

Training on Prevention and Management of Delayed Onset Muscle Soreness (DOMS) at Training Center of Yogyakarta Athlete

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ABSTRACT

This community service activity aims to improve the skills of trainers and athletes in preventing and handling DOMS so that they can overcome DOMS in the hope that the acquired skills will be applied so that they can prevent and manage DOMS in athletes. The material of community service consists of theory and practice, using the method of lecture, discussion and practice. Theoretical material, including emergencies during injury, first aid during injury, types of injury, prevention and treatment of DOMS, massage therapy for musculoskeletal injuries. Practical training materials, including the application of therapeutic massage to injury and prevention and how to deal with DOMS. The training participants consisted of 44 trainers. The results obtained from the community service activities participants stated that the training was very useful, especially in increasing participants' understanding of DOMS prevention and management as well as handling sports injuries in general.

Kata Kunci: *DOMS, injury*