

Optimizing Recovery

Definition

“A *RETURN TO A NORMAL STATE OF HEALTH, MIND OR STRENGTH*”

What is Recovery?

Recovery refers to your bodies’ ability to restore physiological and psychological processes, so that you can continue to train for your sport, (or work), activities at optimal levels. Often times many athletes will over train (or under recover) which has been proven in research to be detrimental to performance.

Speaking from professional experiences, I have seen too often, athletes over training which has affected performance. Negatively. There seems to be a misconception, that if you are not training or exercising every day, your sports performance will suffer, or you’re going to gain weight and not reach your weight loss goals. Yes, training and exercise are necessary to reach those goals, however,

Training Should be Performed at the Minimal Required Dose

This minimal required dose can vary for everyone as many factors play into this. Fortunately, there are many factors that you can track to know if you are making positive gains or are in fact *over training*.



How Do You Know If You Are Overtraining?

There are many different signs and symptoms that are present if you are over training.

1. **Chronic fatigue, muscle soreness, or are frequently getting injured.**
 - a. It is normal to feel muscle soreness after working out but if the soreness continues to linger, particularly over 3 days from a workout, it may be a sign that you are not getting the proper amount of recovery.
2. **Loss of Appetite**
 - a. Excessive training without recovery can lead to changes in hormone levels such as Cortisol, Epinephrine or Norepinephrine which can stunt appetite.

For more
Information call to
meet or speak with a
Strength Coach or
PT Today!

3. Decreased Quantity and/or Quality of Sleep

- a. If your body is trying to recover from excessive training, the Sympathetic Nervous System may be working too hard, making it more difficult to fall asleep or achieve the proper sleep cycles required for improved recovery.

4. Lack of Motivation

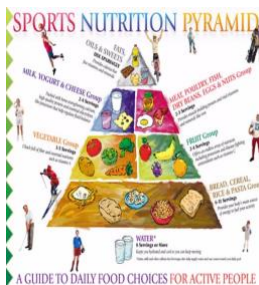
- a. If you notice it's getting harder and harder to get yourself up and workout, or you feel like you're just going through the motions, there is a good chance your body is not ready to make positive adaptations at that time. More recovery work may prove to be beneficial.

5. Heart Rate

- a. Many members at here Sports and Fitness Performance have been using My Zone to track heart rate throughout the day and during workouts. When better conditioned, we should see our resting heart rates starting to go down. Figure out what your normal resting hear rate is (take first thing in the morning) and track any significant changes during the week. Also take note of any significant changes in heart rate during workouts. We have seen clients who feels as if they are not even working out and heart rates were over 90%. These may be signs of under recovery.

What are the Best Methods for Proper Recovery?

3 Must Do's. Without These 3, All Other Recovery Tools Do Not Matter



1. **Proper Nutrition** – All athletes or avid exercisers need to make sure they are properly fueling their bodies. This includes eating the right foods at the right times. At SFP and PREP, we like to emphasize building Nutritional Habits that are sustainable unlike certain fad diets. For more information, contact TJ at Sports and Fitness Performance for more information.
2. **Sleep** – We should all be trying to get nearly 8 hours of sleep a night (elite athletes should get more). I know for myself, this an area I struggle with, as do many others. However, if you are frequently lacking sleep, your body will never recover the way it should and will always be working harder, leading to increased fatigue levels.

I like to discuss and review sleep positioning with most of my clients. Setting yourself up properly in bed can alleviate stress on your body and allow longer periods of more restful sleep. In general, try to avoid stomach sleeping. This position can be strenuous on your spine and keep increased mechanical stress on your body. Lying on your side or back are better positions, particularly if you learn how to use pillows to better position yourself.

Turn off electronics. The blue light emitted from these devices can trick your mind into thinking it is time to wake up.

If you have trouble sleeping, blackout curtains are great for helping with this. Your body is programmed to wake with light, so these will allow you to sleep longer.

Plan and make time. Like anything else that you prioritize, plan and make time to go to sleep at specific times to ensure you get the proper amount.

3. **Relaxation** – Getting your body to switch off from flight or fight mode is extremely important to recover. Find a leisurely activity that you can do daily that allows to relax and clear your head.

Diaphragmatic breathing or meditation are other great options. I recommend using the Headspace App to most clients and starting with at least 10 minutes a day. This simple switch in mindset can make a huge difference



Other Tools That Help with Recovery

****Remember, without first working on the previous section, these next tools will provide little benefit. The *Recovery* methods have been shown to be beneficial for achieving optimal performance when utilized with a good training program****

- 1. Hydrotherapy** – Immersion cold water, warm water or contrast baths for 15 minutes has been shown to be effective in improving muscle fatigue, soreness, improving heart rate and blood lactate levels. Hydrotherapy tanks may not always be easy to find. Use of Moist Heat and Cold Packs can be used as a substitution for this. From clinical experience, a majority of clients seem to feel better and have decreased soreness with use of heat and ice.

Cryotherapy chambers or Float Rooms are also becoming more popular. There are several places in our area that can be used as a substitution to hydrotherapy
- 2. Compression Garments** – the use of different compression sleeves can be beneficial in aiding of recovery. I am particularly fond of the NORMATEC boots that we use in the gym. I find most clients generally love this tool and feel better after using it. If you don't have access to something like this, compression sleeves may do the trick to alleviate soreness.
- 3. Active Recovery** – Active recovery refers to steady-state, low level exercise. This should be performed for approximately 15-30 minutes of low-level exercise which can consist of corrective exercises (particularly exercises already prescribed as part of PT home program or correctives from the FMS screen), in conjunction with low level cardio work.

Manual Therapy

At PREP PT we specialize in *Functional Manual Therapy*®. This is a highly advanced Manual Therapy certification that less than 400 practitioners in the world have achieved.

FMT® is an integrated evaluation and treatment system that promotes optimum human performance by enhancing total body mobility and CoreFirst® postural and movement strategies. It uses evaluation and treatment tools to address soft tissue, joints, visceral and neurovascular structures.

Manual therapy has been shown to be effective in recovery for athletes and avid exercisers. We firmly believe adding this to a good program is essential for optimal performance whether it be for sport or everyday life.

YOU DO NOT HAVE TO BE INJURED TO GET MANUAL TREATMENT.

We firmly believe that seeking manual treatment regularly is one of the best ways to prevent injury and keep you moving at optimal levels, so you can reach your potential.

*"Mobility problems are a brick wall.
"Exercise is a hammer and chisel."
"Manual Therapy is a bulldozer."
~ Greg Rose*



WHO RECOVERY SESSIONS ARE NOT FOR

If you are dealing with nagging injuries or chronic pain issues, then these recovery tools may provide temporary relief, but will not get to the root or main cause of the problem. This would entail a thorough and in-depth evaluation to uncover the main causes of pain and figure out best plan of treatment.

PREP PHYSIO AND SPORTS AND FITNESS PERFORMANCE WILL BE STARTING RECOVERY SESSIONS THIS MONTH

If you are someone you know is interested in our Recovery Sessions or want to learn more
contact

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