



LPG Endermologie® - Sport

Aches or 'delayed muscle pain' appear at a more or less long period of time after the end of muscular exertion.

Reaching its maximum two days after exertion, it is accompanied by joint stiffness, intense pain and increased sensitivity to pressure on the muscle.

Since lactic acid levels (another consequence of intense effort) are only normalised after several hours, the ache possible for several days, preventing the resumption of athletic activity or even preventing the pursuit of competition.

The aching is explained by the presence of injuries located in the depth of the muscle at the level of the myofibrils.

One technique can be easily applied - Endermosport - thanks to its utilisation of the LPG motorised roller heads is an effective treatment for draining edema, removing pain and restoring flexibility.

For more information on how endermologie can improve your sports performance and rehabilitation, click [here](#) to visit the LPG website and select Applications>>Sport