



Recovery From High Intensity Exercise

COMPRESSION

Some benefit if applied immediately after exercise for a minimum of 60 minutes

Active Recovery

Most appropriate if playing multiple games in one day
Should be effortful

MASSAGE

Improved post-exercise soreness and muscle function
Use within 2-3 hours of activity
Minimum 10 minutes duration

STRETCHING

No positive effect
Possible to slow recovery if used at the wrong time
Mild to moderate intensity

Your
Path To Health



RECOVERY



WATER IMMERSION

Good evidence for improved performance for sprinting, endurance, jumping and strength

COLD WATER IMMERSION:

As soon as possible after exercise

10-15 minutes at

10-15 degrees Celsius

CONTRAST WATER THERAPY

As soon as possible after exercise

Cold: 10-15 degrees

Hot: 38-40 degrees

5-7 rotations of 1-2 minutes

SLEEP

The single best recovery strategy

Essential for all systems in the body for recovery

Poor sleep has negative impacts on immunity, physical performance, endocrine function (hormone balance), cognitive function (how you think, remember and problem solve), increases in pain, mood changes, altered metabolism and inflammatory changes

NUTRITION

REFUEL with Carbohydrates

Can take ~ 24 hours to normalise glycogen (energy) stores. Increased potential during the initial 2-4 hour window after exercise

REPAIR with Protein

Continues for 24hours + Early intake (within the first hour after exercise) recommended

HYDRATION

Adequate hydration - starts immediately. Aim for 1.5 x the loss during exercise

You can assess this by weighing before and after exercise

Aim to rehydrate within 2-4 hours of activity

Avoid alcohol

Contact Us

PH: 03 62724539
admin@yourpathtohealth.com.au
www.yourpathtohealth.com.au
Level 1, 254 Main Road Derwent
Park, TAS 7009

Your
Path To Health

