

Soak in jacuzzi before a run? After?



[IGottaRun](#) 43 posts since

Sep 5, 2008

I saw a chiro yesterday for a very painful, inflammated muscle in my hip. After having an adjustment, it feels much better, and she recommended moist heat. Today I soaked in the hottest water in the jacuzzi that I could stand, and all my muscles feel great. That got me to thinking - Can you "warm up" your muscles before running, by soaking in the tub or hot shower? Is it better to do that afterwards (which would be the opposite of an ice bath, so maybe hot bath is a bad idea - I'm not sure)? what do you all think? Has anyone tried it? Would heat before a run and cold afterwards be better (I'm talking just "in general", not for treating a specific injury)?

Enlighten me, peeps! TIA!



[Mark W Rice](#) 116 posts since

May 21, 2008 1. **Re: Soak in jacuzzi before a run? After?** Nov 14, 2008 6:29 PM

Caveat: I'm not a doctor, blah, blah, blah

My opinion is that warm before is fine (I tried it and it made me feel lethargic for a while, so i did not like it). BUT you still must have a warm-up phase before running... you may shorten the warm-up, but my take is that a warm-up phase does much more than warm you up. It may also help with gently compressing tissue such as cartilage, bringing your cardiovascular system up to speed, opening your lungs for more oxygen absorption, etc.

Hot after a run is bad (assuming it's a vigorous exercise) because your cartilage, tendons and muscles (and maybe more) will be stressed and inflamed. I know chiropractor said

Soak in jacuzzi before a run? After?


moist heat for your inflamed muscles, but I believe cold to be better directly after it happens. Maybe warm is OK after many hours or a day or so, but cold helps reduce inflammation. Heat will tend to attract even more blood to the area, possibly causing further tissue damage.

Mark



[IGottaRun](#) 43 posts since

Sep 5, 2008 2. Re: **Soak in jacuzzi before a run? After?** Nov 14, 2008 6:46 PM

 in response to: [Mark W Rice](#)

"Caveat: I'm not a doctor, blah, blah, blah"

LOL - Mark, that was very complicated legalese. Can you please use layman's terms?

LOL - Just kidding! Seriously, thanks for the input. I definitely understand what you're saying, and I won't use the hot tub for warm up *or* after a run. It wasn't really something I was planning to do, but I just got to wondering about it. I kind of figured after a run would be bad, as so many people recommend ice baths, instead. I didn't think about the cardio aspect of the warm-up though, or feeling lethargic (did you actually get so relaxed you didn't want to run when you tried it?).


Thanks again for the insight! I learn something on this board every day! 😊

Soak in jacuzzi before a run? After?




[Mark W Rice](#) 116 posts since

May 21, 2008 3. **Re: Soak in jacuzzi before a run? After?** Nov 14, 2008 6:56 PM

 in response to: [IGottaRun](#)



Yes, I actually was relaxed and wanted to go to bed. I thought it would motivate me on that cold morning, but I'm not even tempted to do that now. 

Mark



[Jay Silvio](#) 1,776 posts since

Jul 9, 2007 4. **Re: Soak in jacuzzi before a run? After?** Nov 15, 2008 1:37 PM

IGottaRun wrote:

>Can you "warm up" your muscles before running, by soaking in the tub or hot shower?

I imagine that the problem with warming up that way is that by the time you get dried off and dressed your muscles will have cooled back down. Also, as Mark stated, mixing heat and inflammation is a terrible mix.

Happy running!

Jay

Soak in jacuzzi before a run? After?



[crl8686](#) 689 posts since

Nov 11, 2007 5. **Re: Soak in jacuzzi before a run? After?** Nov 15, 2008 2:36 PM

I actually tried "warming up" in a hot shower before a run earlier this year. It was on a business trip back East and about 35 deg outside, which is relatively cold by my LA standards. I found that the hot shower made the outside temperature feel much colder by comparison, and I was shivering for a good part of the run. I wouldn't recommend it.