**Delayed onset muscle soreness: what the GP needs to know**

**Zondi PC** MBChB,1,2\*, **Janse van Rensburg DC** MBChB, MSc (Sports Medicine), MMed (Physical Medicine) MD, FACSM1,2, **Grant CC** BSc, BSc Hons, MSc, PhD1,2, **Jansen van Rensburg A** BSc, BSc Hons, MMedSci1,2

*1Section Sports Medicine, University of Pretoria*

*2Exercise SMART TEAM, University of Pretoria*

\*Corresponding author:

Dr PC Zondi

PO Box 9306,

Centurion,

0046

E-mail: [phatho.cele@up.ac.za](mailto:phatho.cele@up.ac.za)

Telephone: 083 292 8367