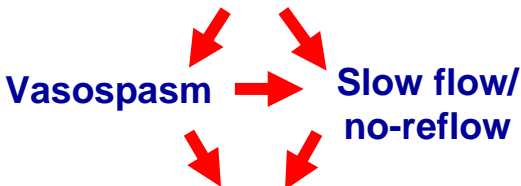


**Tissue damage**



**Microvascular IR injury**

**free radicals, NF $\kappa$ B & cytokines**



**Muscle ischemia**



**Lactate &  
inflammatory mediators**



**Muscle afferent  
activation/sensitization**



**Prolonged CNS sensitization**



**Cutaneous tactile allodynia**