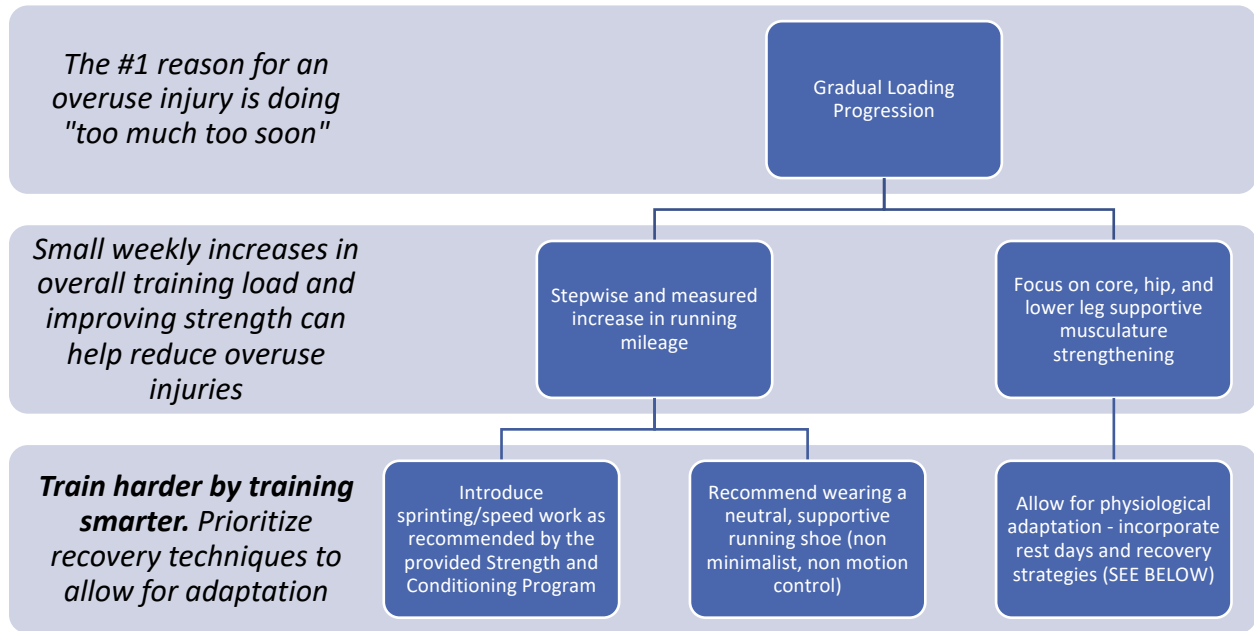


TIPS TO REDUCE OVERUSE INJURIES



RECOVERY STRATEGIES



Of the listed recovery techniques, modalities likely have the least influence on recovery. Many have minimal to no true changes in performance and should not be a top priority for a recovery strategy. However, they can be used as an add-on, for example: foam rolling can help improve range of motion and muscle soreness. It can be used along a targeted muscle group before and/or after a workout for 90 seconds.

Identifying and reducing stressors can assist with recovery. Multiple studies have shown that those who practiced mindfulness had less stress, lower heart rate and quicker time for heart rate recovery to baseline. For specific stress mitigation strategies refer to <https://www.hprc-online.org/>

Your body requires an appropriate amount of all nutrients to appropriately recover and maximize performance gains. This includes total caloric intake as well as protein, carbohydrates, fats, vitamins and minerals. Refer to specific strategies provided by the nutrition team.

Sleep arguably has the most influence on exercise recovery. It is vitally important for physiological adaptation and should be a top priority for recovery. Multiple studies have also shown that poor sleep can contribute to poor performance.