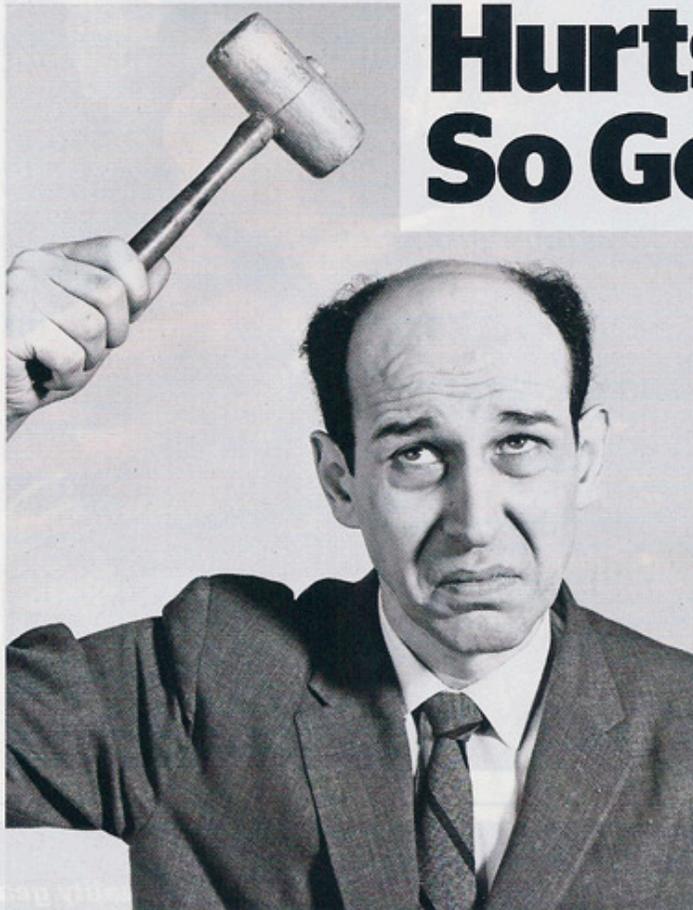


Hurts So Good



These five tools will take a bite out of training pain with a little bite of their own

> Getting bigger, faster and better has its drawbacks — namely, it hurts. And **how you recover plays a large role in how quickly you reach your goals.** In the sports world, especially at the elite level, recovery is just as important as training and most athletes employ some form of postworkout massage. The next time you're sore, try one of these handy tools. — ERIN WEK



CRYOCUP ICE MASSAGE

What it's good for: Combining the pain relief and anti-inflammatory effects of ice with massage.

Why use it: Massaging a chronic sore spot can be frustratingly painful. Combining ice with massage treatment can alleviate pain and also reduce inflammation while breaking down adhesions and scar tissue. Ice is commonly used for shin splints or inflammation along the arch of the foot. **\$5-\$10, cryocup.com**



THE STICK

What it's good for: Smaller muscle groups or more focused self-massage.

Why use it: Cross-country runners, sprinters, weightlifters and football players have relied on The Stick for years. Similar to the foam roller in function, The Stick allows you to focus on a sore spot and control the pressure more effectively. Use it before your warm-up to help loosen muscles and improve your range of motion, or postworkout to aid recovery. **\$48, thestick.com**



EVA FOAM ROLLER

What it's good for: Large-muscle self-myofascial release either before a dynamic warm-up or post-exercise.

Why use it: Scar tissue from overuse can build up adhesions in fascia (the sheath surrounding muscle), which can make achieving full range of motion (ROM) difficult, limit your workouts and destroy your form. Using the foam roller before your warm-up can help eliminate adhesions and improve extensibility, allowing you to move within a wide ROM and improve your form. **\$32, power-systems.com**

THERA CANE

What it's good for: Reaching hard-to-get areas in the back, neck and hips.

Why use it: The unique J-shaped design and strategically placed knobs make it easy to apply the right amount of pressure to a trigger point. **\$40, theracane.com**



TRIGGER WHEEL

What it's good for: Releasing trigger points caused by scar tissue buildup and adhesions.

Why use it: Instead of asking your friend to stick his elbow in your neck the next time you get a knot, use the trigger wheel. It's much smaller, less invasive and allows you to control the pressure you need. **\$22, thestick.com**