little soreness is fine and recommended in the sense that this shows you are stressing these tissues and muscles to the point where they will rebuild stronger. However, if it hurts to sit on a chair or lift your coffee cup in the morning, you know you have taken your workout a little too far. The point of exercise is to challenge the body and use variety in your routines, but be careful of challenging to the point of detriment to the areas of your body you are working so hard to improve.