



Glossary

Delayed onset muscle soreness (DOMS): Also called muscle fever, is the pain and stiffness felt in muscles several hours to days after the exercise.

Lymph: It is a clear fluid made of white blood cells especially lymphocytes, the cell that attacks the bacteria.

Adhesion formation in joints: Abnormal fibrous band that forms between the articular surfaces of joints.

Scar tissue: The normal skin tissue is replaced by fibrous tissue.

Anti-inflammatory gel: That substances/gel that reduce inflammation or swelling.

Muscle cramp: Muscle get involuntary contraction, and does not relax. It is mainly seen in calf muscle.

Trigger point in soft tissue: It is a tight area within muscle tissue that cause pain in any other part of the body.

Acupressure: Physical pressure is applied to acupuncture point by hand, elbow or with various device.

Erythema: Superficial reddening, usually skin in patches as a result of injury or irritation causing dilatation of the blood capillaries.

Residual stiffness: Loss of elasticity properties of a soft tissue after an injury to the soft tissue.