

Muscle injuries: why **the type** matters more than the pain

A quick, summary of our full article — what kind of injury you might have, and roughly how long it takes to come back.

THE SHORT VERSION

Not all muscle injuries are the same. What matters most isn't how much it hurts — it's which part of the muscle is damaged. That's what really decides how long recovery takes, and a precise diagnosis early on can save you weeks.

THE KEY POINTS

- The type of injury predicts recovery far better than the pain level does.
- There are three types, based on where the damage sits, and they heal at very different speeds.
- An early diagnosis (hands-on exam plus ultrasound) tells us where and how big the injury is.
- You're ready to return when objective testing says so, full strength and pain-free movement, not just when it "feels fine".

THE THREE TYPES & HOW LONG THEY TAKE

TYPE 1 FASTEST	Outer layer Where the muscle meets its sheath (<i>Myofascial</i>)	Return to sport time 1/2-1 MONTHS	
TYPE 2 MOST COMMON	Muscle-to-tendon The muscle-tendon junction (<i>Myotendinous</i>)	Return to sport time 1-2 MONTHS	
TYPE 3 SLOWEST	Into the tendon Reaches the tendon itself (<i>Tendinous</i>)	Return to sport time 2-4 MONTHS	

These are typical guides, not guarantees — age, past injuries, activity level and general health all play a part.

THE FIRST FEW DAYS

- **Protect**, then move
Ease off day 1-2, gentle movement from ~day 2.
- Ease pain & swelling
Compression, elevation and ice for comfort.
- **Adapt**, don't push through
Match your activity to your symptoms.
- **Build up** gradually
Add load step by step as it settles.

WHEN TO GET IT CHECKED

- Severe pain, or a "pop" at the moment of injury
- A dent, gap or lump you can feel in the muscle
- Noticeably reduced strength or movement
- Swelling or bruising around the area
- No improvement over the first few days

Does this sound familiar?

Book an appointment and start your recovery precisely, or a FREE 15-minute call if you're still unsure or have more questions.

Book an Appointment

Free 15-min call



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