

Optimising Exercise Recovery

Optimal Post-Exercise Routine:

1. Fluid replacement
2. Ice Baths
3. Food
4. Compression garments
5. Sleep
6. Stretching, rolling & triggering

- A practical approach needs to be taken where time is of the essence. If the athletes have had a late game, keeping them awake to make sure they complete ice baths is going to impact on sleeping time. Better that they get food and a good night's sleep.

HYDROTHERAPY

- a) Ice baths
 - optimum temperature 15 degrees, 10 minutes, immersed to neck
 - if pushed for time with large team, make water colder e.g. 10 degrees, 5 mins
 - ideal for muscular fatigue
- b) Contrast
 - Can be shower or bath
 - Equal time under / in each
 - Finish on cold
 - Ideal for neurological fatigue
- c) Pool
 - Not as cold as ice bath so need to be in longer to get the same benefits
 - 28-degree pool, 20-30 minutes
 - Also good for the next day as a "get moving" session – reduced load on joints, benefits of water pressure on body

Benefits:

- *If use ice / contrast baths post-exercise, performance will return to baseline within 24 hrs*
- *If do not use, performance will still be reduced by about 10% at 72 hours*
- *Most effective in first 3 hours post-exercise, but can be done up to 12 hours afterwards*

N.B. Core body temperature remains the same whilst immersed in the water – is only when gets out that body starts to cool

Hot Environment

Can use as a pre-cooling tool in hot environments but needs to be a min of 2 hrs before the game otherwise will not be able to warm up properly. Will remain cooled for up to 3-4 hrs.

****Important when playing in a comp with more than one game on same day****

COMPRESSION GARMENTS

- Top 6 brands rated for durability, graduated compression, do what they said they claim
- Top 3 – Skins, 2XU, Adidas
- Skins have good compression but poor-quality fabric – will not last as long
- 2XU have same level of compression but a more durable
- Fabric will lose compressive qualities if : wash in hot water, put in dryer, use fabric softener
- If using regularly 2-3x per week, fabric will wear out within 3 months
- Needs to be worn for a min of 2 hrs after exercise to gain physiological advantages – the longer the better
- No added benefit to wearing when sleeping

Long Haul Plane Flights

- Commercially available compression garments ineffective – often result in swollen feet that take several days to return to normal
- Top 2 brands Jobst and Venosan – need to be measured and ordered from Physio / Dr

SLEEP

NEVER COMPROMISE SLEEP!!!!!!

- Minimum of 8-9 hours' sleep after high intensity exercise
- If an adolescent (up to the age of 25) athlete, needs to be a minimum of 9 hrs

Stretching, rolling & triggering

- Improve range of motion & flexibility
- Improve blood flow through the muscles, reduce tightness
- Improve ability to shock absorb

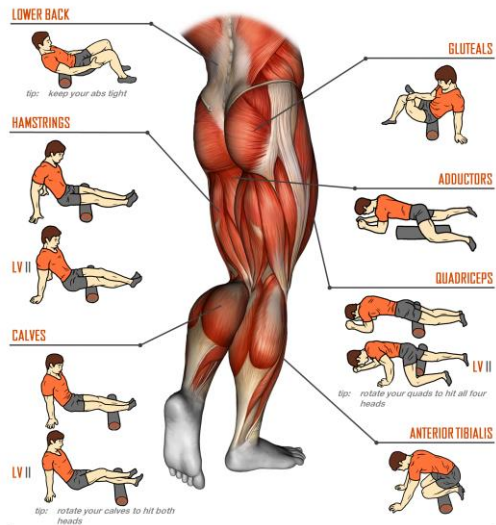


- Resist or cope with trauma
- Promote neuromuscular facilitation (nerve function)
- Post training/game
 - Decrease DOMS
 - Better removal of waste products & more rapid tissue repair

LOWER BODY foamrolls

WARM UP 30 SEC/PART

COOL DOWN 1-2 MIN/PART PAUSE OVER KNOTS



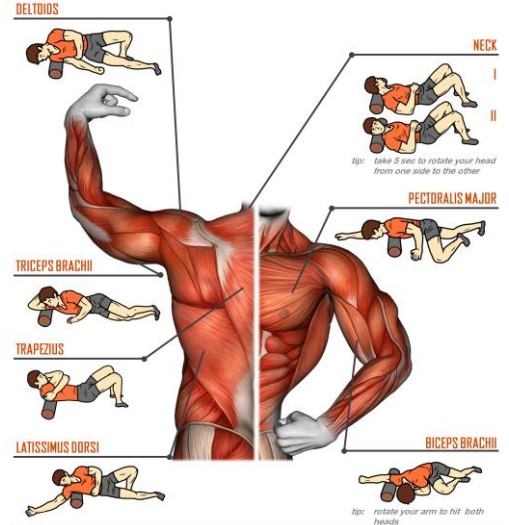
<http://foamroller.sg>



UPPER BODY foamrolls

WARM UP 30 SEC/PART

COOL DOWN 1-2 MIN/PART PAUSE OVER KNOTS



<http://foamroller.sg>

