

# RECOVERY PROTOCOL

1



## REHYDRATE & REFUEL

- DRINK AS MUCH WATER AS NEEDED
- UTILIZE ELECTROLYTE ENERGY DRINKS
- UTILIZE WHEY PROTEIN AROUND 40G

0-30 MINS POST GAME

2



## STRETCH & RELAX

- DEEP BREATHING EXERCISES
- UTILIZE A COMBINATION OF LIGHT DYNAMIC AND STATIC STRETCHES

0-30 MINS POST GAME

3



## PROTEIN + ENERGY REPLENISHMENT

- AIM FOR 30G PROTEIN, 80G CARBS AND 20G FAT
- PLENTY OF VEGETABLES
- SOME FRUIT

1-3 HOURS POST GAME

4



## COLD IMMERSION

- COLD SHOWER OR BATH IDEALLY 10 MINUTES AT AROUND 10 DEGREES.

1-2 HOURS POST GAME

5



## SLEEP

- IDEALLY 8+ HOURS
- MINIMIZE SCREEN USAGE 1-2 HOURS BEFORE BED
- HAVE A DARK AND QUIET SLEEPING ENVIRONMENT

6



## ACTIVE RECOVERY

PICK ONE MODALITY FOR 30MINS.

- LIGHT & EASY WALK OR CYCLE
- LIGHT & EASY POOL SESSION
- LIGHT & EASY STRETCHING SESSION

12-24 HOURS POST GAME

# SCOPE

SPORTS INJURY & EXERCISE CLINIC